

“Integrative Approaches to Pain”

with Tieraona Low Dog, MD

VIRTUAL INTENSIVE:

August 21-22, 2020

More than 100 million Americans suffer from chronic pain: more than those with heart disease, cancer, and diabetes combined. While opioids are powerful allies in the management of acute severe pain, the risks far outweigh the benefits long-term. There is a rich history and a growing body of modern science that demonstrate the efficacy and safety for many herbal therapies in addressing the many dimensions of pain. Anti-inflammatories that dial back inflammatory mediators; anti-spasmodics that relax smooth and skeletal muscles; adaptogens that help regulate the brain-adrenal-immune axis; sedatives that promote restorative sleep, bitters and digestive alternatives that enhance digestion and reduce intestinal permeability, topicals that directly relieve pain, and so much more.

This course is offered to Clinicians who want to deepen their expertise in crafting integrative treatment plans for the management of pain, with a special emphasis on addressing complex and chronic pain.



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(All Times Are MDT)

Friday

- 8:30am: Morning Tea and Coffee with Tieraona (Zoom)
- 9:00am: Video One: The Biology of Pain
- 12:00pm: Lunch Break
- 1:00pm: Video Two: Diet, Nutrients, and Nutraceutical
Protocols for Different Types of Pain
- 4:00pm: Q&A with Tieraona (Zoom)
- 5:00pm: Intermission and Break
- 5:30pm: Virtual Herbal Happy Hour (Zoom)
- 6:30pm: End of Day One

Saturday

- 8:30am: Morning Tea and Coffee with Tieraona (Zoom)
- 9am: Video Three: Plant Medicine and Recipes for
Different Types of Pain
- 12pm: Lunch Break
- 1:00pm: Video Four: Cannabis for Pain
- 2:30pm: Q&A with Tieraona. (Zoom)
- 3:30pm: Video Five: The Narrative of Pain
- 5:00pm: Closing Circle
- 5:30pm: Conclusion of Intensive