



Nature's Pain Killers

NATURE'S PAIN KILLERS

CONTENTS

DISCLAIMER	3
INTRODUCTION	5
GENERAL PAIN KILLERS.....	6
Acute Pain.....	8
OTHER FOLK REMEDIES	8
SPECIFIC PAIN KILLERS.....	9
Abdominal Pain and Intestinal Cramps.....	9
Angina.....	13
Arthritis and Other Joint and Inflammatory Pain.....	13
Natural Remedies	13
Proper exercise.....	19
Back and Muscle Pain	19
Ear pain.....	22
Feet blisters.....	23
Fibromyalgia.....	23
Gout	25
Natural Remedies from Plants	26
Other Natural Remedies	26
Headaches and Migraines	26
Migraines	30
Chronic headache.....	30
Headaches caused by hypertension or cerebral hypertension	30
Aches in the nape area	31
Headaches in women	31
Headaches of unclear etiology	31

NATURE'S PAIN KILLERS

Hangover headaches	32
Hemorrhoids.....	33
Kidneys and Urinary Tract Issues	36
Leg pain	37
Natural Remedies from Plants	37
Other Natural Remedies	37
Liver pain.....	38
Menstrual pain.....	39
Neuralgia (see also Fibromyalgia).....	42
Sore Throat.....	42
Toothache.....	44
Twists	46
Ulcers	46
WOUNDS AND BURNS	49
Burns.....	49
General Burns.....	50
Minor wounds and lesser burns (I-II degree burns)	51
Wounds	51
NOTES AND MISCELLANEOUS INFORMATION	53

DISCLAIMER

- This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE.
- No Warranty, Expressed or Implied, is furnished with respect to the material contained in this book. Use these remedies provided in this book at your own risk.
- While many potential treatment options are made herein, some or all of the options may not be applicable to a particular individual.
- Neither the author, editor nor the publisher of this book take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this book.
- The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider.
- Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider.
- Before engaging in any complementary medical technique, including the use of natural or herbal remedies, you should be aware that many of these techniques have not been evaluated in scientific studies.
- Always research the remedy first and use some common sense. And if your condition is serious, please consult with a medical professional before attempting the remedy.
- We do not claim that this information is necessarily accurate by the rigid scientific and regulatory standards applied for medical treatment.
- Use of these remedies in connection with over the counter or prescription medications can cause severe adverse reactions. Often, only limited information is available about their safety and effectiveness.

NATURE'S PAIN KILLERS

- Each state and each discipline has its own rules about whether practitioners are required to be professionally licensed. If you plan to visit a practitioner, it is recommended that you choose one who is licensed by a recognized national organization and who abides by the organization's standards. It is always best to speak with your primary health care provider before starting any new therapeutic technique.
- Some of the herbal remedies presented in this book may cause severe injuries and even death if taken in large doses or by persons that are sensitive to substances contained in these plants or by persons with weakened health.

INTRODUCTION

It's easy enough to run to your medicine cabinet and your local pharmacy when you're sick or injured, but there are a couple of real issues with that. First, you're filling your body with chemicals that, over the long haul, can do serious damage to your organs or can impair your immune system. Many medications, especially narcotic pain medications, are extremely addictive. That causes a whole other host of problems.

In addition to the physical effects of commercial medications, there's also the problem of availability should disaster strike. Should a major social disruption occur, there may not be a pharmacy or grocery store to run to in order to grab some aspirin or burn cream.

For all of these reasons, it's imperative that you know how to relieve pain with natural remedies. There is a surprising array of natural painkillers and many of them work for multiple pains. Some, however, are better suited to particular pains. For that reason, you'll notice that sometimes we'll mention the same ingredient more than once, or we'll make a note that it's also good for another ailment.

Remember that "natural" doesn't mean "safe"; arsenic is, after all, a natural material. Just as with medicines made in a lab, too little of the natural product may not work, the proper amount will do its job, and too much may make you sick or even kill you. It's outside the scope of this guide to touch on that, so educate yourself!

We've put various common pains in alphabetical order in this guide to make it easy for you to find quickly. Our goal is to provide a basic starter guide to natural painkillers, and we hope we meet your expectations!

NATURE'S PAIN KILLERS



GENERAL PAIN KILLERS

- **Devil's claw:** People with pre-existing stomach problems should avoid this extremely powerful homeopathic remedy. Devil's claw is derived from a fruit that grows in South Africa and has been shown to be effective in treatments for everything from backaches to arthritis. It's typically available in herbal shops.
- **Curcumin:** From the perspective of homeopaths, curcumin helps lessen or prevent painful swelling. More commonly known as turmeric, curcumin is also used as an anti-inflammatory in battling the potentially crippling symptoms of arthritis. Some patients prefer this to standard medicines for treatments to painful conditions like hemorrhoids. The body usually absorbs curcumin better when taken orally as a food seasoning or capsule but it's often also used topically in a paste.
- **St. John's Wort** (hypericum), mostly known for its benefit for treatment of mild depression, has also shown positive activity in multiple sclerosis pains and neuropathic nerve pain injuries.
- **Horseradish** – Horseradish is often used topically to treat arthritis or nerve pain. The leaves can be used by wrapping the painful area with them either as they are (dampen them with warm water if possible) or slightly crushed. After crushing, the leaves can be applied as a poultice in various external applications in order to relieve pain. Horseradish can be mixed with flour to make a paste that is applied to painful areas. It should be left there as long as tolerated or until the pain disappears.

NATURE'S PAIN KILLERS

Spread grated horseradish (root) on a cloth and apply it locally. Keep it on as much as tolerated.

Horseradish root is also good for helping with a cold or sinus infection because it helps clear mucus and is also a mild antibacterial.

- **Arnica** – An excellent herbal rub to use after intense sports, an acute injury, or even post-surgery, arnica is a well-known natural pain killer among athletes and yogis. It is derived from a European flower, and has anti-inflammatory properties, although the true nature of its healing action is still unknown.
- **Cherries** – Due to the presence of compounds called anthocyanins, the same phytonutrients that give cherries their rich ruby hue, you can count on cherries to tamp down pain. Muraleedharan Nair, PhD, says, “They block inflammation and they inhibit pain enzymes, just like aspirin, naproxen, and other nonsteroidal anti-inflammatories.” Cherries are said to have the highest anti-inflammatory content of any food, making them great for remedying issues such as arthritis. They’re also packed with antioxidants and are known world-wide as a superfood.
- **Capsaicin (Capsicum)** – Found in hot chili peppers, this natural remedy does wonders for pain. Capsaicin, the active pain-reducing ingredient, temporarily desensitizes nerve receptors called C-fibers which cause the pain response. Capsaicin also diminishes soreness for 3 to 5 weeks while the C-fibers regain sensation. A single 60-min application in patients with neuropathic pain produced effective pain relief for up to 12 weeks. Patients at the New England Center for Headache decreased their migraine and cluster headache intensity by applying capsaicin cream to their nasal passages.
Many people also eat foods rich in capsaicin on a regular basis as a preventive measure.
- **Birch Leaf (Betula Lenta)** – The leaves from the Birch tree act much like cortisone, a prescription drug used to treat endocrine disorders, arthritis, lupus, skin disease, autoimmune disorders, and more. A main chemical compound found in Birch leaves is methyl salicylate, similar to salicylic acid used in aspirin. It is anti-spasmodic, analgesic, astringent, antifungal, diuretic, detoxifying, reduces oxidative damage to skin (stopping wrinkles), and enhances circulation. It also promotes enzymatic secretions in the body. It is truly one of the first powerful pain-relievers ever used.
- **Wintergreen Essential Oil** – Also among natural pain relievers, Wintergreen Essential Oil contains 85-99% of methyl salicylate, the same component of aspirin.

NATURE'S PAIN KILLERS

Acute Pain

- **WATER** Drink a glass of hot water.
- **GARLIC** Eat 2 cloves of garlic.
- **CABBAGE** Apply a cabbage leaf on your forehead.
- **DILL** Massage dill oil or Vietnamese balm on your forehead and temples.
- **POTATO** If the pain persists for longer periods of time, drink 2 spoons of fresh potato juice, half an hour before eating, for 3-4 weeks.
- **LEMON** Apply a slice of lemon on each of your temples, for ¼ an hour.
- **BEET** Put in your ears cotton balls soaked in beet juice.
- **ONION** Apply onion slices on your temples.

OTHER FOLK REMEDIES

These are some other, sometimes amusing, folk remedies that we found while researching that we thought you may enjoy.

- If your headache is stress-related, put a cat around your neck, as you would with a collar. Its fur has a low electric charge, which stimulates the active zones in the shoulder region. The cat's body exudes warmth, which helps you relax and calm, and the pain will go away. (Stroking a cat is said to strengthen the immune system and decrease stress.)
- In case of acute headaches, it helps to rub your ears energetically, with the palm of your hands. This is also said to help with a toothache.
- If you want to quickly get rid of a headache, sit on a chair with the palms of your hands facing upward, one over the other, the left hand on top of the right hand. Keep your hands in this position and place them over your forehead. Push, then slowly move your hands to your nape and neck, massaging as you go, then move on to your shoulders and then put your arms down. Repeat this process a few times.
- During a bout of acute pain, it helps to press your forehead on a glass window in order to release static electricity. You can get the same effect by pressing your body on the trunk of an oak or birch.

NATURE'S PAIN KILLERS



SPECIFIC PAIN KILLERS

Abdominal Pain and Intestinal Cramps

Many of these cures are made into teas or tinctures that are meant to be consumed, for obvious reasons. Some, such as mint, you can just chew and swallow in order to get the relief that you're looking for. In case you're wondering about the differences between teas, tinctures, infusions and decoctions, here's a quick rundown:

A tea is made by simply boiling or steeping the herb or combination of herbs in water. Teas are often made for simple pleasure or for preventive purposes.

A tincture is made by chopping the ingredients and placing them in a solvent such as glycerin, alcohol or vinegar for weeks or even months. Most oils are alcohol-soluble so alcohol is often the preferred method. A tincture is extremely concentrated.

An infusion is a stronger version of tea and is typically used for medicinal purposes versus a pleasurable drink. You'll use much more of the herbs in the same amount of water. Some people differentiate a tea from an infusion by defining tea as a drink made from leaves and an infusion

NATURE'S PAIN KILLERS

as a liquid made from other ingredients such as barks, seeds or roots. For the sake of this guide, we'll be using the first definition.

A decoction is made by simmering hard ingredients such as bark, seeds or stems at low heat in order to extract the oils or other beneficial ingredients.

- **WATERCRESS, AKA HEDGE MUSTARD (*Sisymbrium officinale*)**

For children: drink a tea throughout the day made from 2 teaspoons of watercress steeped in 8 oz. of boiling water. Adults will double the watercress quantity. Both kids and adult should drink 2-3 teas per day. The tea is also given to small children for both stomach cramps and to treat epilepsy.

Poultices made from crushed watercress can be applied on the abdomen. The poultices should be as warm as can be tolerated and should be left on until the pain disappears.

Tincture: 1-part plant mixed with 5 parts 70 percent food grade alcohol or vodka, macerated for at least 4 weeks. You can take up to 10 to 20 drops (1 teaspoon), 2-3 times a day.

- **SILVERWEED (*Potentilla anserine*)**

Attention! All remedies made from silverweed can be taken only after eating because it irritates the mucus lining the intestines.

Tea: Put 1 teaspoon chopped silverweed in 8 oz. boiling water. Cover for 15 minutes and allow it to steep, then strain. You can drink 3 cups per day if you don't get immediate relief.

