

Let the “Koop Pain Technique” change your life like it did mine

I've never been in favor of steroid injections for relief of any type of pain—neck, back, or joints.

Under the best of circumstances, steroids only provide a quick fix and don't do anything to remedy the long-term problem that's causing the pain. At worst, I've seen hundreds of cases of contaminated steroid preparations that have caused fatal fungal brain infections in unsuspecting people.

As I discuss in my report *The Insider's Ultimate Guide to Pill-Free Pain Cures*, and in my best-selling learning program: *Dr. Micozzi's Arthritis Relief and Reversal Protocol: A Drug-Free Plan for Easing and Elimination Arthritis Pain*, there are many natural alternatives to steroids for managing pain. And for joint pain specifically, new research shows that manual and physical therapies and another little-known natural treatment—prolotherapy—are just as effective as steroid injections. But without any of the risks.

I refer to it as the “Koop Pain Technique” after my late colleague and mentor, Attorney General C. Everett Koop, who used it to cure his own nagging knee pain.

Let's take a look at this natural therapy and the compelling new research that shows how it can end your joint pain—*forever*.

A simple sugar shot soothes 10 years of knee pain

Ten years ago, I was preparing a medical textbook on natural therapies for pain with my colleague, Mike Weintraub, MD, professor of neurology at New York Medical College. He suggested we include a chapter on prolotherapy. But back then it was not easy to find practitioners of this little-known pain treatment.

We searched high and low until finally locating Donna Alderman, DO, of Hemwall Family Medical Centers in California.

As one of the few prolotherapy practitioners in the state, Dr. Alderman commuted between Hemwall's San Francisco and Los Angeles area clinics. On Fridays, she was at her clinic in Glendale, where my brother and his family live.

In 2007, I went out to visit my brother during “spring break”, and I ended up getting prolotherapy from Dr. Alderman for my right knee. The knee had been bothering me ever since I had injured it in 1997 and then took to a long airplane trip, and a long drive, to visit Dr. Larry Dossey near Santa Fe, New Mexico.

My brief, painless prolotherapy treatments worked like a charm. Afterwards, I was able to drive and sit in airplanes without any pain—which I hadn't been able to do for 10 years.

Prolotherapy is based on the premise that chronic joint pain at least partially results from inadequate repair of connective tissues around the joints. Prolotherapy practitioners inject minute amounts of substances such as cornstarch, sugar, or a cod liver oil mixture into those connective tissues.

The body reacts by promoting tissue repair and growth—like tiny, cellular “micro-sutures” that tighten up the tissues without surgery. Taking vitamin C before and after prolotherapy treatments also helps lay down the collagen that cross-links the new connective tissues to make them strong.

You have to wonder why such a simple, effective, safe, and inexpensive treatment for something as common as joint pain remained hidden for so long? Of course, it probably has something to do with the fact that prolotherapy doesn't require expensive (yet often ineffective) surgery—and repeat surgery—by the burgeoning orthopedic industry.

The good news is, prolotherapy has recently been attracting more interest from researchers. And they are reporting fantastic results.

For instance, a new study looked at 38 adults who had at least three months of osteoarthritis-related knee pain. During the first, fifth, and ninth weeks of the study, the participants were given prolotherapy injections containing dextrose (a sugar) in the connective tissues surrounding their knees. More injections were given to those who needed them at 13 and 17 weeks.

The researchers concluded that these prolotherapy treatments resulted in significant levels of safe, sustained improvement in mild to severe knee pain, function, and stiffness. And there were no adverse effects.

In addition, at the end of the study, *91 percent* of the people who had the prolotherapy treatments said they

would recommend them to others with painful knee osteoarthritis.

If you'd like to try prolotherapy yourself, it's much easier today to find a practitioner than it was a decade ago. In fact, there's an entire website, www.getprolo.com, listing practitioners throughout the United States.

Considering the proven effectiveness and safety of prolotherapy and physical therapy for joint pain, there is truly no need for you to ever have steroid injections. And, certainly, never consider surgery until you have tried these much safer and more cost-effective alternatives first.

Source:

Rabago D, et al. Dextrose Prolotherapy for Knee Osteoarthritis: A Randomized Controlled Trial. *Ann Fam Med* May/June 2013 vol. 11 no. 3 229-237.