

WHAT WORKS FOR PAIN



CURE

SURGERY, TIME, WEIGHT LOSS, DISEASE TREATMENT

- + Treats the underlying cause of the pain and not just the symptom
- + Can sometimes permanently eliminate the pain
- Expensive
- Invasive

Ideal for when the underlying cause of pain is threatening to overall health

SUPPLEMENTS

ORAL: MAGNESIUM, TURMERIC, DEVIL'S CLAW ROOT, BUTTERBUR, BOSWELLIA, OMEGA-3 FATTY ACID
TOPICAL: CAPSAICIN/CAPSICUM, ANALGESIC CREAM, CAMPHOR, MENTHOL, COMFREY

- + Very few side effects
- Often require long term use
- May be condition-specific
- Research often scant
- Need to check for interactions

Ideal for chronic pain and inflammatory conditions.

PHYSICAL TREATMENTS

VIBRACOOL & DUOTHERM, MASSAGE, ICE, HEAT, ACUPUNCTURE, YOGA, FOAM ROLLERS, MECHANICAL TAPE, TENS UNIT, SWIMMING, POSITIONING PILLOWS, ULTRASOUND, HOT SHOWERS, COMPRESSION, ALPHA WAVES, STRETCHING, TRIGGER POINT DEVICES, BATHS, WEIGHTED BLANKETS, ORTHOTICS

- + Variety of options to fit lifestyle & budget
- + Non-invasive, non-addictive
- + Can be combined for greater results
- Varying levels of proven effectiveness between different treatments
- May take time and experimentation to find right fit

Ideal for acute pain, healing from an injury or surgery, and many chronic pain conditions

MIND+BODY SOLUTIONS

MEDITATION, EMOTIONAL SUPPORT, PUZZLES, HUGS, SUPPORT GROUPS, PERSONAL FAITH PRACTICES, MUSIC, COOKING, DANCE, VIDEOS, HIKING, GAMES, MUSEUMS, SETTING AND ACCOMPLISHING ACTIVITY GOALS (ACT), PROGRESSIVE MUSCLE RELAXATION, COGNITIVE REFRAMING, DEEP BREATHING, AROMA THERAPY, CALM AMBIENCE, GUIDED IMAGERY

Ideal for chronic and acute pain in combination with physical treatments

- + Sustainable treatment for chronic pain
- + Fosters support systems
- + Nearly infinite variety of distractions
- + More effective than traditional pain therapy for some types of chronic pain
- Requires a difficult mental shift in thinking about pain

Not all treatments or supplements are appropriate for all pain conditions. This list contains evidence based interventions and physical therapy options evaluated by MMJ Labs which may not be appropriate for every pain condition. Check with your physician to determine optimal recommendations.