Infusion: Put 2 teaspoons of chopped plant in 8 oz. boiling water. Cover for 20 minutes, then strain. You can drink 2 cups per day, after full meals.

Decoction from the plant's roots: Put 1 teaspoon chopped roots in 8 oz. water and boil for 15 - 20 minutes. Strain. You can drink 2-3 cups per day.

You can use either the tea or decoction as a vaginal douche or an enema for menstrual cramps or hemorrhoids. You could also make a tincture to use for these methods.

Powder: Take 1 teaspoon plant powder (made using your coffee grinder), keep it in your mouth for a minute or so, then swallow with water. You can take 1-3 teaspoons per day to fight diarrhea.

Tincture: Put 1.5 oz. chopped root in 8 oz. 70 percent food grade alcohol or vodka in a tightly closed bottle. Let it macerate for 15 days at room temperature, shaking often. Strain. You can take 10 to 20 drops (up to 1 teaspoon) 3 times per day. Poultice: chop the plant, boil for 5 minutes and after straining the water put the plant on a sterile compress and apply locally while warm.

NATURE'S PAIN KILLERS

- **CORIANDER (*Coriandrum sativum*)**

Tea: Put 1 teaspoon crushed seeds in 8 oz. boiling water. Cover for 10 minutes, then strain. Drink portioned throughout the day. You can drink this tea for several days in a row.

- **FENNEL (*Foeniculum vulgare*)**

This shouldn't be missing from any home pharmacy because it is of great help against different types of cramps.

- Whole: Eat 2–6 teaspoons of fresh seeds or 1-3 teaspoons dry seeds daily, before and after meals.
- Tea: Put 1-2 teaspoons of crushed seeds in 8 oz. of hot water and steep for 10-15 minutes covered. Filter and drink 2-3 cups throughout the day.
- Tea: Boil 8 oz. of milk with 1 teaspoon of fennel seeds and 1 teaspoon of anise, and drink this hot.
- Tincture: 1.5-2 oz. macerated in 16oz. of wine for 10 days. Strain then use as diuretic, to increase appetite, or to relieve fatigue, bloating or abdominal cramps.
- Keep a teaspoon fennel seed powder under your tongue for 10 minutes then swallow with water. Use to relieve bloating or other affections mentioned below.
- For infants, add 5-6 crushed seeds to 8 oz. boiling water. Cover for 10 minutes then strain. Drink in 3 doses after full meals. To make it more palatable, you may want to sweeten with honey or add to juice.

- **MINT (*Mentha piperita*, *Mentha spicata*, *Mentha hortensia*, *Mentha crispa*)**

- Dilute 3 drops of mint essential oil in 16 oz. combined mint infusion and drink throughout the day.
- You can also take 1 teaspoon mint powder or chew on a few leaves 2-3 times per day in case you prefer not drinking this tea. Helps relieve stomach pain. You can also use mint leaves externally as a warm wet compress covered with a warm, wet cloth to prevent the volatile substances from evaporating.
- Powder: grind the dried plant using your coffee grinder, then take a pinch, up to a teaspoon, 3 times per day, 15 minutes before eating. Keep under your tongue for 5 - 10 minutes, then swallow with water.

NATURE'S PAIN KILLERS

- Mint oil: finely chop a few teaspoons of green mint and mix with 4 oz. of olive or sunflower oil. Let macerate for a month, then filter and move in a dark-colored bottle and close tightly. Take 10 drops of oil 4 times per day.

- **BOSWELLIA**

This herb is sourced from the frankincense tree. Its resin is used to thwart chemical reactions that cause inflammation, and thus pain. Ayurvedic scientists have used Boswellia for centuries to treat arthritic conditions, as well as inflammatory bowel disease.

- **NUTMEG**

Tea: Put 2 pinches of nutmeg in a cup of boiling water and let infuse until its cool enough to drink. Drink the whole cup after it cools.

- **STOMACH-SOOTING TEA**

Formula, equal parts each:

- Yarrow flowers
- Chamomile flowers
- Lemon balm leaves
- Mint Leaves
- St. John's Wort
- Goosefoot
- Poppy capsules
- Fennel seeds

Add 2 teaspoons of the blend to 8 oz. boiling water and steep for 10 minutes. Drink 3 cups of tea per day. In case of colitis associated with diarrhea, the tea should be sweetened with saccharine, or it should be consumed unsweetened.

Inflammation in the large bowel leads to a condition called colitis, which, most of the time, is accompanied by an inflammation of the small bowel's lining, a condition called enteritis.

When the two conditions occur together it is called enterocolitis.

Besides the treatment and the diet prescribed by your doctor, medicinal herbs that are part of this tea have antiseptic, calming, healing and carminative (releasing or preventing gas) effects.

Chamomile and yarrow flower, due to the essential oil rich in azulene, have a bactericidal, antiseptic and decongestant action for the stomach and intestine lining.

NATURE'S PAIN KILLERS

St. John's Wort completes the antiseptic and healing action, and due to its tannin content, helps in colitis manifested through diarrhea.

Lemon balm and mint leaves, through their calming and vomiting prevention effect, complement the antispasmodic and sedative action of the poop capsules, as well as that of goosefoot.

Fennel seeds, through their carminative properties, help to eliminate gas that forms during the fermentation process of colitis.

Angina

Angina is basically chest pain and may be caused by a number of ailments including heart problems, stress, or indigestion. You and your doctor know your body best, so the best way to treat angina is to treat the underlying cause. That being said, black mustard is one option.

- **Black mustard**

Poultice: Mix ground black mustard with water until you obtain a paste-like consistency.

Spread this paste on a gauze pad and apply to the affected area, leaving it on for 10 minutes. Attention! – Do not apply for more than 10 minutes. May cause burns!

Arthritis and Other Joint and Inflammatory Pain

This type of pain is particularly bad because it can be absolutely crippling, especially when the weather turns cold or damp.

Unfortunately, due to genetics or injuries, or flat-out bad luck, many of us have to deal with it. The good news is that there really are some decent holistic treatments that may bring you some relief. Some of these, cherries in particular, may even help prevent arthritis and other inflammation before it becomes an issue.

Natural Remedies

- **Apple Cider Vinegar**

It helps rinse uric acid crystals from your joints so it's also good for kidney issues. Take 1-2 tablespoons of unpasteurized apple cider vinegar mixed with ½ or 1 cup of water three times daily or use it in dressings or just straight on your food; it's really good on spinach or brussel sprouts. You can find apple cider vinegar in grocery stores or you can prepare it yourself.

NATURE'S PAIN KILLERS

To make it yourself, chop apples or run them through a grater, then let them sit for a couple of hours until they turn brown.

Fill a glass jar $\frac{3}{4}$ of the way with apples then top it with water. Cover the jar with a perforated lid or a cheese cloth and put it in a warm, dark place for 1 -2 months. You will know when the vinegar is ready by tasting it. Filter it and store it in bottles.

- **Black currant (*Ribes nigrum*)**

The oil made from black currant seeds contains gamma-linoleic acid (GLA) which protects the joints from inflammation. Take 2 (250 mg) seed oil capsules twice daily. For significant improvements the treatment has to last for 4-6 months.



- **Boswellia (*Frankincense*)**

You can take frankincense as a capsule or tablet, up to 900 milligrams per day. You can also buy frankincense essential oil and herb at most holistic health stores. It reduces osteoarthritis pain and may also help with rheumatoid arthritis. Look for products with 60-percent boswellic acids, the active ingredient.

- **Bromelain**

It is a natural pain-reducer made from the enzymes present in pineapple cores. Take 250–500 mg Bromelain 3 times a day.

- **Capsaicin (*Capsicum*)** – Found in hot chili peppers, this natural remedy works wonders for pain. Capsaicin, the active pain-reducing ingredient, temporarily desensitizes nerve receptors called C-fibers which cause the pain response. Capsaicin also diminishes soreness for 3 to 5 weeks while the C-fibers regain sensation. A single 60-min application in patients with neuropathic pain produced effective pain relief for up to 12 weeks. Patients at the New England Center for Headache decreased their migraine and cluster headache intensity by applying capsaicin cream to their nasal passages.

Salve: Put 1-part cayenne powder in 4 parts oil or petroleum jelly. Coconut oil is great for this because it is solid up to 76 degrees Fahrenheit. If skin irritations occur, it is recommended that you apply marigold ointment in advance.

NATURE'S PAIN KILLERS

Apply creams that contain capsaicin on the painful joints, up to four times daily. It's important that you wash your hands thoroughly immediately after applying the cream because if you touch your face or private areas with the cream on your hands, you'll instantly regret it!

Many people also eat foods rich in capsaicin on a regular basis as a preventive measure.

- **Cherries**

Cherries have a high concentration of anti-inflammatory substances, making them a good remedy for arthritis. Try to eat as many as you can, fresh or frozen. Drink homemade cherry juice. You can also buy them in capsules, but as delicious as they are, why would you want to?

- **Devil's Claw (*Harpagophytum procumbens*)**

Take capsules with Devil's claw extract. The recommended dosage is 750 mg (containing 3 percent iridoid glycosides) taken three times daily.

Tea: Put a teaspoon of dried and chopped devil's claw in 10 oz. hot water and steep for 8 hours, then strain. Divide into 3 equal portions and take a portion before eating. Follow this treatment for maximum one month. OR

- **Evening Primrose Oil (EPO):** This saturated fatty acid has been used to treat rheumatoid arthritis and osteoarthritis for centuries. Take 250 mg oil capsules up to 3 times a day. EPO is well worth researching for other ailments as well.

Tincture: Take 1 teaspoon up to three times daily.

- **Ginger**

Ginger has a wide array of health benefits and is considered a superfood by many. It can be very effective for arthritic pain relief. You can use it as decoction or juice, or you can eat it straight (it's great candied!) or you can use it as a seasoning in your food as either a treatment or to prevent illness.

Decoction: Put enough peeled and sliced roots to cover the bottom of a medium sized pan. Fill with purified water and bring to a boil, then let it simmer for a half hour. After it cools you can refrigerate it. Drink ½ cup throughout the day.

Juice: Juice the roots with a slow speed masticating juicer. Keep that juice in your fridge then put at least a tablespoon in water or a healthy beverage of your choice and drink.

NATURE'S PAIN KILLERS

Candy: Slice the root into slivers about ½ inch thick then roll in sugar. Dehydrate using your preferred method until it's leathery. Store in an airtight container. To extend shelf life, can or vacuum pack.

- **Omega-3**

Increase the proportion of the foods containing omega 3 fatty acids, in your diet. Best sources are fish or krill oils, eggs from free grazing pasture hens, freshly ground flax seeds, chia seed, and hemp seeds.

Poultice: To relieve arthritis pain and other inflammation, make a poultice from the flowers, leaves or bark. Warm it up and apply directly to the affected area and leave it there until it cools.

Tea: Put 1 teaspoon of chopped root in 2 cups of hot water. Sip throughout the day.

- **Silver Linden (*Tilia tomentosa*)**

Tea: Silver linden is also great for relieving respiratory issues, sore throats, and digestive issues, as well as arthritis and inflammation. Drink 3 cups of combined linden tea 15 minutes before eating. Directions: Let 2-3 teaspoons chopped linden flower, bark or leaves soak in half a cup of water overnight, then strain the big pieces out in the morning. Set the macerate aside and add another half a cup of hot water to the remaining water and residue. Allow to steep for 20 minutes, then let cool and strain. It's best to drink this tea a couple hours after eating because it can decrease nutrient absorption.

