

## Pain control

### Description

To Jesus:

You can save this to a "Health" folder for easy access later.  
Use this as a starting point for your own research and share with your doctor  
You can use drugs.com or other trusted health websites to look up the latest i

Chronic pain

Healing chronic injuries, lowering inflammation & pain-

Micro II microcurrent w/rechargeable lithium 9v batteries

Red incandescent/halogen 100-150watt bulb speeds healing 20 min 4x/day

PEMF (preferably ICES)

Alpha lipoic acid 1200mg or more 2x a day (every 12 hours)

Topical DMSO 70% Aloe 30%

All pain-

Hypnosis & self hypnosis

Nerve pain-

Alpha lipoic acid 600mg 4x a day or more as needed- migraines 1 hr, sciatica 1

Opiate substitutes & withdrawal symptom prevention-

Low dose naltrexone (LDN) 3-5mg daily then nightly

Noni capsules (not liquid) as needed

Corydalis as needed

Conolidine as needed, especially before sleep

Alpha lipoic acid as needed

CBD oil as needed (also helps insomnia, anxiety, seizures)

My experience & what I've researched In order of clinical effectiveness-

Foot & mouth main cause of most chronic pain

Foot/ankle/knee/hip/back/neck pain & falls

Shoes with elevated heels, including athletic shoes, increase weight landing o

Wearing shoes that have the ball of the foot at the same height as the heel in

Heel Elevation In The Shoe: What The Literature Reveals Doug Richie Jr., DPM,  
hmpgloballearningnetwork.com/site/podiatry/heel-elevation-shoe-what-literature  
mrfeelgood.com/articles/the-wisdom-of-the-barefoot-runner

Gum infections

Cavitations, bacterial infections in the gums, are very common due to dangerous

Root canals leave dead tissue creating bacterial infections causing early onset

Root canals

The biggest hidden killer in dentistry are root canals & pulling a tooth without  
When a tooth is pulled, if the ligament is not removed, it can become infected

The best dentists now use 3D cone xrays & dental microscopes, ozone and/or mol

myholisticdentist.com/2021/10/07/the-root-canal-cover-up-did-george-meinig-have

[Home](#)

[Find a Holistic Dentist](#)

Look for dentists who don't use amalgams (mercury) or flouride (kills neurons,  
PS- elemental molecular iodine like Iorinse has made every person I know's too

Pessi T, Karhunen V, Karjalainen PP, Ylitalo A, Airaksinen JK, Niemi M, Pietilä  
Pasqualini D, Bergandi L, Palumbo L, Borraccino A, Dambra V, Alovizi M, Miglia  
Willershausen I, Weyer V, Peter M, Weichert C, Kasaj A, Münzel T, Willershausen

Issels, J. (2005) Cancer: A Second Opinion. Garden City Park, NY: Square One P  
Kulacz, R. and T. Levy (2002) The Roots of Disease. Connecting Dentistry and M  
[myholisticdentist.com/2019/04/30/3-truths-in-root-cause-movie-on-root-canals/](http://myholisticdentist.com/2019/04/30/3-truths-in-root-cause-movie-on-root-canals/)

## Flouride

Flouride causes brain damage, chronic pain, osteoporosis, skeletal flourosis,

## Stiff muscle/back pain

Stiff muscles & lower back pain may be increased in people with low vitamin D3  
Using a foam roller not just up & down the back (good for upper back pain) but  
The McGill Big 3 lower back stretches on youtube may be help a lot.

## Hypnosis & self hypnosis

Using hypnosis & self hypnosis to induce a relaxation state & do a posthypnotic

[my.clevelandclinic.org/health/treatments/22676-hypnosis](http://my.clevelandclinic.org/health/treatments/22676-hypnosis)  
[healthline.com/health/mental-health/self-hypnosis](http://healthline.com/health/mental-health/self-hypnosis)  
[health.clevelandclinic.org/self-hypnosis/](http://health.clevelandclinic.org/self-hypnosis/)

## Topical DMSO

DMSO is a wood extract that is the strongest topical anti-inflammatory & also  
It helps to heal skin & tissue, it congregates in the body at cancer sites so  
DMSO store has 70% DMSO 30% aloe pharma grade rollon or suave that doesn't sme  
If the other topical medicine is used first, DMSO will take it in through the

