

# Natural Pain Management Techniques

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If you suffer from any form of pain, whether chronic or acute, it may not be necessary to rely on traditional medicine such as pain medication to relieve it. There are many natural pain management techniques that are available to try so it is just a matter of finding the best one for you. Some of the most popular are outlined below.

## **Pain Management Technique #1: Acupuncture**

**In acupuncture, fine needles are inserted into the skin in order to unblock the meridians (energy channels) and balance the flow of energy through the body.**

## **Pain Management Technique #2: Hydrotherapy**

Hydrotherapy is where water is applied to the body using a shower, bath, compress or sauna. It aims to ease stress, rid the body of toxins that cause pain and inflammation, and stimulate the flow of blood.

## **Pain Management Technique #3: Massage**

**Massage is where a practitioner applies pressure to the soft tissues of the body in order to relieve tension, improve the circulation, and reduce or eliminate pain. There are many forms of massage that can be used.**

## **Pain Management Technique #4: Prolotherapy**

Prolotherapy is where an irritant such as dextrose solution is injected into soft tissues in order to produce a proliferation of

inflammation in the area which promotes healing. It may also be known as non-surgical ligament reconstruction.

### **Pain Management Technique #5: Tai Chi**

Tai Chi is where a person performs a series of slow movements coordinated with deep breathing and mental focus. It is a part of Traditional Chinese Medicine.

### **Pain Management Technique #6: Yoga**

Yoga is about stretching and holding poses in order to balance the mind, body, and spirit; building strength; and stabilising joints. There are several different forms of yoga but Iyengar, Anusara, and Integral yoga are particularly helpful.

### **Pain Management Technique #7: Stress Management**

Stress is a big psychological factor when it comes to suffering from pain, as stressed people tend to have tense muscles which exacerbate pain. To manage your stress levels, try relaxation techniques such as deep breathing, meditation, visualization, and massage or try distracting yourself with an enjoyable activity.

### **Pain Management Technique #8: Herbal Medicine**

Herbs have been used for their pain relieving qualities for centuries. You will need to visit a herbalist or naturopath to get the right herb for your condition but some pain relieving herbs include peppermint, feverfew, skullcap, angelica, rosemary and valerian root.

### **Pain Management Technique #9: Guided Imagery**

Guided imagery, also known as visualization, can help to control pain as it encourages pain sufferers to think in pictures that eliminate negative thoughts and thus raise the levels of good brain chemicals which decrease anxiety and improve the immune system. Guided imagery helps the mind to direct the body's energy better for the goal of pain relief.

### **Pain Management Technique #10: Biofeedback**

Biofeedback is a therapy that uses a variety of relaxation techniques along with essure. Over time, it can train an individual to control their own pain.

### **Pain Management Technique #11: Biomesotherapy**

Biomesotherapy is a type of therapy that uses homoeopathic products and the stimulation of specific points of the body with a saline solution via injections. Most injections are given under the skin or into the muscles. Biomesotherapy stimulates the body's cutivisceral response and oral homoeopathic medicines are given orally at the same time and this medicine focuses on the organ or illness that needs treating. It stimulates the body's own natural healing mechanisms. instruments that monitor the individual's responses to a particular therapy. After several treatments, biofeedback trains the body to consciously regulate autonomic functions such as heart rate and blood pressure. Over time, it can train an individual to control their own pain.

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