

Pain Management

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1. Basics of diet
 - Dr. Weil food pyramid
 - <https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-food-pyramid/>
 - a. Moderate amounts of protein 3 times per day
 - b. Whole foods
 - c. Alcohol and caffeine moderation
 - d. Hydrate
 - e. Minimize sugar and refined foods and carbohydrates
 - f. Use caution with nightshades
 - g. Eat green vegetables daily
 - h. Low sodium
2. Specific Foods that decrease pain and inflammation
 - a. Cherries and berries
 - b. Spices; Ginger, Turmeric, Cinnamon, Cayenne
 - c. Omega Rich foods; Chia seeds, Flax seeds, Walnuts, Salmon
 - d. Fermented foods (probiotic rich); yogurt, raw sauerkraut, kombucha, kimchi
 - e. Herbal Teas; Mint, Rosemary, green tea
 - f. Cruciferous Vegetables
 - g. Seaweed
 - h. Pineapples and papaya
3. Nutrients
 - a. Fish oil and Omega 3-6-9s
 - b. Magnesium
 - c. Glucosamine sulfate
 - d. Bone Supplement
 - e. Vitamin D
 - f. Turmeric concentrates
 - g. Collagen
4. Topical treatments/Hot cold therapy
 - a. Arnica gel
 - b. Tiger balm
 - c. Capsaicin
 - d. Magnesium oil and Epsom salts
 - e. Castor oil
 - f. Aromatherapy- Lavender, Peppermint, Wintergreen, Frankincense
5. Acupressure/self-massage for health and well being
 - a. Hands, feet, ears; microcosms

- b. Tapping; <https://www.thetappingsolution.com/how-tapping-works.php>
 - 1. Define where the pain is and the quality of the pain.
 - 2. On a scale of 1-10 where is your pain currently with 1 being very little pain and 10 being excruciating.
 - 3. Use an affirmation while you tap your points. 'Even though I have this pain in my _____. My body knows how to heal. I am safe and comfortable.'
- 6. Stretching
 - a. Tilt head to the left and deep breath then to the right and breath deep do this in a comfortable seated position
 - b. Rotate right and left wrists
 - c. Rotate right and left ankles
 - d. Lift arms up and take in a deep breath
 - e. Twist your torso to the right for a deep breath then to the left
 - f. Loose fists tapping on the arms
 - g. Loose fists tapping on the legs
- 7. Deep breathing for pain and relaxation (diaphragmatic breathing)
 - a. Sit or lie down
 - b. Gently put one hand on your chest and the other hand over your belly button
 - c. Inhale through your nose to a slow count of 4 and feel your abdomen rise
 - d. Exhale through your mouth to a slow exhale of 6 letting your stomach sink back in
 - e. Do for at least 5 minutes
- 8. Food as medicine- recipes;
 - a. Seaweed salad; 2 ounces of wakame (rehydrate- follow directions on packaging), 1-2 tbsp miso, 1-2 tbsp sesame oil, 1 tbsp sesame seeds, 2-3 Persian cucumbers sliced, 1-2 thinly sliced carrots
 - b. Kale stir fry; sauté 1 red onion in olive oil add 1cup cut shitake mushrooms and 2 cloves of garlic, once the onion and mushroom are soft add kale (I take the steam off) on medium low heat tilt it wilts, do a drizzle of balsamic vinegar and a dash of Himalayan salt and pepper
 - c. Pineapple turmeric smoothie; 1 cup cut pineapple, 1 tsp turmeric, 1 tbsp chia seed, 1 cup coconut water
 - d. Vegetable soup; sauteed onions, garlic, carrots, celery, shitake, zucchini etc in olive oil and add a shake of 'Trader Joes 21 seasoning' about 5 minutes then add a little vegetable broth the do your kale, spinach or other additional greens then more broth and cook for at least another 45 minutes on low.
 - e. Broths are always nice to have in the freezer or fridge. They are nutritious and can be used in soup, stir fries etc. Here are 2 links to a vegan broth and a bone broth that you can make at home.
<https://wellnessmama.com/recipes/bone-broth/>
<https://wallflowerkitchen.com/gut-healing-vegetable-broth-better-bone-broth/#mv-creation-3-jtr>