- **Stinging Nettle**

The leaves of the stinging nettle plant contain compounds that are natural anti-inflammatories that work to prevent the inflammatory cytokines that send the message to the tissues to instigate the immune response that causes arthritis pain. It's a common treatment for arthritis throughout the world and has been used for centuries in holistic medicine. It's also used for gout.

- **Turmeric (*Curcuma longa* and *Curcuma xanthorrhiza*)**

Turmeric is a root that's part of the ginger family. It's great to cook with and is used in many different cuisines. It's a primary ingredient in curries.

Tea: Put 2 teaspoons turmeric powder in a glass of water or milk 1–2 times daily

NATURE'S PAIN KILLERS

Decoction: Simmer 2 teaspoons chopped turmeric rhizome (the part that looks like a root) in 10 oz. of hot water on low heat for 15 minutes, covered. Filter and drink 2 cups daily. Curcumin, which is contained in turmeric, has anti-inflammatory properties. You can combine it with boswellia.

- **White Willow Bark (*Salix alba*)**

Clear back in the time of Hippocrates, people chewed on white willow bark to relieve pain and reduce fever. Because it contains salicin, a salicylate similar to the active ingredient in aspirin, it's great for headaches, arthritis pain, bursitis, menstrual pain and other painful ailments. It's thought to have both pain-relieving and anti-inflammatory effects. Though it works a bit more slowly than aspirin, it's shown in some studies to be more effective in lower doses than aspirin. It also tends to be less irritating to the GI tract than aspirin is.

You can choose one of the following recipes. Because of the low but real risk of developing Reyes Syndrome, children under the age of 18 should not use white willow bark. Some people claim that twigs that are in early stages of growth have more medicine but that's not been investigated. Still, pruning small twigs that may cause overgrowth on the tree is an easy, environmentally friendly way to get your bark. The medicine is on the inner bark.

Chew it: Just place a bite-sized piece of bark into your mouth and chew on it for several minutes.

Tea: Use 1 teaspoon finely chopped bark per cup of hot water. You can put it directly into the cup then pour the water over it or use a tea ball. Let it steep for 15 minutes and remove the bark. Warm it up again if you like your tea hot. Feel free to add honey, cinnamon, ginger or other herbs to add flavor.

Decoction: Place 2 teaspoons finely chopped willow bark in 2 cups of water and simmer on low heat for 15 minutes. Drink as you would the tea.

Tincture: Fill a pint jar loosely with chopped bark and then fill jar with 70 percent food-grade alcohol, 70-100 proof vodka or maybe even brandy, 80 proof or higher. Seal and allow to sit for 6 weeks in a warm place, giving it a shake every couple of days to make sure that all of the bark is infused with the alcohol. Take 30-40 drops (about 1 teaspoon) in water or juice 3-4 times daily.

Though there's no research showing that long-term heavy use can cause harm, there's no evidence that it doesn't either. Only take it when you need it. It's possible that a low daily dose

NATURE'S PAIN KILLERS

may be good for people at high risk of heart attack, just as low-dose aspirin is used. Because white willow bark has salicylates, it may interact with other drugs, so be aware.

- **Hawthorne (Crataegus monogyna)** - Put the 2 teaspoons in 10 oz. of boiling water. Remove from heat, cover for 10 minutes, then strain. You can 2-3 cups of tea each day, even for long-term treatments.
- **Peppermint (Mentha piperita)**
Put peppermint leaves in a small permeable textile pouch. Put in the warm water that you will use for your bath. You can use this remedy for all kind of pain like muscle, bone or back pain.
- **Glucosamine and Chondroitin**
These are substances that are part of the cartilage from our joints. With age or because of excessive physical effort, the cartilage starts to wear out. Taking supplements with these substances will improve the health of your joints. These supplements can be found in pharmacies. You will have to take it for 3-4 months before you see an improvement.
- **Eucalyptus**
Massage sore joints or muscles with a combination of olive oil (or any other oil that you can use for massage) with a few drops of eucalyptus oil. Attention! Do not apply on your skin or drink undiluted eucalyptus oil.
- **Evening Primrose**
Massage the painful joints with EPO.
- **Juniper Oil**
Mix juniper essential oil with rubbing alcohol in a ratio of 1:100 of volatile oil to alcohol It helps sooth rheumatic pains, lumbago (low back pain) and different neuralgic pains. The rub can also be prepared by mixing a handful of crushed leaves with 100 grams alcohol, adding after a couple of days a liter of wine vinegar. After macerating for 7-8 days, strain and use against fever. Juniper leaves are part of anti-rheumatic teas.

NATURE'S PAIN KILLERS

Proper exercise

Over-exercising or not exercising enough can lead to the deterioration of your joints which causes pain.

- If you already exercise or have a job that involves intense physical activity it is important to move correctly in order not to damage your joints: how to correctly lift heavy things, what movements are dangerous for your joints and how to do the movements more efficiently. This subject is vast and it needs a book of its own. A professional trainer might be able to guide you.
- If you are exercising too little you may also experience joint pain, so you should aim for at least 30 minutes of exercising daily. It is important to start gradually, or else you risk seriously injuring yourself.

Back and Muscle Pain

Dealing with back or muscle pain may make going about your day-to-day activities challenging. The pain can range from mild to severe and may be temporary or permanent, depending on the cause. If the pain is caused by a recent injury, such as a pulled muscle, then you need to do everything you can to let that muscle rest and heal or you may cause further damage that could become permanent.

- **Green tea (*Camellia sinensis*)** is great for stiff muscles; it has nine muscle-relaxing compounds, more than just about any other plant.
- **Garlic**
Mix in a glass crushed garlic and grated black radish. Fill a cheesecloth with this mixture and apply on the affected area until you feel a burning sensation of the skin. After this procedure, rub the skin with 50 ml coconut or olive oil and leave it for several minutes as there will be residual juice on the skin. You can also simply rub crushed garlic on the affected area, in a clockwise motion for 10-15 min, for 7 days.
Along with this, drink 10 drops of garlic juice 4 times a day. This would probably be most palatable added to food or tomato juice. Throw in some oregano oil, which is also used for joint pain, general pain and as a muscle relaxer, and your tomato juice suddenly tastes

NATURE'S PAIN KILLERS

like spaghetti – even some cayenne tincture or powder can add flavor and additional pain relief as well as some spice.

- **Black radish (*Raphanus sativus niger*) External: Poultices**

Apply grated radish on the painful area, plain or mixed with garlic and/or alcohol. Leave on until the pain is gone. Grate unpeeled black radish, spread on a piece of cloth, previously greased with sunflower oil. Apply on the affected area, cover with plastic wrap, then cover with cloth and a bottle of hot water, or a heating pad. Allow 1-4 hours for it to work. Used especially as a painkiller and anti-inflammatory, for joint and back pain.

If the pain occurred after an awkward movement or after carrying something heavy, simple compresses may be best. First, use warm compresses in order to eliminate muscle contractions, then cold in order to alleviate inflammation. Soak a towel in very warm water and wring it thoroughly, then apply on the painful area until it cools. Then soak the towel in very cold water and apply it on the same area for at least an hour. Repeat a few times until you feel better. You may want to do this once or twice a day for a few days to get some relief as the muscle heals.

- **Rosemary or lavender** – If you're muscles are contracted and you can't seem to get comfortable enough to fall asleep, dilute a teaspoon of food-grade rosemary or lavender essential oil in a spoon of sunflower or coconut oil. Ask someone to massage this mix on the painful area. Even the massage will help, as will a heating pad.

- **St. John's Wort**

Salve: If the pain is strong, add 8 oz. of St. John's Wort flowers to 16 oz. of your favorite oil (coconut is good because it's mostly solid at room temperature). Warm on low heat for 3 hours. Strain and preserve the ointment in a dark bottle. When needed spread 1-2 spoons on the affected area.

- **Arnica**

Tincture: Add 2 tablespoons of Arnica to 8 oz. 70 percent food-grade alcohol. Allow to sit for at least 2 weeks, shaking every couple of days. Filter and preserve in a dark container. When you need to use it, mix a teaspoon of tincture with 3 tablespoons of water and rub on the painful area.

NATURE'S PAIN KILLERS

- **Marigold (*Calendula officinalis*)**

Great for muscle spasms, eye infections, fungal infections, sore throat, stomach cramps, wound treatment, and also for soothing irritated skin, depending upon how you take it. Since we're talking about muscle cramps, it's best to drink it as a tea. If you're allergic to ragweed, chrysanthemum, or daisies, you may also be allergic to marigold. Also, don't use it if you have high blood pressure.

Tea: Steep 1 tablespoon of crushed leaves in 1 cup of boiling water and drink.

- **Turmeric**

Turmeric is a root that's part of the ginger family. It's used to curb inflammation, reduces muscle soreness, relieves muscle pain and cramps and helps with digestion and immune function. You can cook with this dark yellow spice (use 1-2 grams for maximum pain-relieving benefit), make tea with it, or take it in capsule form up to 1-2 grams per day.

Tea: Add 1-2 grams to warm water or coconut milk (feel free to add other pain-relieving herbs as well if you'd like) and drink twice daily.

- **Devil's Claw (*Harpagophytum procumbens*)**

You can use devil's claw externally as an ointment for temporary pain. When the pain is chronic you can also use it internally as a tea.

Tea: Put a teaspoon of dried chopped devil's claw in 10 oz. water and leave for 8 hours, then strain. Divide in 3 equal portions and drink one portion before eating each meal. Follow this treatment for maximum one month. OR Put 1 teaspoon of chopped root in 2 cups of hot water. Sip throughout the day.

Take 3-6 capsules daily with devil's claw extract or as indicated on the label. You can find them online or in herb or supplement shops.

- **Capsaicin**

Salve: Put 1-part cayenne powder in 4 parts oil or petroleum jelly. Coconut oil is great for this because it is solid up to 76 degrees Fahrenheit. If skin irritations occur, it is recommended that you apply marigold ointment in advance.

Apply this to painful joints, up to four times daily. It's important that you wash your hands thoroughly immediately after applying the cream because if you touch your face or private

NATURE'S PAIN KILLERS

areas with the cream on your hands, you'll instantly regret it! Many people also eat foods rich in capsaicin on a regular basis as a preventive measure.

- **Comfrey (Symphytum)** - Use creams made with comfrey extract if you have lower or upper back pain. Use it three times a day. You can find it online or in herbal shops.

Ear pain

Ear pain can make your entire head feel as if it's in a vice and can be caused by everything from a minor infection to a burst eardrum. Here are some options that may help.

- **Garlic** – You can insert a garlic clove in your ear in the evening and keep it throughout the night. OR Put a cotton ball soaked in garlic juice in your ear. It can help with ear pain.
- **Almond Oil, Walnut Oil**- Put a few drops of warm walnut oil mixed with almond oil in your ear before going to bed at night, in order to relief ear pain and regain ear drum flexibility.
- **Sesame Oil** - A couple of sesame oil in your year will help eliminate ear wax and pain.
- **Sunflower Oil** – Insert in your ear a cotton ball with a little warm sunflower oil on it.
- **Almond Oil** - Used externally this oil is excellent against ear pain. Put 6-8 drops of oil in your ear, and then cover your ear with cotton. To fight ear pain caused by cold, draft or rheumatism, put 7-8 drops of oil in your ear in the first day, and then cover the ear; the next day put 7-8 drops in the other ear and cover. After a couple of days clean the inner ear with a little warm water.
- **White dead-nettle (Lamium album)** - Put 2 spoons of white dead-nettle flower in 4 ounces of boiling water. Cover for 15 minutes, then strain. Add a teaspoon of honey. Mix well and, with a dropper, put 2-3 drops in your ear. It helps soothing pain. Attention, you will only use at body temperature and in no case should you use it cold or overly hot. The leftover tea can be stored for 2 days in the fridge, in a closed bottle, but before using it, make sure to warm the bottle in another vessel filled with water, until it reaches body temperature.
- **Tea Tree Oil**
A drop or two of tea tree oil in the ear that hurts can be extremely effective in both easing the pain and getting rid of any type of infection that may be causing the pain.

