

A grayscale photograph of a person's back and shoulder. Overlaid on the spine is a glowing orange and yellow graphic of vertebrae. A hand is resting on the lower back area. The background is a soft-focus indoor setting.

# **PULL THE CHAIN ON PAIN**

**12 WAYS TO NATURALLY  
RELIEVE PAIN**

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# INTRODUCTION

Did you know that in a lifetime every adult human will experience some sort of pain? Pain is not a “what if” as much as a “when”. As humans, we are resilient yet quite fragile, and each of us will go through experiences that may lead to pain. However, just because we experience pain does not mean we have to live with it. Moreover, it does not mean we necessarily have to turn to pharmaceuticals or surgery, in many cases, there are other ways to manage pain. There are plenty of healthy natural options for coping with pain available to the public. In this ebook we share with you the ones that have proven to be most useful.



# 1

## WHY OMEGA 3'S MATTER

When dealing with pain how often do we actually assess what is going into our bodies? When it comes to managing and reducing pain what we place into our mouth plays a much greater role than we tend to give credit. When we lack or have insufficient levels of a nutrient that plays a crucial role in our bodies functioning, we see a multitude of side effects.

The effects of lacking Omega 3's include illness, cardiovascular issues, immune system imbalances, and inflammatory responses. A diet loaded with Omega 3's is crucial in order for the cells throughout the human body to function properly. Furthermore, receiving a proper Omega 3 intake will delay the process that deteriorates your joints and tissues. Some benefits of retaining enough of these fatty acids include reduced inflammation, swelling, and rubbing of joints. Omega 3's also increase blood flow. When inflammation, swelling, and rubbing of joints is reduced and blood flow is increased, overall soreness, tenderness, and pain will fade.

Omega 3's can be found in salmon, sardines, anchovies, chia seeds, pumpkin seeds, and walnuts. Those struggling to provide enough Omega 3's through their daily diet can compensate by taking capsules such as fish oil. Take a step to make sure you are receiving enough of these fatty acids not only to lesson the pain you may currently be experiencing but also to be proactive in reducing future pain.





## 2

## THE TURMERIC TRICK

Turmeric is a plant from which we have derived the turmeric spice. Many countries have used turmeric as an effective digestive agent for thousands of years. Curcumin is one of the influential components within turmeric. The curcumin ingredient is also the element of this spice that offers medical benefits and pain relief. Because of this ingredient turmeric has been proven to reduce stiffness and inflammation in return reducing pain. Moreover, curcumin has been shown to reduce pain by curing bacterial infections and digestive issues. Turmeric is not only a healing agent for the body but for the brain as well. This spice fights a number of degenerative processes within the brain by increasing the growth of new neurons when influencing your brains hormones.

One major obstacle some have encountered when striving to boost their curcumin intake is that the body has a hard time absorbing this compound. In order to improve your bodies ability to properly absorb this component it is recommended to take curcumin and black pepper side by side. Another way to avoid this obstacle is to receive this herb in supplemental form. Both turmeric and curcumin are available in capsule form for those who prefer not to eat the foods they are normally found in. Turmeric is a long-term inflammation supplement, meaning it can take 1 to 2 months to start seeing the anti-inflammatory results, so this would not be the best option for a quick short-term fix.



# 3

## THE MIRACLE OF CBD (CANNABIDIOL OIL)

Though Cannabidiol Oil has been used as a natural medicine in cultures all around the world for thousands of years it wasn't until recently that science has really begun to understand how phenomenal this natural component is.

Cannabidiol, also referred to as CBD, is a naturally occurring, non-psychoactive ingredient in cannabis. Meaning, it has healing properties without getting you high. CBD oil influences the CBD2 receptors by utilizing more of the endocannabinoids that are already present in your body. CBD2 receptors influence serotonin, glutamate, dopamine, and adenosine receptors decreasing both inflammation and pain while creating a calming effect for your body. CBD also tackles some of the leading causes of pain and tension such as anxiety and sleep deprivation.

This groundbreaking CBD compound is revolutionizing medicine as we know it today. Pharmaceutical companies aren't able to keep up with CBD's anti-inflammatory properties without the addition of harmful side effects. Making CBD the leading form of pain relief in 2019.





# 4

## TRYING TEMPERATURE THERAPY

There are a few different forms of heating and cooling therapies that assist with pain. Two common forms of heat therapy include dry heat and moist heat therapy.