## Noni (Morinda citrofolia)

Noni is a cheesy tasting fruit that is as effective as tramadol & hydrocodone  
Noni is available in liquid form (often highly sweetened), as a dried fruit, a  
Basar, S., Uhlenhut, K., Högger, P., Schöne, F. and Westendorf, J. (2010), Ana  
Wang MY, West BJ, Jensen CJ, Nowicki D, Su C, Palu AK, Anderson G. Morinda cit

Low dose naltrexone (LDN) by prescription

Full dose naltrexone is 50mg and used for opiate & alcohol addiction. LDN is Low dose naltrexone (LDN), used at less than 1/10th the normal dosage, is extr

People take full dose naltrexone at 50mg for other things and it doesn't have

LDN appears to significantly improve mood by creating more dopamine receptors,

Younger J, Parkitny L, McLain D. The use of low-dose naltrexone (LDN) as a nov

<https://ldnresearchtrust.org/conditions>

[Low Dose Naltrexone for Chronic Pain and Autoimmunity](#)

Alpha lipoic acid (ALA)

Wee make lipoic acid in our bodies to turn sugar into ATP energy. When taken At high doses of ALA (over 3g daily) or if B vitamiiin deficient taking sustain R-LA is 2x more effective but much more than 2x as expensive as ALA.

The study that used the most was 1200mg of ALA 2x a day with a meal 12 hours a The Mayo clinic has done studies on lipoic acid & recommends it for neuropathy At these doses after a month it has helped people with type 2 diabetes get to Lipoic acid is used in thousands of skin products as a topical anti-inflammato

Papanas N, Ziegler D. Efficacy of ?-lipoic acid in diabetic n europathy. Exper Int J Endocrinol. 2012; 2012: 456279.

Published online 2012 Jan 26. doi: 10.1155/2012/456279

PMCID: PMC3272801

DOI:10.1016/j.tiv.2014.06.003

DOI: 10.1155/2012/456279

DOI: 10.1155/2015/620581

DOI: 10.1517/14656566.2014.972935

DOI: 10.1016/j.tiv.2014.06.003

<https://www.mayoclinic.org/>

<https://mayoclinic.pure.>

[Home](#)

A review of 30 studies-

<https://explore.globalhealing>.

Corydalis (yanhusuo)

Corydalis appears to help acute, inflammatory & neuropathic pain without toler

Alhassen L, Dabbous T, Ha A, Dang LHL, Civelli O. The Analgesic Properties of

Alhassen L, Nuseir K, Ha A, Phan W, Marmouzi I, Shah S, Civelli O. The Extract

Li J, Wu J, Huang J, Cheng Y, Wang D, Liu Z. Uncovering the Effect and Mechani

Conolidine

Conolidine, from the shrub *Tabernaemontana divaricate* (Crepe Jasmine, pinwheel

Edinoff AN, Patel AS, Baker MW, Lawson J, Wolcott C, Cornett EM, Sadegi K, Kay

[medicalnewstoday.com/articles/plant-derived-compound-may-help-treat-chronic-pa](https://medicalnewstoday.com/articles/plant-derived-compound-may-help-treat-chronic-pa)

Mannitol cream

One of the best topical pain reliever in studies is mannitol cream. It beat o

Bertrand, Helene. (2019). Mannitol Cream for Pain Control, a Chart Review. Can  
[researchgate.net/publication/331637138\\_Mannitol\\_Cream\\_for\\_Pain\\_Control\\_a\\_Chart](https://researchgate.net/publication/331637138_Mannitol_Cream_for_Pain_Control_a_Chart)

Wild lettuce

Wild lettuce appears to work as a painkiller, sedative for sleep, & antitussiv

[botanicalinstitute.org/wild-lettuce/](https://botanicalinstitute.org/wild-lettuce/)

[verywellhealth.com/the-benefits-of-wild-lettuce-88661](https://verywellhealth.com/the-benefits-of-wild-lettuce-88661)

Wild Lettuce Alcohol-Free Liquid Extract, Organic Wild Lettuce (*Lactuca Virosa*)

Tens/microcurrent/differential/electric muscle stimulation (around \$90)  
A TMDE unit can help heal injuries & also reduce pain greatly. Three help heal  
Microcurrent by itself can help full healing at 55%, and partially help heal a  
Inferential can help heal soft tissue injuries.