NATURE'S PAIN KILLERS

Feet blisters

Blisters on your feet can make walking unbearable and can also quickly become infected, which can lead to an entirely different, more severe set of issues. Though you may have the urge to pop the blisters, don't. That leaves the open sore underneath susceptible to infection. Instead, let the burst or heal on their own; your body creates them for a reason.

- **Aloe Vera**

This wonderful plant not only soothes the pain but also helps keep the wound hydrated and will help it heal faster.

- **Boiled cabbage**

Boil several leaves of cabbage in milk, allow to cool, then apply on the blister caused by footwear. The pain will go away immediately, and the blisters will disappear by the next day.

Fibromyalgia

- **Vitamin D**

If you have fibromyalgia, you may have chronic pain and low levels of vitamin D. A vitamin D supplement may improve your levels and reduce your pain.

- **Capsaicin**

Derived from hot chili peppers, topical capsaicin may be useful for some people in relieving pain. Capsaicin, the active pain-reducing ingredient, temporarily desensitizes nerve receptors called C-fibers which cause the pain response. Capsaicin works by depleting the compound that conveys the pain sensation from the peripheral to the central nervous system.

Salve: Put 1-part cayenne powder in 4 parts oil or petroleum jelly. Coconut oil is great for this because it is solid up to 76 degrees Fahrenheit. If skin irritations occur, it is recommended that you apply marigold ointment in advance.

Apply this to painful joints, up to four times daily. It's important that you wash your hands thoroughly immediately after applying the cream because if you touch your face or private areas with the cream on your hands, you'll instantly regret it!

Many people also eat foods rich in capsaicin on a regular basis as a preventive measure.

NATURE'S PAIN KILLERS

- **Ginger**

Ginger has a wide array of health benefits and is considered a superfood by many. It can be very effective for pain relief and is often used homeopathically to treat fibromyalgia. You can use it as tea, decoction or juice, or you can eat it straight (it's great candied!) or you can use it as a seasoning in your food as either a treatment or to prevent illness.

Tea: Put 1-2 tsp of freshly grated root in a cup of hot water. Let it steep for 10-15 minutes. Drink 2-3 cups daily after eating.

Decoction: Put enough peeled and sliced roots to cover the bottom of a medium sized pan. Fill with purified water and bring to a boil, then let it simmer for a half hour. After it cools you can refrigerate it. Drink ½ cup throughout the day.

Juice: Juice the roots with a slow speed masticating juicer. Keep that juice in your fridge then dilute with water or a healthy beverage of your choice and drink.

Candy: Slice the root into slivers about ½ inch thick then roll in sugar. Dehydrate using your preferred method until it's leathery. Store in an airtight container. To extend shelf life, can or vacuum pack.

- **Willow Bark**

Decoction: Willow bark reduces muscle pain. Put 2 tablespoons of chopped bark in 1 cup of water and boil it for 10 minutes, then filter it. Take 1 tablespoon from this tea at 1 hour intervals, till the pain subsides.

Put 1 cup of chopped bark in 2 cups of water. Boil it for 30 minutes then filter it. Make poultices and put them on the areas that hurt. You can also put this liquid in your bathtub when you are taking a bath.

- **Turmeric (Curcuma longa and Curcuma xanthorrhiza)**

Tea/Drink: Add 1-2 grams' turmeric powder to a glass of water or milk (it's good in coconut milk) 1–2 times daily or make a tea with 2 teaspoons rhizome (the part that looks like the root) in a cup of hot water for 15 minutes covered. Filter and drink 2 cups daily. Curcumin, which is contained in turmeric, has anti-inflammatory properties.

- **Licorice (Glycyrrhiza glabra L.)**

Take 1-2 teaspoons licorice root as powder or in tea, 3 times a day.

NATURE'S PAIN KILLERS

- **SIBERIAN GINSENG (*Eleutherococcus senticosus*)**

Long used for its rejuvenating properties, Siberian ginseng affects the adrenal glands and may therefore help relieve the stress that's associated so closely with fibromyalgia flare ups, as well as relieve stiff muscles.

Take 1 -2 teaspoons of fresh minced ginseng root every day for 1 month.

- **Devil's Claw (*Harpagophytum procumbens*)**

Tea: Put a teaspoon of dried and chopped devil's claw in 2 cups of water and leave for 8 hours, then strain. Divide in 3 equal portions and drink one portion before eating each meal. Follow this treatment for maximum one month. OR Put 1 teaspoon of chopped root in 2 cups of hot water. Sip throughout the day.

Take 3-6 capsules daily with devil's claw extract or as indicated on the label. You can find them online or in specialized shops.

- **Stinging Nettle (*Urtica dioica*)**

The leaves of the stinging nettle plant contain compounds that are natural anti-inflammatories that work to prevent the inflammatory cytokines that send the message to your tissues to instigate the immune response that causes pain associated with such maladies as arthritis and fibromyalgia.

It's a common treatment for many ailments throughout the world and has been used for centuries in holistic medicine. It's also used for gout.

Tea: Put 1 teaspoon of dried, crushed leaves in a cup of boiling water and let it steep for 15-20 minutes, covered. Filter and drink 2-3 cups daily.



Gout

Gout is a painful rheumatic disease, often hereditary. It is aggravated by the consumption of alcohol, an inadequate diet and high summer temperatures. Pain is felt especially in your big toes as well as in the calves.

NATURE'S PAIN KILLERS

Natural Remedies from Plants

- **Sunflower infusion**

Brew stems and leaves with boiling vodka. Dilute with warm water, until it reaches around 20 percent strength. Apply compresses during the night.

- **Old Siberian remedies.**

All gout patients are advised to wear wool socks soaked in onion water. Directions: Place 6-8 onion slices in 1 gallon of water. Boil for 30 minutes. Strain and in this water soak the socks without rinsing afterwards. The socks must be clean. Wash and rinse normally, then soak in the above mentioned solution for 10 minutes and allow to dry without any rinsing.

- **Stinging nettle**

This plant's leaves are useful in neutralizing the uric acid so that it can't crystalize, thus helping prevent gout.

Other Natural Remedies

- **Diet**

Proper nutrition is the most important tool that you have for combatting gout. Alcohol, especially obtained from grapes, should be excluded, as well as spices. Beans, spinach, and watercress must also be eliminated. Sugar is replaced with honey, while meat, fats and starchy foods should be avoided completely. Lean red meats are fine. Any food that causes acidity in urine should be avoided. Consume dairy products, especially buttermilk and yogurt, as well as fruits and root vegetables like carrots, beets, and turnips. Potatoes should be avoided. Gooseberries, strawberries and lemons are particularly good for this condition.

- **Bee stings therapy**

In Russia it's considered an exceptionally method. Now it is available worldwide.

Headaches and Migraines

Don't discount the **psychological aspects of pain in everyday** aches. For instance, most headaches have psychogenic causes (such as anxiety, depression and stress), rather than vascular causes (dilated or distended blood vessels in the brain). **Psychogenic headaches** tend to be diffuse, often feeling more like pressure than pain, and often are accompanied by muscular

NATURE'S PAIN KILLERS

tension. **Vascular headaches**, including migraines, respond more readily to painkillers, whereas emotionally induced ones might benefit more from herbs with calming or sedative properties.

You can get a headache for many different reasons. So the best treatment is to find the root of the problem.

- **SILVER LINDEN (*Tilia tomentosa*)**

Drink 1-3 cups of hot silver linden tea, on an empty stomach.

This therapy has fast sedative effects, diminishing the headache's strength.

During biliary migraines, silver linden infusion could trigger the vomiting reflex – something that although you might not think so, is a positive effect. Go ahead and respond to this natural reflex, which will surely stimulate your gallbladder and will speed up recovering from the migraine.

Tea: Silver linden is also great for relieving

respiratory issues, sore throats, and digestive issues, as well as arthritis and inflammation.

Drink 3 cups of linden tea 15 minutes before eating. Directions: Let 2-3 teaspoons chopped linden flower, bark or leaves soak in half a cup of water overnight, then strain the big pieces out in the morning. Set the macerate aside and add another half a cup of hot water to the remaining water and residue. Allow to steep for 20 minutes, then let cool and strain. It's best to drink this tea a couple of hours after eating because it can decrease nutrient absorption.



- **MINT**

Dilute 3 drops of mint essential oil with a teaspoon of alcohol. Use this mix to apply a wet compress on your temples and forehead, which you then cover with a plastic wrap, in order to keep the volatile substances from evaporating. The exact way this works it is not entirely known, but it's commonly believed that this simple procedure reduces a headache's intensity.

- **WALNUT (*Juglans regia*)**

NATURE'S PAIN KILLERS

Apply walnut tincture locally as many times as needed. Fresh walnuts stimulate the nervous system and fight headaches, because they contain fatty acids, magnesium and vitamin B. Recent researches by American neurologists have proved that the active substances found in green walnuts have positive effects in treating neurological problems.

Tincture of walnut pericarp (can be made of walnuts whose shell hasn't toughened yet): put 50 grams of green walnut pericarp in 1 cup of 70 percent food grade alcohol. Keep for 15 days at room temperature, making sure to shake often. After 15 days, strain and store in small bottles. Take 5 drops diluted in a bit of water, 3 times a day, for the internal affections described above. Helpful in treating liver diseases, endocrine and heart problems.

- **Potatoes**

In case of headache drink a third of a cup of raw potato juice prepared using your juicer, twice per day or grate raw potatoes, spread evenly on a scarf and apply on your forehead.

- **Onion**

Cut an onion in half and inhale. If it doesn't help, apply onion rings on your forehead or temples for an hour.

- **Dill**

Boil a cup of milk for 5-10 minutes with a teaspoon of chopped dill. Drink the warm mixture.

- **Lady's Mantle**

Useful for headaches caused by PMS. Boil a teaspoon of Lady's Mantle leaves in a cup of water for 7 minutes. Leave for 10 minutes, then strain. Drink 1-2 cups in the morning, a couple of days before menstruation.

- **Grape juice**

Drink 2-3 cups of fresh homemade grape juice for severe migraines.

- **White Willow Bark**

You can take it as tea or as a capsule. For tea, boil 1-2 teaspoons of dried bark in 8 ounces of water. Drink it three to four times a day. As a capsule, take 120-240 milligrams per day. Avoid high doses if you have a sensitive stomach.

- **Boswellia (Indian frankincense, *Boswellia serrate*)**

You can take it as a capsule or tablet, up to 900 milligrams per day. Good for cluster headaches – it makes them milder and less frequent.

NATURE'S PAIN KILLERS

- **Caffeine**

Combining acetaminophen, ibuprofen, aspirin or other pain relievers with caffeine, such as a cup of coffee, may work better than taking them alone.

- **Feverfew (*Tanacetum parthenium*)**

Homeopaths use this flowering plant prevalent across North America, Europe and the Mediterranean to generate a medicinal herb—often deemed helpful in generating relief from the pain of headaches and arthritis.

