

Ch. 37: Pain Management Protocol

About 20 percent of American adults live with chronic pain most days or every day.¹ It is one of the top reasons people see their doctor, with low back pain being the most common type of chronic pain reported.² Pain can be acute, lasting a short period of time or chronic, coming and going for more than three months.³ Causes of pain include tissue damage, illness, musculoskeletal problems, injury, surgery, and cancer. Sometimes there is no apparent cause.

Pain is associated with significant emotional distress and functional disability. Up to 85% of patients with chronic pain are affected by severe depression.⁴ Accidental overdose, mainly from opioid pain medication, is the leading cause of death of Americans under the age of 30.⁵



People feel pain when specific neurons called nociceptors detect tissue damage and transmit this information along the spinal cord to the brain. Once the message arrives, it causes you to feel the unpleasant sensation of pain. The brain's interpretation of these signals and the efficiency of the communication pathways dictate how a person experiences pain.⁶ Pain can persist for long periods of time if signals become dysregulated and keep firing in the nervous system.⁷

Pain management is a major public health issue with its enormous social and economic impact. Opioid medications, commonly prescribed for moderate to severe pain, are highly addictive. Opioid pain relievers are used by 30% of the American population, and 80% of heroin users said the first opioid they ever used was a prescription opioid.⁸ Given the significance of the opioid crisis, there is an urgent need to find safe, non-addiction approaches to pain relief.

1. Natural Remedies

Below are listed natural herbs that help with pain management:

Boswellia/Indian Frankincense (*Boswellia serrata*): Indian Frankincense is an herbal extract taken from the *Boswellia serrata* tree. Boswellia has been used

for centuries to treat chronic inflammatory diseases (like arthritis) and pain; it has anti-inflammatory and analgesic (pain-relieving) effects,⁹ considerably improves joint function,¹⁰ and significantly increases individuals' pain threshold and pain tolerance.¹¹ It is believed that Boswellia works by inhibiting inflammatory, inflammatory chemicals in the body involved in pain.¹² Frankincense also works topically for pain. Suggested dose: Take 100mg daily or 2-3 dropperfuls of tincture, daily. Possible interactions: Do not use internally if pregnant.¹³

Curcuminol (CBD): Curcuminol, a compound derived from Curcumin plants, is a popular research topic in pain management. The legalization of CBD in most U.S. states has ignited interest in its potential for pain management.¹⁴ CBD has several advantages for pain management; most significantly, it does not seem to be addictive, and it appears to be relatively safe in humans, with few negative side effects.¹⁵ CBD can improve nerve pain corresponding to standard treatments,¹⁶ and is an effective treatment for peripheral neuropathic pain, rheumatoid arthritis, and cancer pain.¹⁷ CBD exerts its pain-relieving effects through its various interactions and modulation of the endocannabinoid, inflammatory, and pain-relating systems (nociceptors).¹⁸ Suggested dose: Take 20 to 40 mg daily. Possible interactions: Research shows much higher doses of up to 1,500 mg a day are well tolerated, however, if taken with other medications high doses may cause liver damage. Side effects may include diarrhea, appetite changes, and fatigue.¹⁹

Curcumin/Turmeric Root (*Curcuma longa*): Turmeric contains curcumin. Research has repeatedly demonstrated curcumin's antioxidant, anti-inflammatory, and immunomodulatory properties.²⁰ It has the potential to help treat a wide variety of inflammatory diseases including cancer, diabetes, cardiovascular diseases, arthritis, Alzheimer's disease, psoriasis, etc., through modulation of numerous molecular targets.²¹ It also impacts pain. A 2022 study demonstrated improvements in both pain and improved physical movement for osteoarthritis.²² It is an effective adjunct for neuropathic pain relief²³ and neuropathic pain.²⁴ Researcher believe curcumin works by suppressing the NF- κ B pathway.²⁵ This pathway is implicated in a variety of pain conditions such as rheumatoid arthritis, migraines, and nerve injury.²⁶ Choose a supplement formulated with M43 pepper (*pipiperine*) to enhance bioavailability, and take curcumin with fatty sources to improve absorption. Suggested dose: 750 mg following breakfast and 750 mg following dinner.

Peppermint (*Mentha piperita*): Peppermint has a long history of use in traditional Greek medicine for migraines and toothaches.²⁷ While research has demonstrated its anti-inflammatory and anti-migraine properties, newer research has focused on its use for treating general pain. Peppermint extract behaves as a potent pain reliever in acute, inflammatory, arthritic, and neuropathic pain.²⁸ Suggested dose: Take 100 mg daily. Possible interactions: Blood-thinning medications such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin and medications broken down by the liver.²⁹

Reishi (*Ganoderma lucidum*): Reishi mushroom is a formidable adaptogenic and-inflammatory, targets inflammatory cytokines, helps reduce pain in rheumatoid arthritis, and helps modulate the immune system.³⁰⁻³² Reishi is a good choice for inflammatory, arthritic, and autoimmune disorders that cause pain.³³ Suggested dose: 2 dropperfuls of a fluid-extracted reishi tincture, twice daily.

