

# COMPLEMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

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## Perineural injection treatments-A drug-free way to treat pain

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This research includes the targeting of the peripheral nervous system and turning off pain with Perineural Injection Treatments (PIT). PIT is near nerve micro injections of a sugar solution called dextrose. This dextrose changes the firing pattern of the nerves and shuts down the ability to make hormones that cause pain. It is regenerative to the nervous system. This powerful treatment was created by a New Zealand physician John Lyftogt. Our team at Ignite Vitality was personally trained by Dr Lyftogt and completed master level certification. PIT is also known as Neural Prolotherapy (NPT). This lecture will go in depth on mechanism of action of dextrose on nervous system. Most people need multiple PIT treatments (average 3-4) for long lasting benefits, but each treatment can decrease the inflammation produced by the nerves and STOP pain. One of the most rewarding things about my job is people know immediately whether we hit the right peripheral nerves because the pain is immediately gone. Migraines halted.... standing on legs that feel "normal" for the first time in decades without limping, low back pain gone, frozen shoulder with full range of motion....hip bursitis gone..... The list could go on and on, but perhaps now you can see why my patients look at me in disbelief and say "The pain is gone!" PIT works well for just about any painful condition, we just have to find the right nerves and shut them down with dextrose. Not just for chronic pain, I have also used it for treating acute injuries and the reduction of pain and swelling has been rapid.

### Biography

Bethany Sprague is a Functional Medicine and PIT Practitioner. She studies at Kresser Institute of Functional Medicine in 2016. She also completed special training in Perineural Injection Treatment-A non-drug way to treat pain.

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