It can reduce both the frequency and severity of headaches when taken regularly. It is available in 60-mg capsules of fresh, powdered leaf (1 to 6 capsules daily), or 25-mg capsules of freeze-dried leaf (2 capsules daily). You can also make tea—steep 2 to 8 fresh leaves in boiling water, but do not boil them, since boiling breaks down the active substances.

Using leaves, available either by growing it yourself or buying it at an herb shop, is the best method because many capsules sold as feverfew actually contain very little, if any, feverfew.

- **Omega-3 fatty acids**

These “good fats” lower inflammation. That can help with joint pain and stiffness, back pain, and pain from menstrual cramps. Experts recommend foods high in omega-3 fatty acids: fatty fish, canola oil, Brussels sprouts, spinach, and foods with added omega-3s like eggs. Or you can take up to 3 grams of fish oil per day as supplements.

- **Probiotics.** These good bacteria live in your gut and help keep you healthy. Probiotics may lessen inflammation. They may also help with irritable bowel syndrome, especially pain and bloating. Try foods high in probiotics, like some yogurts (look for “live active cultures” on the label) and fermented food such as kimchi, kefir, and sauerkraut. You can also take a probiotic supplement. An average adult dosage is 10 billion CFUs per day.

Headache Recipe

- 1 2/3 oz. dried St John's Wort
- 1 oz. Valerian
- 1 oz. Linden flowers
- 1/4 oz. Juniper berries

Use 1 tsp of mixture per 1 cup boiling water. Steep for 10 minutes and strain. Drink up to 2 cups daily.

NATURE'S PAIN KILLERS

Migraines

- **St. John's Wort (*Hypericum perforatum* L.)** – Scald 2 spoons of dried St John's Wort in 1 glass of water, infuse in a thermos for 15-20 minutes, strain. Separately, prepare an infusion from 1 teaspoon of mint in ½ a glass of water. Mix the two infusions, add 1 tablespoon of honey and ½ a glass of fresh potato juice. Drink 4 oz. twice a day for relief.

Headaches that often persist in the temple area may be caused by shoes that are too tight. Reflex areas of the temples are located in the interior part of your big toe, where it meets the next toe. In order to get rid of the headache, cross your legs and gently massage that area, then gradually massage harder. In 5-7 minutes the pain will diminish and in 15-20 minutes it will completely subside.

Chronic headache

- **Onion Seeds** - Grind onion seeds in the coffee grinder. Mix half an ounce of the ground seeds with 6 oz. of wine vinegar. Leave the mix to macerate for 2-3 days, shaking the bottle periodically. Keep in a cool, dark place. Use as nose drops whenever you have headaches.
- **Chrysanthemum** - Before going to bed at night, put 8-10 chrysanthemum flowers in a container filled with hot water, next to your bed. The scent will help. It's even better if you also eat an orange.
- Put a sachet filled with the following dried plants under your pillow at night: thyme, geranium, hop and mint.

Headaches caused by hypertension or cerebral hypertension

- **Hot water soak**

The fastest method is to keep your hands and your feet in hot water for 5-6 minutes. It helps if you also eat a spoon of honey, jelly, sugar or a small chocolate.

- **Milk and Eggs**

- In the morning, mix a fresh, raw egg in a glass of warm milk. Drink it while it's hot, on an empty stomach.

- **Lilac and Wormwood**

Sometimes if you have a sick stomach, the pain can be felt in the forehead, above the eyebrows, instead of, or in addition to, the stomach. In this case, drink a tea prepared from

NATURE'S PAIN KILLERS

equal quantities of lilac flowers (preferably white lilac) and wormwood, for a whole month. To prepare it, use one spoon of the mix in a glass of boiling water. Drink it throughout the day and the pain will subside.

- **Mulberry**

Prepare a tea from 7-8 mulberry twigs, thinly sliced and boiled in 2 cups of water for 10 minutes. Steep for an hour in a thermos and drink 3 glasses each day.

- **Grape**

For cerebral hypertension regulation, drink grape juice (fresh during the summer, pasteurized in the winter) three times a day. During the first 7 days, drink one 8 oz. glass, then two glasses, so that at the end of a month you will be drinking 3 glasses of juice each day. During this treatment you can't eat fats, meat, milk or alcoholic beverages.

Aches in the nape area

- To eliminate this type of pain, massage and rub the area starting from your nape and working your way to your shoulders, but especially behind your ears, for 10 – 15 minutes.
- This type of pain, caused by overworking end neurosis, will go away if the patient drinks valerian drops and takes a warm bath mixed with a cup of salt or pine extract.

Headaches in women

- In women, headaches can frequently be caused by tight shoes or high heels. If that's the case, apply a piece of tape with paprika or even a piece of hot pepper, on the inner side of the big toe (where it touches the next toes). Don't use either of these if you have blisters in that area. This is the area related to brain functioning and thus may help with eliminating these types of headaches.
- Sometimes, headaches can be caused by plastic hair combs that electrify the hair and produce static electricity, or they may just be too tight and are pulling your hair. Use wood or bane combs instead and put them in so that they are comfortable.
- In order to prevent headaches, you can use this simple technique: when you shower in the morning, wet the hollow at your nape with cold water or a small piece of ice, right where your spine enters the skull. Don't pat dry.

Headaches of unclear etiology

- **Onion**

Mix a teaspoon of onion juice with a teaspoon of honey and take a spoon before eating.

NATURE'S PAIN KILLERS

- **Horseradish**

Grate or grind 5 oz. horseradish root. Mix with 16 oz. chopped oranges, 11 oz. powdered sugar and 2 cups of red wine. Bring to a boil then allow to steep, covered, for one hour. Let cool, strain and drink half a glass 2 hours after eating, or when the headaches appear. The effect is increased if at the same time you wrap your head in a towel soaked in hot water, making sure your temples are covered. It tastes pretty good, too!

- **Black tea**

As soon as the headache appears, prepare a glass of very hot black tea, then warm a teaspoon in it and press the spoon on the side of the nose corresponding to the side of the head where you feel the pain is the strongest. After the teaspoon has partially cooled, repeat the procedure. Then, with the teaspoon heated again, press the ear lobe on the side of the head that the headache is on. Warm your finger tips on the glass, then drink the tea.

- **Ginger**

Steep 0.5 – 1 teaspoon of ground ginger root in a thermos with 8 oz. of boiling water for 30 minutes. Drink 2-3 times a day.

- **Chronic Headaches**

During June and July, collect and dry goat willow (also known as pussy willow or great willow) bark. Infuse a teaspoon of ground bark with 8 oz. of boiling water in a tightly closed vessel until the water cools, then strain and drink a teaspoon three times a day, for 12 days. Take a 10-day break, then repeat the treatment for another 12 days.

Hangover headaches

Most of us have overindulged at one time or another and have woken up feeling as if there is somebody pounding a drum in our heads! Treat hangover headaches by drinking a glass of orange juice with a raw egg in it.

- **Horseradish - Parts used: root, leaves**

Decoction - Traditionally horseradish fruits and rhizome are used in different forms in order to heal headaches as a poultice either on the forehead, which is made from raw leaves or grated horseradish, or on the soft spot of your head, which is made from grated horseradish mixed with vinegar.

- **Peppermint (Mentha piperita)**

Apply cold peppermint tea poultices to your forehead or over your eyes.

- **Black mustard**

NATURE'S PAIN KILLERS

Black mustard powder poultices are good for headaches. Directions: Mix black mustard powder with a little water, until you get a paste-like consistency. Spread the paste evenly on a gauze and apply on the affected area and leave it on for 10 minutes.

- **Wormwood**

Tea - Infuse a teaspoon of wormwood in a cup of hot water. Drink when it cools. Don't drink this too often or in a stronger concoction than this as wormwood can be toxic in high doses.

- **Devil's Claw (*Harpagophytum procumbens*)**

Put a teaspoon of dried and chopped devil's claw in 10 oz. water and steep for 8 hours, then strain. Divide in 3 equal portions and take one portion before eating each main meal. Follow this treatment for a maximum of one month. OR steep 1 teaspoon of chopped root in 2 cups of hot water. Sip throughout the day.

- **Capsaicin (*Capsicum*)** – Found in hot chili peppers, this natural remedy does wonders for pain. Capsaicin, the active pain-reducing ingredient, temporarily desensitizes nerve receptors called C-fibers which cause the pain response. Capsaicin also diminishes soreness for 3 to 5 weeks while the C-fibers regain sensation. A single 60-min application in patients with neuropathic pain produced effective pain relief for up to 12 weeks. Patients at the New England Center for Headache decreased their migraine and cluster headache intensity by applying capsaicin cream to their nasal passages.

Hemorrhoids

Sweat, high temperatures, straining when voiding, and poor peripheral circulation can all cause hemorrhoids, one of the most obnoxious maladies to suffer from. However, in Russia and Siberia, popular practitioners combat them without surgery and the results are very good.

As a first step, all patients suffering from hemorrhoids were asked to keep a stable diet, excluding alcoholic drinks entirely. The diet consists of staple foods including potatoes, carrots, cauliflower and rice. In moderation, they were allowed chicken and fish. Instead of tea, patients were given a decoction of strawflower leaves, 2-4 cups per day, with honey instead of sugar to prevent constipation.

- **An old remedy used in the Urals: mullein tea**

Put one tablespoon of dried mullein flowers in 10 oz. hot water, then boil for 10 minutes. Strain and drink the hot tea 2-4 times a day. Sweeten with honey, never sugar or saccharine as they

NATURE'S PAIN KILLERS

cause constipation. Bleeding usually resolves in 2-5 days and the hemorrhoids retract in 10-15 days. This process produces excellent results, even in advanced cases.

- **Carrot-based remedy**

Raw carrots, grated, eaten in considerable amounts during each meal, heal even the most persistent hemorrhoids. Carrots can be made into a decoction with hot water, boiled for 10-15 minutes. Drink it hot, at night before going to bed. Again, sweeten with honey if you'd like.

- **Carob brandy**

Combine 6 oz. grated Carob (*Serata Siliquia*) in 2 cups of brandy (or 70 percent food grade alcohol). Let it macerate in a warm place for at least 10 days. Dosage: 2 oz, twice per day before eating. Do not consume any other alcohol.

- **Siberian ointment.** Very common in eastern Siberia, this ointment is native to China, where it has been used for several centuries. Directions: 2 parts of camphor, 1 1/2 parts of ferrous sulfate mixed with fresh bone pork marrow, mixed thoroughly. The mix is kept in a cool place and is applied once per day, especially at night. Hemorrhoids disappear quickly and permanently, but sexual activity, alcohol and physical exertion should be avoided until fully healed. Siberians believed this treatment to be highly effective with rapid results.

- **Willow leaves therapy.** This can only be used during summer, as it requires fresh leaves.

These are applied over hemorrhoids, externally, while the patient is lying on his stomach, and are kept there for 2 hours. The leaves are then removed, and the affected area is washed with cool water. The treatment is applied 2-3 times per day.

Potato suppository: cut the potato in small pieces, shaped as suppositories, and insert in the anus. Leave in all day.

- **Anal vapor bath**

This treatment requires simple equipment, and the healing is complete, even in cases of chronic internal or external hemorrhoids. Use a large pot or a small bucket covered with a wooden lid, in which you cut a hole of 5-6 cm diameter. Boil 2 buckets of water in which you add 150g alum. Gradually pour water in the pot or bucket then cover with the wooden lid. The patient will sit with the anus above the hole in the wooden lid. The treatment should continue for as long as steam is present, approximately 30 minutes. After that rub the anus with Vaseline, inside and outside. Before this treatment, thoroughly wash the anus, wipe and the patient will consume a laxative tea. This treatment shouldn't be repeated more than once a week. Three procedures will heal even the most difficult cases.

