

8 ways to manage chronic pain*

- **Drink lots of water!**
- **Diffuse essential oils**
 - **Peppermint is good for muscle & joint pain, headache and nerve pain**
 - **Lavender - well known for pain relief & relaxation, anti-inflammatory, anti-microbial.**
- **Start a pain journal**
- **hot & cold therapy with heating pads**
- **all natural muscle & joint pain**
- **mindfulness meditation**
- **Savor a cup of ginger tea - helps relieve nausea, arthritis, headaches, menstrual cramps and muscle soreness.**
- **Stretch or do yoga**

*informational only, not intended to be a substitute for medical advice