



Explaining Pain

The brain can interpret sensations from the perceived troublesome area in your body as potential damage in the tissues or organs of that area, amplifying symptoms to alert you to the perceived threat (like an alarm system). There is likely to be no serious damage in the area at all if all your investigations were clear, despite feeling symptoms there. Other potential threats may also come from outside of you which alert your alarm system and increase your symptoms (related to anxiety, emotional stressors, nutritional stressors, medicine stressors etc.).

It's like 'faulty wiring', called **nociplastic pain** (or ongoing *central sensitisation*). It includes low grade neuro-immune responses (including mild inflammation in the nervous system) in the brain and spinal cord in response to stressors, making your senses (and gut) highly sensitive to anything potentially threatening.

Things known in the scientific literature to make it worse:

1. Stress, anxiety and not understanding it (or not trusting a diagnosis)
2. Depression and catastrophising
3. Poor sleep
4. Nutritional stressors
5. Lack of exercise or movement

Things likewise known to make it better:

1. **Understanding central sensitisation and nociplastic pain**
 - a. Not chasing after 'missed pathology'.
2. **Stress management**
 - a. Breathing, mindfulness, pacing, routines, psychologist help.
3. **Sleep hygiene**
 - a. Same bed-times, yellow light in the evenings, no screens for the last hour, breathing and mindfulness.
4. **Nutrient dense food**
 - a. Cut down sugar etc.
5. **Regular movement and controlled retraining**
 - a. Retraining your sensory accuracy around your pelvis
 - b. Something enjoyable to you (Walking, gentle stretches, yoga etc.) in a safe, graded way

More info at: www.painsandbrains.com/central-sensitisation