Another alternative method to the therapy mentioned above: Instead of water with alum, use 2 liters of milk, in which you put four large onions, unpeeled. Use a ceramic (clay) container

NATURE'S PAIN KILLERS

and cover well, then place the dish in an oven for one hour. Then pour the milk and onions in the pot specially prepared, covered with a wooden lid, as described above, and the patient will proceed as in the alum treatment. These treatments can be administered every three days. Four such courses can produce satisfactory results. After each treatment, use an herbal laxative and Vaseline, as with the alum treatment.

- **General rules:**

All hemorrhoid sufferers must avoid constipation. Do not use rough toilet paper. In more serious cases, use a soft sponge or wash cloth soaked with cold water, which often helps with healing. In many cases, a diet rich in fruits and vegetables (especially juices) will cure the hemorrhoids within two or three weeks.

- **Cypress Oil**

This can help to stop the bleeding. When first signs of a problem appear, use cypress oil. It has an astringent and disinfectant effect: a drop 3 times per day, diluted with almond oil and rubbed on the hemorrhoid, will help stop the bleeding.

- **Chamomile and Juniper Sitz Baths**

Sitz baths are among the most used anti-hemorrhoid remedies. Once or twice per day, put a handful of chamomile flowers in 4 cups of boiling water.



After 10 minutes, filter and pour the chamomile water in a basin with enough warm water to bring it to the level you need. Add 6 drops of juniper

essential oil. Keep your bottom in this water for 10-15 minutes. If the affected area is very irritated, use oak bark along with the chamomile to make the water.

- **Couch grass (*Agropyron repens*)**

Baths taken with a decoction made from the whole plant have a therapeutic effect for hemorrhoids, rickets and skin diseases. Those affected by joint pain, lower back pain, and rheumatism may obtain an analgesic effect, especially when combining the external procedures with the internal ones. To prepare the decoction, put 50-70 grams of couch grass in 2.5 gallons of water and boil for 20 minutes, then strain and place in the bathtub where you will stay for 30 minutes. It can be done daily to ease pain or discomfort.

NATURE'S PAIN KILLERS

- **Turmeric (Curcumin):**

From the perspective of homeopaths, this helps lessen or prevent painful swelling. The body usually absorbs curcumin better when taken orally as a capsule or in food sources. Sometimes called "turmeric," curcumin is also used as an anti-inflammatory in battling the potentially crippling symptoms of arthritis. Some patients prefer this to standard medicines for treatments for painful conditions like hemorrhoids.

Prepare a paste made with turmeric root powder mixed with any creamy base (butter, petrolatum, lanolin, coconut oil): for 1 tsp powdered turmeric, use 4 tablespoons base. Apply externally 3 times per day for hemorrhoids, wounds, pressure sores, etc.

Kidneys and Urinary Tract Issues

Urinary tract and kidney issues can be painful and disruptive to daily living. There are many different types of problems that can occur, including urinary tract infections, kidney infections, and kidney stones. Here are some helpful ways to treat or prevent these conditions.

- **Horseradish** (*Armoracia rusticana*)

Also good for pain. Eat plenty of horseradish for bladder affections and against kidney stones.

- **Blueberry** (bilberries)

Put two handfuls of blueberry fruit in a bottle of food grade alcohol; the longer they sit in the alcohol, the more efficient it becomes. Painful urination, accompanied by blood, is cured drinking a spoon of the alcohol described above, in eight parts of a luke warm water glass. Repeat after 8-10 hours.

- **Cranberries**

Cranberries are a common treatment and preventive measure for avoiding kidney stones and helping heal urinary tract and kidney infections. They have strong antibacterial properties that have been shown to help with all portions of the urinary tract. Eat the fruit or drink the juice. For treatment, drink at least 16 oz. per day. For prevention, drink 8 oz. per day.

Silverweed, flax, rosehip, peppermint, birch, restharrow, corn, agrimony, and stinging nettle are all good herbs to use for various urinary tract issues such as kidney stones.

NATURE'S PAIN KILLERS

Urinary disinfectants that help with infections such as urinary tract infections and kidney infections include beans, flax, cranberry, chamomile, mallow, retharrow, poplar buds, wheatgrass, lungwort, corn, and elderberry. These can be used preventively, too.

Leg pain

Natural Remedies from Plants

- **Ginkgo (Ginkgo biloba)**

It helps with leg pains caused by poor circulation (claudication). It may also be useful in multiple sclerosis-related leg cramps.

- Take 80 to 240 milligrams of standardized Ginkgo leaf extract daily. Because the concentration of the extract may vary, check the prospect and ask the pharmacist.
- Put 5-6 dried and crushed leaves in a cup of hot water, cover and leave for 10-15 minutes. Filter and drink 2-3 cups daily.

- **Horseradish (*Armoracia rusticana*)**

- Put 1 -2 grated fresh horseradish root in a permeable pouch and then put it in the water your bath tub.
- Make a poultice using grated horseradish root . Wrap the aching leg with it. You can also mix the grated root with honey or flour and vinegar to form a dough which you can also apply on the painful area, covering it with a cloth.

- **Garlic (*Allium sativum*)**

Take garlic powder extract, 400mg twice per day for 12 weeks. It improves circulation and it relieves pain from ingtermitent caludication.

Other Natural Remedies

- **Lose Weight**

Often leg pain is caused by excessive weight that puts a strain on the bones and joints. Excessive weight is also associated with poor blood circulation in the legs (intermittent claudication) which also causes pain.

- **Exercise**

A sedentary lifestyle can cause a weakening of the muscles and bones which leads to pain. Start gradually and try to exercise 20-30 minutes most days of the week.

NATURE'S PAIN KILLERS

- **Diet**

Avoid meat, dairy fat, junk food containing trans fats and increase the proportion of vegetables and fiber. This helps maintain healthy joints, muscles and bones as well as helps fight obesity.

Liver pain

- **WALNUT (*Juglans regia*)**

Tincture: Cut whole green walnuts with a steel knife on a wooden board. Put in a glass jar, mixed with sugar (a cup of sugar for every 10 walnuts). Place the dish in the sun or in a warm place for 10 days, then store for another 10 days in a dark place. After that, pour the brandy over them (1 cup for every 10 walnuts). Let it macerate for 2 weeks, then strain. Take 1 teaspoon 20 minutes before every meal. Relieves stomach, liver and internal pain.

Walnut pericarp tincture can be made from walnuts that still have a soft shell. Put 3 oz. of green walnut pericarp in 8 oz. of 70 percent food-grade alcohol or vodka. Keep at room temperature for 15 days, shaking often. Strain after 15 days and transfer to smaller bottles. Take 5 drops 3 times per day, diluted in a little water. It is useful for liver disease and other conditions that affect the internal organs.

Tincture 2 - Green walnut tincture, excellent for stomach diseases. Green walnuts can be a great ingredient in treating stomach or liver. It also helps thin and clean the blood. Tincture recipe: Dice 20 – 25 green walnuts. Put them in a glass container. Pour 90 food-grade alcohol or 100 proof vodka over the walnuts until covered with ½ inch of alcohol. Cover the container, then place it near a heat source or in the sun for a month. Filter the liquid resulting from the maceration then add a stick of vanilla, 2 tablespoons honey and shake well. Take 1-2 spoons of this tincture daily.

- **Celandine (*Chelidonium majus*)**

Put half a teaspoon of chopped herb in 8 oz. boiling water for 10 minutes. Cover, then strain. Take one tablespoon every 3 hours for one day. In case of continuing pain, take another portion the next day. As for liver disease, the liver function stimulant effect of the celandine has even been recognized by Western medicine. Take a pinch of powder four times per day for 21 days, with 7–10 days between treatments. The remedy is effective especially in liver diseases that result from poisoning or infections with hepatitis.

NATURE'S PAIN KILLERS

COMBINED TEA FOR THE LIVER

Formula: Alder buckthorn bark – yarrow flowers – mint leaves – rosehip fruits – corn silk – dandelion root – agrimony - celandine – field bindweed – St. John's Wort

One of the primary functions of the liver is that of contributing to the elimination of bile, which in return helps digest fats. Inflammation of the gall bladder results in a number of disturbances in the body, including the formation of gallstones. In this case, the liver enlarges and becomes painful.

In liver disease, besides diet and medication prescribed by your doctor, it is recommended to drink hepatic tea. This tea has the ability to increase the volume of bile secretion, easing and decreasing the liver's volume, relieving pain etc.

Yarrow, due to the volatile oil content, acts as a bactericide and anti-inflammatory, and the bitterness in this herb stimulates the secretion of gastric and biliary juices. At the same time, it calms the spasms that cause pain. St John's-wort has an antiseptic and decongestant action.

Rose hip fruit and corn silk, besides activating bile secretion, increase diuresis, removing toxins from liver. Common agrimony and dandelion complement the other plants' actions, stimulating the elimination of bile. Alder buckthorn bark and field bindweed increase stomach and intestinal muscle contraction, causing a slight purgation which lowers liver volume by getting rid of the bile. Mint and celandine, through their antiseptic and antispasmodic properties, reduce liver inflammation and sooth hepatic illnesses.

Drink 2-3 hot teas per day, one of which in the morning on an empty stomach.

- **Dandelion**

Dandelion root tea, as well as dried flowers tea, is often taken for liver pain. Drink dandelion leaves tea instead of water to help with liver diseases and to improve blood circulation.

Menstrual pain

- **Yarrow (*Achilea milemfolium*)**

Steep 1 tablespoon of dried yarrow in 1 cup of boiling water for 6-7 minutes, covered. Filter and drink 2-3 cups of infusion daily. Yarrow tea regulates the menstrual cycle and it improves heavy or painful periods.

NATURE'S PAIN KILLERS

- **Lemonbalm (*Melissa officinalis*)**

Put 2 teaspoons of dried lemonbalm leaves in 1 cup of boiling water. Steep the leaves in the boiling water, covered, for 10 to 15 minutes, then strain. Drink up to 2-3 cups daily. It helps relieve menstrual cramps.

- **German Chamomile (*Matricaria recutita*)**

Put 2 teaspoons dried chamomile flowers in 1 cup of boiling water. Let it steep for 10-15 minutes, covered, then strain. Drink up to 2 cups of tea daily. It helps relieve menstrual cramps.

You can also combine **chamomile**, with **mint** and **valerian** (*Valeriana officinalis*). Mix equal parts of the three dried plants, then put 1 tablespoon of plant mix in a cup of boiling water. Let it steep for 10 minutes, covered, then strain. Drink 2 cups a day.

- **Silverweed (*Argentina anserine*)**

Make a tea using the aerial parts of the plant. Put 1-2 teaspoons in a cup of hot water, let it steep for 10 minutes, then strain. Drink 2-3 cups daily. It calms the menstrual pains and it regulates the flow of blood.

- **Fennel (*Foeniculum vulgare*)**

Make an infusion from 3-4 teaspoons of fennel seeds and a cup of boiling water. Let it infuse for 10 minutes, covered, and then filter it. Drink 1-2 cups daily, after it gets cold. You can add honey to it.

