



NATURAL PAIN RELIEF AND FACTORS THAT IMPROVE PAIN

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KEEP IN MIND THE UNDERLYING FEATURES OF PAIN WHERE IS THE PAIN COMING FROM

Inflammation

Neurological

Structural- bone
on bone, pinching
or compressing

Spasm- muscular

***** MOTION
IS
LOTION*****

INFLAMMATION

- Autoimmune, Gout, Rheumatoid Arthritis, Tendonitis, Infection
- Hot, red, swollen
- Anti-inflammatories/NSAIDS (ibuprofen, naproxen, prescriptions), Steroids
- Diet- eliminate foods that aggravate, uric acid diet, gluten/dairy/nightshades/ sugar (not carbohydrates)
- Curcumin, Fish Oil, SAM-e, Vitamin D3-K2, Cat's Claw, CBD, Bromelain, Cherry Juice Extract or Tart Cherry (gout), Glutamine

NEUROLOGICAL/ NEUROPATHY

- Damage to nerves- Diabetes, Alcohol, Vitamin Deficiencies, Thyroid, Injury, Compression (herniated disc, carpal tunnel), Toxicity Exposure (chemo, metals, pesticides, medications), Infection (shingles, herpes, HIV,
- Intense burning, stinging, itching/ stabbing, shooting/increases at night
- Therapies- anything that “stabilizes the nerve,” feeds the nerve, decompresses, removes the toxin
- Prescriptions- Gabapentin/ Lyrica/ anti-depressants (amitriptyline/ duloxetine) / lidocaine * narcotics usually DO NOT help / Thyroid Meds / Control Blood Sugar
- B- vitamins ALL 8 (alcohol, toxicity) / Alpha Lipoic Acid / CBD/CBN / Acetyl L Carnitine / Magnesium Glycinate, Phosphatidyl serine/ choline, Benfotiamine
- Acupuncture / Physical Therapy / Stretches and Exercise/

STRUCTURAL

- Bone on bone damage (osteoarthritis, Rheumatoid Arthritis late stage, overuse, compression (herniated disc, carpal tunnel)
- Tens, Surgery, Injections (steroids, Rooster Comb, Trigger Point, Hyaluronic Acid) Stem cells or PRP
- PT, Chiropractor, Acupuncture, Yoga, Exercise
- Glucosamine/ Chondroitin, Curcumin, Fish Oil, Collagen, Glutamine, CBD/CBN, MSM, Chamomile, electrolytes and hydration

SPASM

- Muscle Spasm caused by pinched nerves, herniated disc, muscle injury, overuse, stress, bruising
- TENS, trigger point injections, PT (stretches), Acupuncture, massage, EXERCISE, muscle relaxers (really just brain relaxers)
- Magnesium Glycinate orally, Magnesium (Epsom Salt baths), Arnica, CBD/CBN

SLEEP, LIKE DIET AND EXERCISE HELPS MOST ISSUES

- Notice many of the supplements for pain are also for sleep
- Control stress/ adrenal or cortisol supplements, exercise- stress and adrenal dysfunction make people melatonin resistant and melatonin needed for sleep induction and maintenance
- Adrenal supplements (Relora, Ashwagandha), Magnesium Glycinate or magnesium baths, Chamomile, Lavender, 5-HTP, L-Theanine, CBD/CBN, Holy Basil, Melatonin (less is best)
- Sleep medication prescription and OTC PREVENT deep stages of sleep they are “hypnotics”



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