St. John's Wort (*Hypericum perforatum*): One of the most commonly used herbal medications in the United States, St. John's wort (SJW) is used internally and externally for nerve pain and depression.³⁴ The main active ingredients, hyperforin, has many effects on the nervous system including inhibiting the re-uptake of several neurotransmitters.³⁵ St. John's wort can reduce neuropathic pain.³⁶ Neuropathic pain is caused by damage or injury to the nerves that transfer information between the brain and spinal cord from the skin, muscles, and other parts of the body. It is typically treated with opioid drugs.³⁷ SJW can be used alone or in combination with opioid medications and prevent addiction.³⁸ Suggested dose: Take 900mg daily or 3 dropperfuls of tincture three times daily.³⁹ It may also be used topically.

Possible Interactions: SJW interferes with enzymes involved in drug metabolism, (CYP2A4, CYP2C9), which may decrease the effectiveness of certain drugs, including birth control and HIV drugs.⁴⁰ SJW shouldn't be used with other medications that alter neurotransmitter levels (e.g., certain antidepressants) as it has the potential to induce serotonin syndrome.⁴¹ Ask your doctor before taking St. John's wort with any western medication.

White Willow (*Salix alba*): Willow bark has been used for thousands of years; people chew on the bark to reduce fever and inflammation.⁴² Willow contains salicylic acid, which was used as a precursor to make aspirin (acetylsalicylic acid). Acetylsalicylic acid was patented by the Bayer Pharmaceutical Company in the 1800s and is the most common household drug.⁴³ Salicylic acid inhibits cyclooxygenase enzymes (COX) involved in making prostaglandins that stimulate inflammation and pain.⁴⁴ People commonly use willow bark for back pain, osteoarthritis, liver, fat, muscle pain, and many other conditions. In contrast to synthetic aspirin, willow bark does not damage the gastrointestinal mucosa.⁴⁵ Willow bark is especially effective for back pain.⁴⁶ Suggested dose: Take 125 mg daily. Possible interactions: Blood-thinning medications such as warfarin (Coumadin), aspirin. Contraindicated in pregnancy, lactation, and for children as it may cause Reye's syndrome.

Below are listed natural analgesics and anti-inflammatories:

Capasaicin/Chapsaic (*Capasaicin annuum*): Capsaicin, a constituent of capsaicin peppers, is an effective external pain treatment. Capsaicin binds to "heat" receptors in the skin to produce a sensation of heat, which in turn, reduces the perception of pain. Research shows its effectiveness

in treating neuropathic and soft-tissue pain.⁴⁷⁻⁴⁹ Due to its high concentration, for topical use capsaicin should always be diluted in a cream or salve.

Infusion of Lavender (*Lavandula angustifolia*): Lavender is well-known for its calming, anti-inflammatory, and antioxidant effects.⁵⁰ Infusion of lavender oil may relieve pain. In a study investigating migraine headaches, inhaling lavender essential oil resulted in significant pain relief.⁵¹

Peppermint (*Mentha piperita*) Oil: Topical use of peppermint oil is effective in treating pain.⁵² In contrast to capsaicin, peppermint oil binds to "cold" receptors in the skin that produces a sensation of cooling, relieving minor pain and irritation. Researchers believe that menthol, a constituent of peppermint, gives it a cooling effect. Research has shown peppermint oil to be effective in treating a number of conditions including neuropathic, headaches, and arthritis.⁵³⁻⁵⁵ Due to its high concentration, peppermint oil should always be diluted before topical use.

I make a Joint and Movement salve that eases pain and inflammation. It is an outstanding remedy for arthritis, muscle and joint pain, carpal tunnel, general aches and pains, nerve pain, and tennis elbow. Apply 3x/day. It contains: organic olive oil (infused with Calabash, Arnica, St. John's Wort, Cottonwood Buds (Balm of Gilead), and Capsaicin), plus organic burdock, organic Helichrysum essential oil, organic Frankincense essential oil, and vitamin E. Specific herbal uses are below:

Arnica: Anti-inflammatory, stimulates blood flow, and analgesic. Excellent for pain, strains, sprains, bruising, carpal tunnel, and swelling.

Calabash: Reduces pain by soothing inflammation. Supports cell regeneration.

Capsaicin: Rich in capsaicin to help relieve arthritis, joint, muscle, tendon, and diabetic neuropathy pain. Works best with regular use (see above section).

