

## NEURAL THERAPY

**INTRODUCTION:** Neural therapy is a comprehensive healing system developed in Germany. Some neural therapy procedures — including regional anesthesia, epidural injections, and trigger-point injections — are widely used in the United States. Others are virtually unknown to most practitioners.

**HOW IT WORKS:** Neural therapy involves the injection of local anesthetics (usually Procaine or Lidocaine) into scars, trigger points (abnormally sensitive knots of tight muscle tissue that may cause pain or limit range of motion), and other tissues. The injections are believed to act by normalizing long-standing disturbances/interferences in the electrochemical function of tissues caused by trauma, thus restoring the body's natural energy flow. The injected substance acts on the cell wall to stimulate cell ion pumps to resume normal action and membrane function. Correctly administered, neural therapy injections can instantly and lastingly resolve chronic longstanding illness and chronic pain.

**INDICATIONS:** Neural therapy is helpful for relieving chronic pain, mild asthma, hay fever, headaches, arthritis, sports or muscle injuries, dizziness, menstrual cramps, and skin and circulation problems.

**CONTRAINDICATIONS:** Neural therapy is not suitable for people who have cancer, kidney failure, blood clotting disorders, or myasthenia gravis (a condition in which muscles are very weak). Patients taking blood-thinning medications may also have problems with the treatment. If a patient is allergic to particular anesthetics, care must be taken to inject an anesthetic that will not cause an allergic reaction.

**TREATMENT PROTOCOLS:** A single neural therapy treatment may be sufficient for some conditions. If the first treatment brings only partial improvement, additional injections may be done over several weeks. For chronic conditions, three to six treatments are average to achieve lasting resolution. Neural therapy is often used as a precursor to other treatments to make the body more receptive.