



**the Natural Family Health Clinic
& Chelation Centre**

Preventing illness-optimizing health, naturally

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Peri-Neural Injections for Pain

Dr. John Lyftogt from New Zealand has developed an elegant, minimally invasive, and extremely effective pain management technique using a simple glucose solution. This technique, coined Peri-neural injection therapy (PIT), employs tiny injections of a 5% Dextrose (glucose) solution just under the skin at specific sites which correspond to nerve impingement sites. Often these sites also correspond to acupuncture points. By bathing the nerves with fluid and energy they are able to repair and function optimally. And it has been discovered that when the nerves are functioning optimally, the joint, muscle, ligament, tendon, bursa and fascia tissues are also able to heal and regenerate efficiently.

These injections are not deep or painful; often the patient feels only minimal discomfort. Pain relief can be immediate and long lasting. Generally 4-6 treatments at one per week are required to completely resolve chronic pain, however, every person is unique and the response is therefore variable. Research shows that 80-90% of all pain is responsive to glucose.

How can such a simple technique be so effective? The principle mechanism of action of the 5% Dextrose solution is to block the receptor in the nerve (TRPV-1 or Capsaicin receptor) which is the principle regulator of pain and inflammation. Resetting the receptors in the nerves allows for healing to deeper structures (joint cartilage for example). Therefore, not only is this therapy pain relieving but it is also regenerative.

For more information on this and other pain relieving and regenerative techniques contact Dr. Tamara Browne at 250-497-6681, or visit Dr. Lyftogt's website at www.lyftogtmed.com