Cottonwood Buds (Balm of Gilead): Anti-inflammatory, antibacterial, antitumor, and analgesic. Rich in salicylic acids for pain relief and to reduce swelling.

Helichrysum and Frankincense (Boswellia): Provides effective pain relief through strong anti-inflammatory action and may fight cartilage loss. See above for internal use.

St. John's Wort: Consistent external use reduces inflammation and pain, including nerve pain. See internal uses above.

1. Diet Anti-inflammatory Diet: Nutrition plays a major role in pain management. Persistent low-grade systemic inflammation is associated with chronic pain, while healthy eating patterns are associated with less systemic inflammation and reduced pain.⁵⁶ Carefully selecting foods that are anti-inflammatory while avoiding foods that are pro-inflammatory can effectively reduce pain and improve quality of life.⁵⁷ 28

Mabage For Common Ailments

Pasquale De Marco



Mabage For Common Ailments:

Aromatherapy for Common Ailments Shirley Price,2003-12-23 Aromatherapy oils have been used since ancient times to cleanse the body strengthen the immune system and release tension Extracted from the petals leaves roots and resins of plants these essential oils can provide a lovely and effective scented therapy used in massage baths compresses inhalations room fresheners shampoos and body lotions With step by step instructions and beautiful color photographs Aromatherapy for Common Ailments shows how to apply twelve of the most versatile essential oils to treat more than forty common health problems including Headaches Colds and flu Varicose veins Menstrual pain Insomnia High blood pressure Indigestion Hair loss Acne Fatigue An ideal companion volume to *Massage for Common Ailments* and *Yoga for Common Ailments* this first of its kind guide shows how easy and delightful it is to treat yourself to the art of natural healing and relaxation *Herbal Cure For Common Diseases* Acharya Vipul Rao,2004-08 Herbal treatment herbal beauty care herbal hair dye herbal massage herbal oils herbal tea etc are some of the oft heard terms It is a clear and welcome sign pointing out to the acceptance adherence and usage of herbs on one form or the other *Massage for Common Ailments* Sara Thomas,1992 *Common Diseases and Cure* Dr. Rajeev Sharma,2006 *The Complete Guide to Complementary Therapies in Cancer Care* Barrie R. Cassileth,2011 This book guides the way through the often confusing maze of complementary and alternative therapies promoted to cancer patients and survivors The functions benefits backgrounds and risks are clearly presented from publisher description *Top Natural Home Remedies for Common Diseases, Ailments and Medical Conditions* Marko Mut,2019-06-03 For centuries people all over the world have turned to natural remedies to fight common ailments such as colds upset stomachs and toothaches And the trend continues Nearly 4 out of 10 adults have used some form of alternative remedy according to a 2007 report from the National Center for Health Statistics This eBook explores the following diseases and ailments and their recommended natural home remedies TB Tuberculosis Knee Joint Pain Premenstrual Syndrome PMS Skin Cancer Reversing Diabetes Breast Cancer Lung Cancer Cholesterol Oily Skin Arthritis Blocked Stuffy Nose Genital Herpes Migraine Headaches Asthma Back Pain Home Remedies To Help Women Get Pregnant Removing Ovarian Cysts Erectile Dysfunction Ed Male Impotence High Blood Pressure Heart Disease Natural Antibiotics Depression Boost Immunity Bronchitis Natural Birth Control Remedies Natural Pain Killers Improve Eyesight Puffy Eyes Ear Infections Stretch Marks Fight Wrinkles Age Spots And Other Signs Of Aging Common Cold Natural Detoxification Menopause Relief Acid Reflux and more **The Hidden Art of Self-Healing with Chi** Pasquale De Marco,2025-04-24 Embark on a Transformative Journey of Self Healing and Well being with *The Hidden Art of Self Healing with Chi* A Comprehensive Guide to Chi Self Healing In a world where stress ailments and imbalances pervade our lives *The Hidden Art of Self Healing with Chi* emerges as a beacon of hope offering a profound and accessible approach to achieving holistic health and harmony Through the ancient wisdom of Chi Self Healing this comprehensive guide unveils the secrets of harnessing your inner life force known as Chi to unlock your

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Survivors are better able to manage the physical and emotional stresses that accompany cancer leading to symptom control and improved quality of life The Massage Bible Susan Mumford, 2009-11 From Chinese massage to Shiatsu to Indian head massage this lavishly illustrated bible presents all the techniques needed to master the basics Every spread features large and easy to follow photos while the text guides beginners on what pressure to exert what part of the hand makes contact with the body and exactly what to do whether they're feathering the back working on the neck and scalp or performing a sequence on the arms and hands In addition to holistic and sports massages there are suggestions for special situations including massaging a baby advice on massages to relieve common ailments and lifestyle tips Alternative Medicine Resource Guide Francine Feuerman, Marsha J. Handel, 1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities

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