

# Pain Management

## The Natural Way

- Anti-inflammatory Diet
- Hydration -Balanced Hydration Powder by True Athlete
- Sleep
- Exercise
- Yoga or Pilates
- Stretching
- Gratitude Journal
- Foam Roller
- Acupressure ball or stick
- Supplements
  - Fish Oil -
  - Vitamin D3
  - Magnesium - Perque Mg Plus Guard
  - Potassium
  - Resveratrol
  - Curcumin/Turmeric - Solgar Curcumin
  - Bosweila
  - Phosphatidylcholine – helpful for neurological health
- Detox Bath with Salts - My blog post on [The Perfect Detox Bath](#)
- Infrared Sauna
- Cryotherapy
- Myofascial Therapy
- Lymphatic Massage
- Dry Brushing
- Electric Blanket
- Weighted Blanket
- Young Living Ortho Ease or Ortho Sport
- CBD
- Plexus Ease
- Plexus Nerve
- Rhus Tox or Ruta grav - joint pain, back pain, stiffness, inflammation
- Arnica - bruising, swelling, soreness, pain
- Hypericum - nerve pain
- Byronia - pain worse after stretching or exercise. Bursitis, pleuritis
- Nux Vomica - lower back pain

Check out My Favorite Supplements [HERE](#)