Electric muscle stimulation (EMS) can help exercise when someone is weakened.  
[https://tensunits.com/products/intensity-select-combo-digital-tens-ems-interfe](https://tensunits.com/products/intensity-select-combo-digital-tens-ems-interferent)  
T

his one has a waveform & Russian EMS as well-  
[TAMTEC SPORT 2 PLUS](#)

Russian Denas \$200+

Russian microcurrent is effective for healing & can work on things American mi

Here are studies of microcurrent used succesfully after knee, hip & shoulder s

Rockstroh G, Schleicher W, Krummenauer F. Der Nutzen der während einer station

El-Husseini T, El-Kawy S, Shalaby H, El-Sebai M. Microcurrent skin patches for

Sarhan TM, Doghem MA. Effect of microcurrent skin patch on the epidural fentan

Yi D, Lim H, Yim J. Effect of Microcurrent Stimulation on Pain, Shoulder Funct

CBD oil

CBD oil is made from hemp & appears to reduce pain, insomnia, anxiety, seizure

Pulsed electromagnetic frequency (PEMF) devices

PEMF appears to be improving the healing of injuries by increasing chondrocyte

#### My Experience

ICES PEMF is made by the inventor of PEMF. Using ICES M1 PEMF with its sleep  
Getting the ICES PEMF for its injury healing is great just for that. ICES als  
The ICES M1 is \$629, C5 is \$1600. ICES has the fastest & most complete healing  
Out of warranty repair is \$75 for M1, \$175 for C5, & worth every penny!

#### Research

- The Biologic Effects and the Therapeutic Mechanism of Action of Electric  
Jack B. Haddad, Alexis Guy Obolensky, and Phillip Shinnick.  
The Journal of Alternative and Complementary Medicine. June 2007, 13(5): 485-4  
<https://doi.org/10.1089/acm.2007.5270>

- Brett Wade. A Review of Pulsed Electromagnetic Field (PEMF) Mechanisms a
- Therapeutic uses of pulsed magnetic-field exposure: A review  
Naomi M. Shupak, Frank S. Prato, and Alex W. Thomas  
URSI Radio Science Bulletin ( Volume: 2003, Issue: 307, Dec. 2003 )  
10.23919/URSIRSB.2003.7909506

- A portable pulsed electromagnetic field (PEMF) device to enhance healing  
STILLER, M.J., PAK, G. H., SHUPACK, J.L., THALER, S., KENNY, C. and JONDREAU,  
British Journal of Dermatology, 127: 147-154. doi:10.1111/j.1365-2133.1992.tb0

- Walker NA, Denegar CR, Preische J. Low-Intensity Pulsed Ultrasound and P
- TREATMENT OF UNUNITED TIBIAL FRACTURES: A COMPARISON OF SURGERY AND PULS

Harry R Gossling, Richard A Bernstein, Joan Abbott

Orthopedics. 1992;15(6):711-719<https://doi.org/10.3928/0147-7447-19920601-08>

- The effects of low-intensity pulsed ultrasound and pulsed electromagnetic fields on bone healing: a meta-analysis of randomized controlled trials. Hannemann, P.F.W., Mommers, E.H.H., Schots, J.P.M. et al. Arch Orthop Trauma Surg. 2014; 138: 111-121.

- Mol Brain. 2014; 7: 11.

- Deep-brain magnetic stimulation promotes adult hippocampal neurogenesis

Yan Zhang et al.

<http://www.ondamed.net/us/biological-effects-of-pulsed-electromagnetic-field-pemf-therapy/>

- What is PEMF Therapy? <https://www.pemfadvisor.com/what-is-pemf-therapy/>

Which one to buy? - a review of a dozen or so PEMF devices

- <http://healthvibed.com/pemf-devices-sale-sleep-healing/>

- <https://www.well-beingsecrets.com/best-pemf-mats-reviews/>

- <https://selfhacked.com/blog/ices-the-closest-thing-to-a-fatigue-and-inflammation/>

Using PEMF for sleep

- <http://healthvibed.com/earthpulse-sleep-machine-v5-reviews/>

Additional PEMF Device Reviews

- <https://www.pemfadvisor.com/pemf-machines-reviews/>

Rife machines

A Rife machine healed my knee when nothing else did. They have been used for

Benfotiamine

Benfotiamine is a derivative of vitamin B1 thiamine & fat soluble, leading to [verywellhealth.com/benfotiamine-89417](http://verywellhealth.com/benfotiamine-89417)

Ibutilast

Ibutilast is a major anti-inflammatory used in Japan that appears to help MS, Ibutilast appears to make opiate painkillers more effective without an need to

Role of Inflammation in Environmental Neurotoxicity

<https://www.sciencedirect.com/topics/neuroscience/ibutilast>

<https://en.wikipedia.org/wiki/Ibutilast>

Grodin, E.N., Bujarski, S., Towns, B. et al. Ibutilast, a neuroimmune modulator

Serrapeptase

Serrapeptase is an enzyme that appears to take away dead tissue & have strong

[Serrapeptase Benefits of This Phenomenal Silk Worm Enzyme For Chronic Pain](#)

Infrared/red light therapy

A 100-125 watt red coated incandescent bulb used as close as comfortable for f

NAC

2 studies-  
<https://stopskinpickingcoach>.