Dry heat therapy involves the use of heat packs and saunas, whereas moist heat therapy utilizes steamed towels and hot baths. Hot treatments have been shown as an effective source of comfort to aching joints and cramping muscles. When choosing a heat therapy treatment you have the option of targeting a specific location such as a sore or stiff muscle, targeting regional widespread pains or aches, or full body treatments.

Cold Therapy minimizes blood flow in a specific area by constricting the vessels. Many people choose cold therapy as their first option to reduce swelling because its pain relief effects are almost instantaneous in relation to other pain solutions. Cold therapy also reduces headaches, muscle spasms, and inflammation. Cold therapy is easily accessible as you can use an ice pack, a bag of frozen veggies, or even just a bag of ice, however, ice should never be placed directly on the skin.



# 5

## AM I IN ALIGNMENT?

When your body is out of alignment your tendons, joints, and muscles all take on additional stress. Our bodies are designed to do things in a specific manner in order to perform at their optimal potential. To do things in an ergonomic way improves the body's efficiency, reduces strain, helps to prevent injury, and lessens the wear and tear of the body. When your body is aligned and working in an ergonomic manner everything functions more properly and feels more comfortable. The best way to make sure you are moving in a fluid fashion is to make sure you have good posture, bend properly, and lift properly.

When the body is out of alignment, it becomes challenging to complete tasks because you're "out of place" in a sense. Hands-on physical manipulation and massage can be effective in getting our bodies back into place. Chiropractic and Osteopathic medicine focuses on getting the body back into alignment by making micro adjustments to your body to help straighten your spine.





## 6

## THE FOAM ROLLER IS YOUR FRIEND

Have you ever experienced the pain of knots in a location you can not reach? Not everyone has access to a massage therapist and sometimes you just need to relieve tension on your own. For many the ultimate solution to working out those knots comes in the form of a cylindrical piece of high density foam referred to as a foam roller.

Foam rolling, also known as “Self-Myofascial Release” can assist in strength, stretching, endurance, and muscle performance. When we feel tight and full of knots it becomes extremely painful. The Foam Roller has been shown to be highly effective in removing these knots all over the body. Essentially Self-myofascial Release is a self-massage technique used to release tightness and trigger points within the muscles. Some of the most common spots where a foam roller has been shown to be highly effective include the quads, calves, hip flexors, hamstrings, and especially the back. Using a foam roller will also expand the range of motion in your joints assisting to prevent future injury and reduce ongoing pain.

Professional athletes, fitness enthusiasts, and even chiropractors use foam rollers in order to optimize workouts, release pain, and prevent injury. Sometimes simply spending 5 to 10 minutes working on a tight area can quickly release trigger points and as a result ease both tension and pain. Everyone can do foam rolling from within the comfort of their own home. This makes it a simple and efficient exercise to incorporate into your everyday life.



# 7

## A SOOTHING TOUCH

When it comes to taking care of yourself, massages are an underrated way to not only feel great but reduce body pain over time. There are various techniques used to apply pressure to help relax muscle tissue, increase blood flow, and improve flexibility in ligaments. Additionally, there are long-term benefits such as lowered blood pressure and improved circulation that over time will lead to your body performing at more advanced levels.

The most popular massage techniques for eliminating or reducing pain are Swedish or Deep Tissue, which are widely reported to reduce pain and increase relaxation. However, there are other more intense therapies such as Thai Massage or Neuromuscular Massage Therapy that you should look into if you need more specialized treatment.

All forms of Massage promote blood moving back to the heart, which lowers blood pressure and heart rate and increases blood and oxygen flow. The outcome is enhanced blood and lymph circulation as well as relaxed muscles. Relaxing the muscles and reducing stiffness does not only alleviate muscle pain, but pain all over the body. When our muscles are stiff and feel tight other pains we are experiencing are inflated, but with our body loose and calm we have a higher tolerance when perceiving and experiencing other discomforts.



## 8

## POKE THE PAIN AWAY

Originating in Asia acupuncture uses needles at specific acupressure points in order to alleviate pain as well as treat a variety of physical, mental, and emotional conditions. Neuroscientists study the nervous system, a complex network of cells and fibers that communicate through nerve impulses between different parts of the body.

