

# You Can Be Pain-Free Naturally

By Lynn Allison

Data from the National Centers for Health Statistics revealed a steep rise in drug overdose deaths during the pandemic. Between December 2019 and December 2020, more than 93,000 Americans died from drug overdoses, up almost 30 percent over the previous year.

According to National Public Radio, nearly half of all Americans over the age of 12 take prescription pain relievers, tranquilizers, sedatives, or stimulants and similar drugs. About 20 percent of adults in the U.S. with chronic pain take potentially addictive opioids to manage their pain.

Gregory Smith, M.D., a Los Angeles-based pain expert and producer of the award-winning film “American Addict,” tells *Health Radar* that “while the legitimate use of opioids to treat pain in some patients is justified, the opioid crisis shows that conventional physicians are at a loss for how to treat these patients, and are not aware or trained in effective alternatives for chronic pain.”

“Pain Free 1-2-3” author Jacob Teitelbaum, M.D., says that people desperate for pain relief have gone from safely using the narcotics prescribed and regulated by their physicians to attempting to get them on the street.

“Almost all pain can be effectively treated using the best of natural and prescription therapies,” Teitelbaum tells *Health Radar*. “Pain is like the oil light on your body’s dashboard. If you

give your body what it needs, the pain goes away, just like putting oil in your car so that the oil light fades away.”

Teitelbaum says that natural alternatives are often far more effective and generally much safer than prescription drugs.

“I have found that in treating thousands of chronic pain patients, almost everybody can get good, solid pain relief,” he says. “However, most physicians are simply not trained in pain management.”

Here are some of the best ways to put pain behind you naturally:

**CBD.** Cannabidiol, or CBD, an essential component of medical marijuana, is derived directly from the hemp plant. Smith says that he is an advocate of using CBD to relieve chronic pain and associated problems, such as anxiety and insomnia. “The most important thing is to consult with a healthcare professional who is educated in cannabinoid medicine,” he says. “Simply buying CBD on the internet can be risky.”

Teitelbaum, author of the bestselling book, “From Fatigued to Fantastic!” says that CBD is now legally available without prescription in many states, but also warns that many over-the-counter products are misrepresented and are of poor quality. It’s best to buy these pain relievers through medical marijuana dispensaries. If pain is localized, Teitelbaum suggests using topical hemp oil and rubbing it into the affected area three times a day.

**Curamin.** This combination herbal supplement is effective

for most types of pain and starts working in minutes, although Teitelbaum says it could take six weeks to get the full effect. Curamin contains curcumin, a compound in the spice turmeric, which studies have shown dramatically reduces pain and inflammation. Curamin also contains the herb boswellia, which has been shown to reduce arthritis pain by up to 90 percent; DL phenylalanine, an amino acid that releases your body’s own natural painkilling endorphins; and the enzyme nattokinase to help break down inflammation.

**Topical comfrey.** Comfrey cream is excellent for muscle and joint pains. In a head-to-head study against the popular arthritis drug Celebrex, the cream proved to be equally effective in soothing pain. Teitelbaum recommends a cream called Traumaplant that has a superior formulation of comfrey.

**Music.** A recent, well-controlled study found that people suffering from fibromyalgia pain noticed relief just listening to music. That’s because the pain signals traveling to the brain were disrupted by the melodies. “This study showed that for \$12 you can get more effective pain relief than you can with \$7,500 a year of medications,” says Teitelbaum. “And instead of dizziness and weight gain, the only side effect is, perhaps, finding a big smile on your face.”

Other forms of pain relief include structural therapies and bodywork. Among these are acupuncture, myofascial release, chiropractic treatments, Roling, and Trager. □