- **Red Clover (*Trifolium pratense*)**

Put 1 teaspoon of dried Red Clover blossoms in 1 cup of boiling water. Let it steep, covered for 10 - 15 minutes then strain. Drink 1-2 cups daily. This infusion acts as a tonic and it is very useful during menstruation.

- **Anise (*Pimpinella anisum*)**

Put 1 teaspoon of crushed anise seed in a cup of boiling water and leave it covered for 10 minutes. Drink up to 3 cups daily.

- **Marigold (*Calendula officinalis*)**

It has the ability to reduce menstrual cramps, especially in women



NATURE'S PAIN KILLERS

suffering from anemia. Start using this recipe a week before menstruation. To prepare the tea, steep 2 teaspoons of marigold flower in 2 cups of hot water. After 15 minutes, strain and drink it throughout the day, preferably on an empty stomach. You could also prepare a stronger tea by steeping 4 spoons of marigold flowers in 8 oz. of water. Drink 3 teaspoons, each day. An infusion steeped from 10 grams of marigold flowers in 4 oz. of water used for vaginal douches helps fight the *Trichomonas vaginalis* protozoa.

- **White Willow Bark (*Salix alba*)**

Put 1 teaspoon of bark in a cup of cold water, bring to boil, then steep for 5 minutes. Drink throughout the day. The active ingredient in white willow is salicin, which the body converts into salicylic acid, the ingredient in aspirin. You can use it for menstrual cramps, muscle pains, arthritis. Do not exceed the dosage, especially if you have blood clotting problems.

- **Basil (*Ocimum basilicum*)**

Mix 3 drops of basil essential oil with a bit of soy oil and massage the pelvic area.

- **Garden Angelica (*Angelica archangelica*) (Holy Ghost, wild celery, and Norwegian angelica)**

If you have painful periods, prepare a tea of half an ounce to an ounce of garden angelica roots or young stems in 2 cups of boiling water. Have 2-3 cups a day.

- **Hops (*Humulus lupulus*)**

Use hops cones to improve migraines and neurosis that come with dysmenorrhea. Prepare an infusion of 15 grams of hops cones in 1 liter of water and drink 2 cups a day.

- **Black Cohosh (*Actaea racemosa*)**

- Put 1/2 teaspoon of powdered root in a cup of hot water and let it infuse. Drink up to 1 cup per day. Or you can use tincture, as indicated by the producer on the bottle (usually 2-4 ml/day dissolved in a cup of water). It is useful for treating menstrual and menopausal-related pains.

- **Milk** - If the menstrual pain is tolerable, but continuous, all you might need is a warm cup of milk or tea: warmth increases blood flow and improves congestion in the pelvic area. Moreover, milk increases endorphins production, which will help you to better bear the pain and to slow down uterine contractions.

A glass of wine could also be a pleasant remedy: alcohol dilates blood vessels and improves circulation. However, don't have more than one glass, because your risk getting the opposite effect.

NATURE'S PAIN KILLERS

Neuralgia (see also Fibromyalgia)

- **Mint**

Pat mint oil locally. Directions for preparing the oil: thinly chop several spoons of green mint and mix with half a cup of olive or sunflower oil. Let macerate for a month, then filter, place in a dark colored bottle, and tightly close it.

Sore Throat

A sore throat can be caused by many things: snoring, a cold, the flu, inflamed tonsils or strep throat, just to name a few.

- **Hornbeam (*Carpinus betulus*)**

Decoction from fresh or dried leaves. Boil 1 teaspoon chopped leaves for 5 minutes in 1 cup water. After straining, you can drink up to 3 cups per day. You can double the plant quantity for external use.

- **Onion (*Allium cepa*)** - The most efficient way to consume it is either raw, especially in the form of scallions, or as juice.

Onion juice – Put 2 ml onion juice in a nostril, then inhale until it reaches your throat. It's helpful with most respiratory diseases including bronchitis, laryngitis and tracheitis. You can prepare the juice either from the onion bulb or from its green leaves.

Put 1/10 onion juice and 9/10 any other fruit or vegetable juice. It can be used for long periods of time.

Tincture - Use either raw onion or onion macerated for several hours in olive oil, in vegetable salads, appetizers, in all soups. Thinly chopped and swallowed with milk, put in soups or eaten on bread with butter. Macerate a thinly chopped onion in warm water, for several hours. Drink the macerate in the morning on an empty stomach, with a few drops of lemon.

- **Chamomile**

Use a chamomile infusion to gargle. Directions: Use 1 teaspoon dried plant for a cup of boiling water. Cover for 10 minutes then strain and let cool a little.

- **Gargle tea**

Formula: Chamomile tea – Marshmallow leaves – Sage leaves – Bennet roots – Poppy seed pods – Wild thyme

NATURE'S PAIN KILLERS

Often, during flues or colds, the tonsils might swell. In this case, it is good to use an antiseptic gargle that has the ability to reduce inflammation and relieve pain. Gargle tea contains mallow leaves with emollient properties. Due to the content of mucilage and volatile oils of chamomile, sage, wild thyme and bennet, this tea has an anti-inflammatory action as well as a disinfectant one for the inflamed mucous membranes. Poppy pods alkaloids have anesthetic properties, helping to relieve pain. The tannin contained by the bennet root has astringent and hemostatic qualities. This tea is used with good results in dental abscess, gingivitis (bleeding gums) and, in general, in all mouth diseases.

The gargle is used warm, several times per day.

If it is not accompanied by other symptoms like fever, sore throat is very common and easily treatable. For prevention, drink more natural fruit juices and everyday take a spoonful of honey mixed with the juice of one lemon. If you already feel small twinges in the throat, gargle several times a day with a solution of warm water in which you dissolved half a teaspoon of sea salt.

- **Propolis**

This is made by bees and is the “glue” that they use to hold their hive together. It has a ton of health benefits and has anti-viral, anti-bacterial and anti-fungal properties. Drink a teaspoon every morning at breakfast (for prevention).

- **Mint**

To open airways, add fresh mint leaves in a cup of warm black tea (drink 2 cups per day) Add 8 drops of mint essential oil in a bowl with boiling water and inhale. Lean over the bowl, cover your head with a towel, and inhale the steam through your nose, until the water cools.

- **Licorice**

Mix 100 grams of honey with 20 grams of licorice root powder until you obtain a paste from which you can mold “candies” that you can consume during the day.

- **Plantain**

Tincture: Macerate (for 10 days) 20 grams’ plantain in a glass of 70 percent food grade alcohol or vodka. After macerating, filter and use it to gargle, morning and evening.

- **Rose hip Tincture:** Macerate 3.5 oz. dried rosehip fruit, 3.5 oz. honey, and 2 oz. sugar in 2 cups of white wine for at least 15 days. Store the macerate in a glass container and drink a small glass (2-3 oz.) before meals.

NATURE'S PAIN KILLERS

Toothache

- **Onion (*Allium cepa*)**

Onion contains fluoride which strengthens dental enamel. Eat as much onion as you can. Apply a cotton ball soaked in onion juice into the cavity.

- **Clove (*Syzygium aromaticum*)**

- Crush 2-3 cloves in your mouth as they are in order to soothe toothache, or swallow in order to soothe abdominal or stomach pain.
- It can be used in different types of tea for its anesthetic, deodorant and antiseptic effect. In order to do that, put a couple of whole cloves in 1 cup water, boil for a couple of minutes than drink the tea (you can strain it, but you don't have to).
- Make a concentrated infusion of clove and anise. Keep the infusion in your mouth, on the side with the tooth that aches.
- Apply a cotton ball soaked in clove tincture into the cavity.
- Use clove oil both on the sore tooth and rub it on your hands to smell every few minutes.

- **Ginger (*Zingiber officinale*)**

- Apply grated ginger root on the tooth that hurts until the pains subsides.
- The root can be consumed ground; just hold a pinch under your tongue for 10 minutes, then swallow with a little water.
- Decoction: Put a teaspoon of chopped ginger root in 1 cup water and boil for 20 minutes. Strain. Drink 2-3 cups a day.
- Tincture: grind 1 oz. of ginger root then put in 3 oz. of 70 percent food grade alcohol. Leave for 15 days, shaking often. Strain. Take 10 - 20 drops diluted in water.

- **Cinnamon (*Cinnamomum verum*)**

If the pain is caused by a cavity, you can use cinnamon oil or carnation oil. Apply 2-3 drops on the sore spot.

- **Garlic**

Hold 2-3 garlic cloves on the sore tooth.

- **Parsley**

Apply parsley leaves rubbed with a bit of salt, into the cavity.

- **Peppermint (*Mentha piperita*)**

Peppermint is most often used as a natural remedy for toothaches, discomfort from bloating and gas, joint conditions, skin irritations, headaches and muscle pain.

NATURE'S PAIN KILLERS

- **HORSERADISH**

- Make a decoction from horseradish root and red wine. Boil one medium chopped root with 1 ½ cups of wine covered for 15-20 minutes. Keep the decoction in your mouth, where you have the aching tooth.
- Chew horseradish pulp several times a day in order to fight gum retraction and to strengthen the teeth.
- Grate a little horseradish root and put it in alcohol. Cover well. You can use a small medicine bottle for this; it's the perfect size. Close tightly. To use, open the bottle, cover one of your nostrils, leaving free the nostril on the side of the tooth that aches and inhale a little air from the glass. The fragrance coming from the bottle will soothe even the worst tooth ache in a couple of seconds. Helpful especially for children or pregnant women who cannot take strong painkillers. Of course, this is only a temporary remedy, until a dentist treats the tooth.

- **Chamomile**

Infusion. Drink 2 cups a day. Directions: Use 1 spoon of dried chamomile for one cup of boiling water. Cover for 10 minutes, then strain.

- **St. John's Wort**

Used for gargling in gum and teeth inflammations

- **Massage:**

- Lower molars ache – massage with your index and middle finger tips the points situated at the middle of you jaw. Continue until the pain diminishes in intensity.
- Upper molars ache: massage with a finger (in a circular, slow and deep motion) the spot between your ear and your cheek, at ear level.
- Upper incisors ache: massage with the index finger your right ear's lobe (3 minutes). Repeat on the left ear.
- Lower incisors ache: massage the nail bed of your left hand index finger with the right hand thumb for 5 minutes.

- **Licorice root** (*Glycyrrhiza glabra*) is recommended by the German Commission E for sore throat. Not surprising considering its nine anesthetic, 10 analgesics and 20 anti-inflammatory compounds.

To make tea, simmer about 2 teaspoons of dried root in a cup of water for 15 minutes; strain. Do not take licorice if you have high blood pressure, heart conditions, diabetes, kidney disease or glaucoma.

NATURE'S PAIN KILLERS

OTHER USEFUL REMEDIES

- For tooth abscesses, use bennet (also known as wood avens, colewort and St. Benedict's herb), yarrow, chamomile, mallow, sage, melilot, comfrey.
- For gingivitis, use bennet, silverweed, blackberry, walnut, willow, melilot, sage, St. John's Wort or rose.

Twists

Twists are caused by a forced movement. Twists are usually localized in wrists, ankles, knees, shoulders and elbows. At first you feel a strong pain, then it begins to swell, and in 2-3 days you will be able to observe a bruise that will disappear in 2-3 weeks.

- Arnica tincture: For wet compresses, use a spoon of tincture diluted in 1 cup of cold water. You can also massage the spot with arnica oil, 3-4 times per day.
- Apply poultices or compresses with comfrey root infusion on the muscle or the articulation affected.
- Apply cold compresses with salt water, or water with vinegar and change every 15 minutes.
- Rub with olive oil and crushed garlic.

