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## Greetings!

With increasingly disturbing reports about the dangers of common over-the-counter pain medications, (not to mention the scary side-effects of prescription pain pills) more and more people are seeking alternative solutions.

However, not all "natural" pain remedies are created equal, nor is there a natural-magic-bullet for pain---though some products come close. Because of this, people often try one natural remedy one time (with little success) then assume natural medicine doesn't work for pain.

**The key to using natural alternatives for pain, or any ailment, is understanding which remedies are designed to work best for your specific type of pain.**

Today's newsletter will help you understand just that.

Read on to find out the latest research in natural pain relief, along with our list of go-to remedies that really work.

You'll never look at pain the same again!

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## ***Message from Milly***

The abundance of nature always astounds me, and when it comes to pain management and resolution,

mother nature has provided abundant support.

It is said that the wise men brought gifts of gold, frankincense, and myrrh to baby Jesus.

Gold speaks for itself, but frankincense or **boswellia sacra** as it is also called, is a highly effective anti-inflammatory that can help with many types of pain.



It's a key ingredient in **Boswellia-Zyme Complex**, which we'll look at in more detail in the next section.

Another herb that does a remarkable job for acute and chronic pain is **CBD Hemp Oil**.

Hemp oil is somewhat "new" in mainstream medicine, and is creating a huge buzz in the medical research community for its positive effects on chronic inflammatory conditions such as, joint stiffness (excuse the pun), headaches, and numerous other neurological factors.

**Homeopathic Arnica** is not to be overlooked, and works wonders if applied topically for muscle or even sciatic nerve pain, or taken orally as a liquid homeopathic tincture.

Many of my dental clients benefit from **Relief-Tone** taken orally pre and post-dental procedures, and topical arnica can be found in **Phyto-Gel**.

**Then there is the magic of the mind-body connection to eliminating acute and chronic pain.** The research on this is astounding, and we'll share some exciting new studies with you below in "The Attitude of Health".

As with everything, it is wise to develop the sensitivity and knowledge to know which remedies, be they natural or allopathic, to reach for in each circumstance.

If you break your arm or throw out your back, by all means take advantage of what your medical doctor has to offer.

But, for everyday bumps and bruises, and especially chronic pain management, be open to natural solutions and working with someone who can get to causal factors behind your pain.

Cheers to more pain-free (and side-effect-free) days for all.

Blessings to all,

-Milly

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## ***Ancient Wisdom Modern Medicine***

### ***Our top 3 remedies for natural pain relief***

No, there is no "magic-natural-bullet" for every type of pain, but we advise all clients keep these three remedies handy for when painful situations arise.



1. **BoswelliaZyme Complex:** a cornerstone product for supporting normal inflammation, it combines the power of ancient wisdom with modern enzyme therapy.

BoswelliaZyme Complex contains Boswellia (commonly known as Indian Frankincense) which has a long history of use for inflammation in Ayurvedic medicine.

This combined with specific enzymes help break down byproducts of inflammation, thus assisting in overall relief.

2. **CBD All-Natural Hemp Oil:** we recently began carrying this product at QHC because of the mounting evidence backing the healing and pain relieving power of cannabidiol (CBD).

This product is made from 100% US, sustainably-grown Colorado hemp (most hemp oil products are made from imported hemp), it has no psychoactive effects or THC (because hemp is a different plant than marijuana), and it's safe for adults, children, and even pets.





3. **Relief-Tone**: a must-have for individuals and families. Relief-Tone (fka: Surgical-Tone) contains homeopathic arnica, St. John's Wort, and cortisone to help with pain, inflammation, and swelling.

We recommend it pre and post surgery, for everyday falls, postpartum recovery, bumps and bruises, inflammatory skin conditions, and for chronic pain. Kids (and pets) love it.

**Call, email, or stop by to order your natural pain relief supplements today.**

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## ***Heal Thyself and Never Stop Learning***

### ***What's hot in natural pain solutions***

**Could your chronic back, neck, or hip pain be a postural issue?**

The Egoscue Method, developed by Pete Egoscue, combines individual postural analysis with specific exercises that help your body realign itself and heal herniated discs, hip issues, chronic back and neck pain, and more.



They report over 94% success rate.

[Check out the book here](#) or find an [Egoscue clinic](#) here.



**When you're experiencing acute or chronic pain, it's important to minimize pro-inflammatory foods** to help speed healing.

Same goes for helping prevent inflammatory conditions such as heart disease, diabetes, and other auto-immune disorders.

[This article from Harvard Medical School](#) offers an excellent source of information on which foods promote and help fight inflammation.

## CBD (Hemp Oil) for Arthritis

Arthritis and Rheumatoid Arthritis (RA) can be crippling issues for both the young and elderly. We've seen people in their 20s diagnosed with RA.

Though the causal factors are unique to each individual, Hemp Oil (or CBD Oil) which is legal in all 50 states, has been proven to offer great relief with no unpleasant (or psychoactive) side effects.



[Check out this promising study](#) from the Kennedy Institute of Rheumatology in London, and for more published research visit our vendor's site: [www.cbdoil.life](http://www.cbdoil.life).

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## ***The Attitude of Health***

### ***The Impressive Science Behind Meditation and Pain Relief***

If you're reading this newsletter you know about the mind-body connection.

**What you may not know, is the mind-body-pain connection is one of the most scientifically researched topics in alternative medicine.**



Emotional pain, old baggage, chronic stress, grief, a lack of joy, and the inability to forgive can directly translate to your level of physical discomfort. "The issues are in the tissues" as it has been said.

Though it can be a little humbling (and scary!) to consider your pain could be related to your state of mind and heart, **it is also incredibly liberating to know you can free yourself from chronic pain, through simple acts of meditation and a change in mindset/attitude.**

The following are some pretty inspiring studies, including links to a couple ground-breaking books on the topic.

- [Meditation may reduce chronic neck pain, as reported by The Journal of Pain.](#)
- [Mindfulness meditation reduces pain more effectively than placebo,](#) Wake

Forest Baptist Medical Center.

- [This exciting study published in the Journal of Neuroscience](#) is the first to prove Mindfulness Meditation-Based Pain Relief Employs Different Neural Mechanisms than placebo and Sham Mindfulness Meditation-Induced Analgesia.

**In layman's terms, it proves the analgesic (pain relieving) effects of mindful meditation are real, measurable, and completely different than those associated with placebo response.**

- For more info and research on the topic of how Mindfulness, Stress Relief, and how Meditation can reduce pain, we highly recommend: [Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness](#) by University of Massachusetts Medical School Professor, Jon Kabat-Zinn.
- AND for an easy read on how a positive attitude can help you overcome even the worst pain and illness, we love [this classic by Norman Cousins: Head First: The Biology of Hope and the Healing Power of the Human Spirit](#) (it makes a great gift!).

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**IF THESE TIPS WERE HELPFUL, WHY  
NOT FORWARD TO A FRIEND?**

**FORWARD**

**NOT YET SIGNED UP TO RECEIVE  
THIS NEWSLETTER?**

**SIGN UP**

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