



Accurate Clinic

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Guide to 6 Domains

Accurate Clinic.coms

Accurate Education

The 4-Domain Approach to Chronic Pain

WHY THIS APPROACH IS DIFFERENT

Chronic pain is not just about damage in your body—it's also about how your nervous system processes pain signals, from the pain receptor at the point of injury to the brain and back down the spinal cord again. These signals determine the severity of pain and they can be modified to increase or decrease its severity.

Research has identified four factors, or 4 **domains**, that can increase the severity of your pain. By determining which of these domains are most active in *you individually*, one can select natural supplements (nutraceuticals) that target your specific domains.

- **Nutraceuticals work gradually**—most take 4-12 weeks to achieve full benefit.
- **A 10-20% pain reduction or more** may be achieved, a meaningful success.

THE FOUR DOMAINS (*we refer to them as the "4 Demons"*)

Most people have 2-3 domains that are most prominent. These are your "primary drivers" and your treatment will focus on them, although all domains will be targeted.

1. SYSTEMIC INFLAMMATION

Body-wide, low-grade inflammation that makes nerves more sensitive to pain.

Signs that you may have systemic inflammation:

- Elevated hsCRP, CRP or ESR on blood tests
- Excess weight (especially belly fat)
- Diabetes, high blood pressure or high cholesterol, chronic lung disease
- Conditions such as osteoarthritis and Rheumatoid Arthritis
- Diet high in processed foods
- Chronic systemic inflammation often may have no visible symptoms

How to assess if you may have systemic inflammation:

- Blood tests (hs-CRP, ESR), BMI, waist circumference, metabolic markers, diet history

Nutraceuticals that may help:

- Omega-3s, Curcumin, Boswellia, Quercetin

2. NEUROINFLAMMATION

Inflammation affecting your nerves, brain and spinal cord that amplifies pain processing.

Signs that you may have neuroinflammation:

- "Brain fog" (difficulty concentrating, memory problems)
- Sensitivity to light, sound, or smells
- Fatigue that doesn't improve with rest
- Mood changes (anxiety, depression)
- Pain out of proportion to any injury

How to assess if you may have Neuroinflammation:

- Sensitivity questionnaires, cognitive symptom reviews

Nutraceuticals that may help:

- Curcumin, Sulforaphane, Melatonin, PEA

3. OXIDATIVE STRESS

Cellular damage from "free radicals" overwhelming your body's antioxidant defenses

Signs that you may have Oxidative Stress:

- Current or former smoking tobacco or cannabis and this may persist for years
- Diet low in colorful fruits and vegetables
- Excess weight (BMI >25) - even when not obese
- Chronic inflammatory conditions
- High stress or poor sleep

How to assess if you may have Oxidative Stress:

- Diet quality assessment, BMI, inflammatory markers, lifestyle factors

Nutraceuticals that may help:

- Alpha-Lipoic Acid (ALA), NAC, Sulforaphane, Taurine, Resveratrol

4. MITOCHONDRIAL DYSFUNCTION

Your cells' "power plants" (mitochondria) aren't producing enough energy to function properly.

Signs that you may have Mitochondrial Dysfunction:

- Severe, persistent fatigue or fatigue worsening after activity ("crashing")
- Slow recovery from any exertion
- Lack of exercise or exercise intolerance
- Muscle weakness or pain
- Regular use of THC products can increase mitochondrial dysfunction in the brain, liver and muscle

How to assess if you may have Mitochondrial Dysfunction:

- *Symptom* screening, specialized lab tests (if indicated)

Nutraceuticals that may help:

- Alpha-Lipoic Acid (ALA), CoQ10, Nicotinamide Riboside (NR), Acetyl-L-Carnitine (ALC),

PERIPHERAL and/or CENTRAL SENSITIZATION - CONSEQUENCES OF THE 4 DEMONS

Your nerves in and outside the brain/spinal cord) are overly sensitive and fire too easily.

Signs that you may have Peripheral and/or Central Sensitization

- Burning, tingling, or "electric" pain
- Multiple symptoms: fatigue, sleep problems, brain fog
- Widespread pain (multiple body areas)
- Increased sensitivity, Pain from light touch (allodynia)
- Conditions like peripheral neuropathy

How to assess if you may have Peripheral and/or Central Sensitization

- Questionnaires, physical exam, symptom patterns, response to medications

Nutraceuticals that may help:

- **PS:** Alpha Lipoic Acid (ALA), Acetyl L-Carnitine (ALC), Vitamin D, PEA
- **CS:** Magnesium, PEA, Melatonin, Taurine

THE 16 NUTRACEUTICALS AT A GLANCE

Many supplements treat multiple domains

Category	Supplements	Primary Targets
Anti-Inflammatory	Omega-3s, Curcumin, Boswellia, Quercetin	Systemic inflammation, neuroinflammation
Antioxidant	ALA, NAC, Sulforaphane, Resveratrol, Taurine	Oxidative stress, nerve protection
Mitochondrial Support	CoQ10, Nicotinamide Riboside (NR), Acetyl L-Carnitine	Energy production, fatigue
Nerve Health	Vitamin D, Magnesium, ALA, ALC	Peripheral nerves, deficiency correction
Pain Modulation	PEA, Melatonin, Magnesium, Taurine	Central sensitization, sleep, calming

Your pain severity is real. There are reasons for it. And there are things we can do about it.