Ulcers

- **Cranberry Juice**

Having problems with ulcers? Ulcers usually result from a pathogen called H. pylori which attacks the lining of the stomach and small intestines, but cranberry juice can kill it, thus reducing the pain and other complications associated with them. Instead of turning to antibiotics, destroy the bacteria causing your ulcers with cranberries. As a side note, cranberries and cranberry juice are also great for kidney infections and urinary tract infections.

- **Nutmeg**

Infusion: Put 2 pinches of nutmeg in a cup of hot water and let it infuse. Drink the whole cup of tea once it cools.

- **Liquorice**

Boil a cup of water with a teaspoon of liquorice root powder. Allow to infuse for 5 minutes. Add a teaspoon of sugar and drink the tea after eating.

- **Mint**

NATURE'S PAIN KILLERS

A mint leaf tea is great for stomach upset, cramping, or to help soothe the GI lining. It's a good medicine against digestive and liver problems, increasing bile secretion. Helps eliminate kidney and liver stones.

- **Capsaicin** also can be taken internally to help with chronic digestive discomfort, or dyspepsia: A daily dose of 0.5 to 1 grams cayenne, divided and taken before meals, reduces pain, bloating and nausea over a few weeks. If you like to munch hot peppers, rest assured that they do not aggravate stomach ulcers as is commonly believed, and they actually protect your stomach and promote healing.

- **GASTRIC TEA**

Formulas: 1. Yarrow flowers – Marigold flowers – Chamomile flowers – Valerian root – Mint- Dandelion; 2. Marigold flowers – St. John's Wort – Yarrow – Common Knotgrass – Centauri – Anise- Coriander

Gastric teas can bring significant relief to stomach and intestinal problems such as gas, indigestion, ulcers, and colitis when used in combination with treatment recommended by your doctor. Both of these recipes contain ingredients that have antiseptic, muscle relaxing, pain-relieving properties.

Marigold flowers heal mucous ulcerations and destroy certain germs (microbes). Due to its properties, it reduces inflammation and helps instigate tissue regeneration.

St. John's Wort reduces pain, stops diarrhea, and stimulates digestion. It's a good disinfectant in chronic colitis. Besides having strong antiseptic properties, yarrow and chamomile reduce pain and help eliminate gas and bloating. Anise and coriander function similarly. Common knotgrass is a good astringent and, together with common centaury, helps to increase appetite and soothes the stomach.

The other plants that can be found in the gastric teas, such as mint, dandelion and valerian, besides their antiseptic properties, also help calm intestinal spasms that cause the pain associated with gastritis, colitis, ulcers, etc, and they produce a slight anesthetic for the gastric lining. Drink 2-3 warm teas per day, after main meals, alternating the two formulas.

- **STOMACH CRAMPS TEA**

Formula:

Poppy seed pods – yarrow flowers – chamomile flowers – lemon balm leaves – fennel – mint - thyme

NATURE'S PAIN KILLERS

Sometimes, due to indigestion, constipation or bloating, you'll experience stomach cramps that may be accompanied by vomiting, lack of appetite or general malaise. These plants have an antispasmodic, calming and anti-vomiting action.

Chamomile and yarrow, due to their content of an essential oil rich in azulene, have a strong antiseptic action, while also calming muscle spasms in the stomach.

Lemon balm, mint and poppy seed pods help to stop contractions that cause pain, suppress nausea, and stimulate digestion. Fennel seeds help to eliminate gas that causes bloating, while thyme and the other plants with a high content of essential oils have stimulant and antiseptic properties.

In order to calm digestive issues, the tea has to be drunk warm and sipped slowly over the course of a couple of unless you're vomiting; in that case, drink it cold.

This tea is suitable only for adults.

- **ANTI-COLIC TEA FOR CHILDREN**

Formula: Chamomile flowers – Mint leaves – Fennel – Coriander

This tea's action is similar to the one for adults, as it contains some of the same ingredients.

Dosage is adjusted according to the child's age, from 2-3 cups per day for infants up to 2-3 glasses per day for older children.

Other plants for stomach ache for kids include: anise, bennet, chicory, wild thyme, yarrow, coriander, fennel, spring gentian, hop, elecampane, juniper, hyssop, marjoram, blackberry, Iceland moss, chamomile, white mustard, sweet flag, blackthorn, lemon balm, black locust, St. Benedict's thistle, oregano, goosefoots, centaury, white horehound, and stinging nettle.



WOUNDS AND BURNS

Burns

Burns are not only painful; they are also more difficult to care for. Risk of infection is high, especially in 2nd and 3rd degree burns, and they may require debriding. Poultices may bring relief as well as reduce the chance of infection and minimize scarring.

Though old wives' tales advise you to put oil or butter on a burn, this is a bad idea because it can actually hold heat in and make the burn even worse. The best thing to do in the case of minor burns is to run cold water over them.

If the burn is severe, you need to seek medical attention if possible. If you can't get to a doctor or hospital, make sure the burn is clean and apply a salve, then cover.

NATURE'S PAIN KILLERS

- **Flax** – For burns, use flax oil mixed with equal parts of lime water. Put everything in a clean glass and stir until you obtain a white, milky liquid that you will use on the burn. It has the ability to relieve pain, cool and heal the wound.
- **Aloe Vera** – This is typically the primary ingredient in sunburn treatments but works wonderfully to relieve the pain of minor burns. It grows prolifically with very little attention and is easy to use; simply break off a leaf, split it in half, and rub the gel inside the leaf on the burn.
- **St. John's Wort - Hypericum perforatum** – External – St. John's Wort baths and poultices relieve pain, heal wounds, and are especially good for burns.

Other herbs that are good for making poultices or to include in burn creams include yarrow, marigold, flax, chamomile, poplar, St. John's Wort, and comfrey.

General Burns

- For local burns, the following method is very effective. Break an egg, beat it well and add a tablespoon of alcohol. Pour it over the wound. It will form a crust that will stop the pain, lock out germs, and help heal the burn.
- If you scald your throat with hot drinks, a bit of water mixed with egg white will help stop the pain.
- Potato - Put raw, grated potato on the burn. Change the potato when it warms. The potato must be as cold as possible in order to relieve pain.
- Yarrow - Pop the blisters on the burnt area with a needle sterilized into fire and wash the area with an infusion of chamomile or yarrow.
- Chamomile – Cover the burn with a gel made of frankincense, yarrow, aloe, chamomile and coconut oil, lanolin, shea butter or another soothing, creamy base with an ointment prepared as it follows: Mix 1 cup of 70 percent alcohol, 1 thumb-sized chunk of beeswax, and 1 teaspoon each frankincense, chamomile and yarrow and simmer on low heat for 10 minutes. Allow to cool for 5 minutes, then strain. Mix the liquid with one cup of the base to form an ointment. Apply to the burn. Depending on the severity of the burn, it may need to be covered. This ointment can be used for a long time and has no contraindications.

NATURE'S PAIN KILLERS

Minor wounds and lesser burns (I-II degree burns)

These types of wounds can be irritating and the risk of infection may still be present, but the wounds won't be as difficult to care for.

- **Lavender (*Lavandula sp.*)** - Massage the affected area with a few drops of lavender oil. It helps with healing and pain relief. Directions: Put a handful of lavender flowers in a jar. Cover in sunflower oil until the jar is filled and let macerate for 10 -15 days in a sunny spot. Strain and move into smaller containers.
- **Chamomile (*Matricaria recutita*)**– Put 3-4 teaspoons of chamomile in a jar then fill with olive oil. Let macerate for a month then strain and store in a bottle in a dark place. Massage the affected area with a few drops of chamomile oil.

Wounds

- **Turmeric – (Curcumin) (*Curcuma longa* and *Curcuma xanthorrhiza*)**
 - Paste made of powdered root mixed with any healing base (cream, butter, petrolatum, lanolin, coconut oil). For 1 teaspoon powdered plant, use 4 tablespoons base. Use locally 3 times per day for hemorrhoids, wounds, pressure sores, wounds difficult to heal, etc.
 - Use a paste made of turmeric and water to cover superficial wounds. Over the paste, put a bandage. This should be changed 1-2 times a day for 2-3 days. To make the paste, mix 1 tablespoon of ground turmeric with enough water to obtain a thick paste.
- **Frankincense:** This essential oil is good because it promotes faster cell regeneration and healing. It also has antiseptic and disinfectant qualities.
- **Almond oil** – Put almond oil on inflamed abscesses or swollen injuries to relieve pain. This oil heals any wounds caused by sitting, laying or riding.
- **Bromelain** – Take 250–500 mg bromelain 3 times a day. It improves the speed of healing and it reduces pain
- **Arnica** (*Arnica Montana*)
 - Put 1 teaspoon flowers in 8 oz. boiling water. Cover for 15 minutes, strain. Used for external compresses for different affections.

NATURE'S PAIN KILLERS

- Ointment: Wet 2 teaspoons of flowers with a little alcohol, then put in 2 oz. oil and boil in a water bath for 2 hours. Strain. Use externally. If desired, you could also add a bit of bees wax.
- Tincture: Put 2 oz. flowers in 250 ml 70 percent alcohol. Leave for 15 days, shaking several times a day. Strain and move in smaller bottles. To use, put 15 ml tincture in 100 ml distilled water. Shake well then use for healing and as an antiseptic on wounds.
- **Flax**

Flax seed flour is mixed with water and boiled until it becomes a paste. This paste is put between two pieces of cloth and applied on the affected area. It's constantly maintained warm, for a few hours. Flax poultices soothe pain and help with the fluidization and evacuation of pus from abscesses and boils. In order to create an antiseptic effect, it is good to add powdered chamomile flowers to the flax flour.
- **Sweetclover (*Melilotus officinalis*)**

Externally, it is used as an antiseptic in eye diseases. Use in the form of baths or use compresses for washing wounds with infection, use poultices or for swelling, or gargle to help treat and relieve the pain of abscesses, gingivitis, thrush, or laryngitis.

Other healing plants include oxlip, silverweed, marigold, hyssop, lavender, plantains, pina, lungwort, mallow, poplar, purple loosestrife, lemon balm , greater celandine, willow, St John's-wort, comfrey , goosefoots, knotgrass, and white horehound.

NOTES AND MISCELLANEOUS INFORMATION

Poultice: A preparation with a soft consistency, obtained from grinding the plant and mixing it with water until a paste is formed. This paste is placed between two pieces of cloth and applied on the affected area. This is how the mustard poultice is prepared, for which room temperature water is used, while for the flax poultice hot water is used.

Essential oil vs fragrance oil - Do not confuse essential oil with fragrance oil. Essential oils come from plants, while fragrance oils are usually artificially created and often contain synthetic chemicals. Although they smell good and are typically less expensive, fragrance oils do not give you the therapeutic benefits of organic essential oils.

To take it a step further, there is a difference in essential oils, too. If you plan to use the oils internally, you need to make sure that your oils are food-grade because not all of them are. Some may be fine for scents but not pure enough for consumption or absorption through your skin. If they're going to be used in any way in which they may enter your system, check to be sure that they're food-grade.

Medicinal herbs have been used for eons to treat illnesses and many are just as effective, if not more effective, than medications available commercially. After all, commercial pharmaceuticals have only been available to the general public for a bit over 100 years.

The goal of this guide was to offer you a starting point for herbs that may provide relief from pain and we hope we've done that. Continue to research these herbs and others because there are practically limitless varieties that can be used to treat just about any health condition that you may need to address and commercial drugs may not always be available.

We wish you the best of health!