Though acupuncture has been practiced in China for around 3,000 years it wasn't until recently that neuroscientists have had the opportunity to study how acupuncture affects the brain. Neuroscience has found that the stimulation from acupuncture increases blood flow circulation and prompts your body to release endorphins, norepinephrine, and enkephalin some of your bodies natural pain killers. Acupuncture has not only been shown to alleviate physical pains, but by triggering a release of serotonin has been shown to relieve symptoms of depression and anxiety as well.





# 9

## MASTER BREATHING TECHNIQUES

For thousands of years humans have been using deep breathing techniques in order to overcome some of the most challenging and painful stages of the human experience. Women prepare for childbirth all over the world by observing and learning breathing techniques in preparation for their big day. Breathing has been used throughout the world to reduce pain for centuries.

Many breathing techniques that humans take part in on a regular basis don't even need to be learned but are practiced subconsciously. Deep long mindful breathing has been proven to reduce stress, anxiety, emotional turmoil, and physical pain. Slow deep controlled breathing letting all the air completely out and back into your lungs slows your heart rate, lowers blood pressure, and improves balance and core stabilization. Deep mindful breathing results in an almost immediate calming effect, mental clarity, and pain reduction.



# 10

## SOOTHING SURROUNDINGS

Environment can play a huge factor in reducing or magnifying pain. Your environment is the surroundings or conditions in which you operate. For most people, their environment consists of home and work. Studies have shown that when we live or work in a stressful environment we perceive lower intensity pain as more painful than when we are in a safe comfortable environment. This means our pain tolerance can actually go up or down depending on what kind of environment we are choosing to surround ourselves with. So how can you improve your environment? It's pretty hard to completely eliminate the stress around you, we simply don't have control of all the circumstances. However, there are two parts to having a lower stress environment that can be very effective:

1. Remove yourself from any unnecessary stresses. This means having boundaries, expectations, and self-care. It means if there is a scenario you can choose to avoid in order to reduce stress on yourself perhaps you can take that road.
2. Stress less within the scenario. We can't always take ourselves out of stressful situations but we can choose to make less stress the priority. This one takes practice because in order to be effective we sometimes have to let others win, but essentially it means choosing stress relief over winning, having the last word, or perhaps saying anything at all.



Exercise relieves both physical and mental stress on your body. Those who are not physically active have a higher risk of experiencing pains, especially in their lower back. Fitness is also a step for preventative care to avoid dealing with additional pain in the future. We are more likely to receive an injury within our everyday activities if we are not living an active lifestyle. Daily stretching keeps your body limber, decreasing stiffness, and increasing agility. General strength training and engaging your core will prevent fatigue as well as help with overall balance.

Whether it's going to the gym, playing pickleball, football, dancing, running, biking, or just a walk every day, get your limbs moving around. It doesn't matter what you choose to do, the important part is getting out and ideally breaking a sweat for at least 15 minutes every day.

If doing basic movements is challenging perhaps consider receiving physical or occupational therapy. Physical Therapists assist people to improve their range of movement as well as help them to manage their pain. Occupational Therapists assist patients to develop and maintain the skills needed for tasks related to their everyday life and work.





# 12

## EMBRACE THE EPSOM SALT BATH

In some locations around the world you can hop into a natural spring to experience the healing results of magnesium sulfate. On the other hand if you are not near one of these springs you can duplicate its healing qualities in the comfort of your own bathtub. Relaxing in hot water can assist with loosening stiff joints and tight muscles. Moreover, hot water with epsom salt promotes better sleep while reducing stress, swelling, and pain.

Epsom salts have been shown to be extremely effective at reducing overall swelling and relaxing tight muscles. When Epsom salt is dispersed into water it will begin to dissolve down into its two original components of magnesium and sulfate. The components will begin to permeate the skin through absorption as well as inhalation. Magnesium has a significant impact on muscle contraction and nerve functions causing muscle tension relief and relaxation, in addition, magnesium supports bone and kidney health. The Magnesium in Epsom Salts has been proven to subdue Migraines, Premenstrual cramps, and Anxiety.



# CONCLUSION

Pain is hard to completely eliminate, but there are plenty of ways that pain can be managed in a healthy, natural manner. We recommend trying a few different techniques and tailoring them to your preference and lifestyle. However, it is in our best interest to try a few new things and pursue solutions with an open mind. Try not to get discouraged if one technique is not the ultimate solution.

Recently, extensive research, analysis, and trial has shown natural herbal remedies such as CBD to surpass pharmaceutical pain treatments. We recommend implementing a few different techniques in order to effectively eliminate pain. Trying a combination of solutions has been shown to produce the best results.