Green light therapy

The above link has the best explanation & links to research on green light at  
<https://allaylamp.com/blogs/light-reading/green-light-therapy>

Acetyl-l-carnitine (ALC)

ALC is an amino acid that increases energy, concentration, & mood, and helps s  
<https://www.mayoclinic.org/diseases-conditions/diabetic-neuropathy/in-depth/di>

Turmeric

Turmeric with ginger or black pepper or both is a major anti-inflammatory (mor

Astaxanthin

Astaxanthin is an algae extract that is a great anti-inflammatory but also pro

High dose vitamin D3

50k vitamin D3 (or half) under tongue weekly helps pain in multiple ways. It  
[vitaminDwiki.com](http://vitaminDwiki.com)

Very high dose vitamin D3 helped neuropathy in one study. Hgh blood levels of  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4800070/>

Basit A, Basit KA, Fawwad A, et al. Vitamin D for the treatment of painful dia

People with high vitamin D3 levels have much lower reported pain & migraines.  
[vitaminDwiki.com](http://vitaminDwiki.com)

Magnesium makes vitamin D3 up to 2.5x more effective and helps prevent pain th

Vitamin K2

Vitamin K2 helps direct calcium away from the heart & to strengthen bones, low  
Vitamin K2

<https://losethebackpain.com/vitamin-k2/>

[Is Vitamin K2 the Answer to Joint Pain?](#)

[healthnewsdisclosure.wordpress.com](http://healthnewsdisclosure.wordpress.com)

<https://www.healthline.com/nutrition/vitamin-k2#bottom-line>

Methyl Bs

Methyl B vitamin complex appears to help pain significantly. The B vitamins w  
Now Foods have a sustained release vitamin B complex that would appear to be m  
vitB2 methyl

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4920840/>

vitB9

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6263007/>



## Spirulina

Spirulina is the source of all omega3 EPA & DHA fatty acids in fish oil. Taki

## Caffeine

Caffeine raises dopamine which is lowered by 50% when in pain.

## Mucuna pruriens (MP)

MP raises dopamine which is lowered by 50% when in pain.

Dr Axe-

"Mucuna pruriens is a creeping vine that can be found growing in India, the Ca

This plant is also often referred to as "velvet bean" due to the velvet-like c

The seeds of the Mucuna pruriens plant are known to naturally contain levodopa

L-dopa is a precursor to dopamine, a key neurotransmitter in the brain that is

Mucuna pruriens can be found at health stores or online in powder, tincture or

Mucuna pruriens benefits may include:

Help for Parkinson's disease symptoms

Improvement in male infertility, semen quality and sexual function

Mood lifting

Stress reducing

Natural Ayurvedic aphrodisiac"

[Mucuna Pruriens: 5 'Velvet Bean' Benefits for Disease & Mood](#)

<https://examine.com/supplements/mucuna-pruriens>

## Grounding

We are hit with multiple levels of electromagnetic radiation that disrupts bio

People report their inflammation & pain levels go down significantly when grou

Cost is \$1 at the hardware store for over 100ft of wire that can be connected

Research:

<https://www.doctorkiltz.com/earthing-grounding/>

Clove oil- teeth & gum pain

## Clonidine

Clonidine, a blood pressure drug, appears to be effective against chronic pain

Kumar A, Maitra S, Khanna P, Baidya DK. Clonidine for management of chronic pa

## Gabapentin (Neurontin)

Gabapentin, used for neuropathic pain, appears to be addictive and increases o

[citizen.org/news/dangerously-overprescribed-gabapentin-should-be-classified-as](https://citizen.org/news/dangerously-overprescribed-gabapentin-should-be-classified-as)

citizen.org/news/gabapentin-and-the-criminal-manipulation-of-science-a-decade-

## Category

1. Uncategorized

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biggs

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