

121 MEDICATION-FREE WAYS TO RELIEVE PAIN

101 ways to heal pain naturally

THERAPY	SERVICES	PRODUCTS	FOOD/HERBS	OTHER
Acupressure	Affirmations	Acti-patch	Arnica	Avoid
Acupuncture	Anti-inflammatory diets	Alpha-Stim	Blueberries	aspartame
Alexander Technique	Diaphragmatic breathing	Aquamin	Birch Leaf	Avoid gluten
Aquacise	Egoscue Method	Biofreeze	Boswellia	Avoid MSG
Aromatherapy	Exercises	BioMat	Bromelain	
Ayurveda	EMDR ?	CBD oil	Butterbur	
Chiropractic	EMG biofeedback	Electric massagers	Capsaicin	
Cognitive Behavioral Therapy	Emotional processing/release	Essential oils	Cat's Claw	
Decompression therapy	HRV biofeedback	Juice Plus	Cherries	
Deep tissue massage	Kraus Webber Exercises	Magnesium oil (topical)	Chocolate	
Energy Psychology	Nature exposure	Melt Method	Clove	
Feldenkrais Technique	Neurofeedback	MyoComfort muscle support supplement	Cranberry Juice	
Hot stone massage	PH altering diets	nCap patches	Devil's Claw	
Hypnosis	Prolozone therapy	Oska Pulse	Feverfew	
Journaling	Relaxation training	Quell	Gamma-Linoleic Acid	
Laughter therapy	Ruta?	Reliv	Ginger	
Low level laser therapy	Somatic Experiencing	Scrambler therapy	Ginseng	
Meditation	TAT?	Topricin	Holy Basil	
Mindfulness	Temperature biofeedback	Traumeel	Hypericum?	
Myofascial release		Upright Go	Kratom?	
Occupational Therapy		Voxx Life socks	Magnesium (oral)	
Osteopathy		Wintergreen Essential Oil	Medical marijuana	
Pet therapy		SAM-e (S adenosylmethionine)	Omega 3 Fatty Acids	
Physical Therapy		Methylsulfonyl-methane (MSM)	Oregano	
Pilates			Peppermint	
Polarity therapy				
Prayer				
Prolotherapy				
Qigong				



121 MEDICATION-FREE WAYS TO RELIEVE PAIN

101 ways to heal pain naturally

THERAPY	SERVICES	PRODUCTS	FOOD/HERBS	OTHER
Reflexology Reiki Rolfing Shiatsu massage Sleep Stem cell therapy Stretching Swimming Tai Chi Tennis ball massage Thai massage Therapeutic touch Trigger point massage Visualization Walking Yoga			St. John's Wort Turmeric Vitamin D Wild lettuce White Willow Bark Chondroitin and glucosamine?	

For More Information On Medication-Free Pain Relief.... [Click Here](#)

