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**Pain Treatment**

**Diet:** A caveman or Paleolithic diet reduces inflammation, wheat and dairy increase it

* High in vegetables and fruits, organic as much as possible
* Gluten and dairy restricted (no more than once a week for either)
* More root vegetables (carrots, beets, parsnips, turnips, rutabagas, sweet potatoes) & winter squash (acorn, butternut)
* Fewer grains and beans
* Fish, especially oily fish, lean, low-fat meat/poultry
* Low fat, mostly olive oil ~ 1 Tbsp/d

**Exercise:** To carry out inflammatory products, bring in nutrients, and relieve spasms

* Start with just a few minutes 1-2x/d, working up as tolerated to ½ hour/d
* Walking, bicycling, aerobics, yoga, tai chi, etc.
* Stretching to release spasm, increase circulation, carry off waste/inflammatory products
* Relaxation/Meditation to relax muscles, lower fight-or-flight response, promote healing

**Supplements:**

* Omega 3 fish oil 4000-6000 mg/d or Coromega 1 packet/d for inflammation
* Multivitamin containing at least 50 mg B complex/d to improve energy production
* Magnesium 400-800 mg 1-2x/d (more if constipated, less if diarrhea) to decrease muscle spasm and improve energy production in mitochondria
* Methyl B12 5000 mcg/d dissolved in the mouth – sometimes very helpful for pain

**Herbal anti-inflammatory options:**

* Boswellin 2 caps 2x/d
* Turmeric/Curcumin 1-2 caps 2x/d
* CBD Oil: 5 drops/d orally or topically, working up to 15-30 drops 2x/d to calm the nerves, help anxiety

Legal, contains only 0.2% THC, so won't turn drug screen positive <https://www.bluebird-botanicals.com/Cannabidiol__CBD__oil.php>

* Turmeric Paste

 Simmer ½c (60 g) Turmeric with 1½ c (more if needed) water for 7 – 10 minutes till a thick paste.
 Add 1/3 c (70 ml) cold-pressed Coconut or Olive Oil, 1½ tsp fresh ground black pepper or white pepper
 (omit if not tolerated), 1 tsp Ceylon Cinnamon. Whisk/stir well. Use ¼ tsp 2x/d straight or added to
 milks (e.g. coconut), smoothies, yogurt.

**Rebuild Discs and Cartilage:**

* Joint Support (Glucosamine, Vitamin C, Copper, Manganese) 3 caps/d
* MSM 500-1500 mg 2x/d
* Posture Pump or inversion table or cervical traction unit

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**Topical Pain Relief:**

* Castor Oil Packs:

Pour castor oil on a cloth, apply the cloth to the painful area. Place plastic over the cloth. Lay a heating
 pad over the plastic/cloth for 20-30 minutes. Repeat up to 2x/d.

* Topical Mahanarayan Oil for pain in muscle, joints or nerve (really positive feedback from patients!)
* Topical Two Old Goats (contains essential oils)
* Essential Oils for pain: applied to areas of pain 2xd

6 drops Frankincense or 5 drops Frankincense with 6 drops Marjoram, 5 drops Copaiba, 6 drops Lemongrass, 5 drops Idaho Balsam

* Make topical pain cream in a Blender with Medications:

3 oz cream - OrthoGel, BioFreeze, Bag Balm, Tiger Balm, Aspercreme or Lidocaine Viscous or Cream

+/- 3 Ibuprofen 800 mg or Aleve/Naprosyn 400-500 mg or Voltaren 2 tabs

+/- 3 Gabapentin 400 – 800 mg, +/- 3 Flexeril 10 mg

**Medications:** Some can develop dependency

* Muscle relaxers: Tizanidine, Flexeril, Parafon Forte, Norflex (Orphenadrine), Soma
* Nerve calmers: Gabapentin, Klonepin (Clonazepam), Lyrica, Cymbalta, Savella, Effexor, Elavil
* Opiates: long acting and short acting

**Body work:**

* Massage
* Acupuncture
* Chiropractic
* Cranio-sacral

**Sleep:**

* Melatonin
* 5-HTP
* Valarian

**Adrenal exhaustion:**

* Vitamin C 2000 mg 1-2x/d
* Pantothenic Acid 500 mg/d
* Rhodiola

**For arthritic spurs:**

* Vitamin K2 100 mcg/d
* Burdock Root 2 caps 2x/d

**Paraffin Bath:** ~ $30 - Amazon, Walmart & Bed Bath and Beyond
 - Set up with a timer to warm it 30 mins before you wake. Then on waking, dip hands in hot wax.

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