PAIN THERAPIES

Pain is usually caused by inflammation – so using cold packs (ice) on an inflamed area will alleviate the hurt. Remember though that the body is using inflammation as its own healing process. For old injuries use heat instead of cold applications. If using cold/ice – wrap the ice in a cloth, apply to skin/area for 20 minutes, then take it away for 1-2 hr and repeat. If using heat eg. Hot water bottle or heating pad – you can use this longer, eg. 40 - 60 minutes.

Our clinic has used many types of therapy over the past 30+ years. We have been trained and have found many of these therapies to be very successful. Here are some of the ones we have used. The information is taken from the various company's training and information manuals and we apologize if we perhaps haven't lived up to their expectations.

CRANIO SACRAL THERAPY

Cranio Sacral Therapy is a gentle therapy. Perfect for those who are nervous about using chiropractors. It is much in demand. You can get training from several places, but we think the first one and certainly a very good place, is the Upledger Institute which is located in Florida, but they have teaching sessions all throughout North America and do provide certification courses for different levels of training. You can reach them by phone (561 622-4334) or toll free 1 800 233-5880. Website is www.upledger.com

This type of bodywork works well to accompany a massage business or any type of energetic type of healing. It uses very gentle and patient pressure to guide the craniosacral fluid which goes through the whole body, releasing tension in the muscles, ligaments and bones to help them return to their natural state. It is safe and effective. No need to disrobe for Cranio Sacral Therapy.

There are probably several people in each town/city in North America that can help you if you would like treatment. Search online to see, or contact Upledger and they may have lists of practitioners in your area.

In Medicine Hat, Donna Rae is too busy with doing consulting work to do Craniosacral Therapy now, but there are several people that are excellent:

Beata Czapla beaczapla77@gmail.com **or** beaczapla@gmail.com
Phone: 403 979-8800

Don Boire **(403) 502-0207**

BOWEN THERAPY

One day a fellow walked in who I knew was having back problems and he was walking really good. So I asked him what he had been doing to help his back. "Bowen" he said. I never heard of it, but he said he only had two treatments and was fine ever since. I need to know what works for my students and clients, so I did some research and found a doctor was teaching level 1 of Bowen in Calgary. I took level one, and although this isn't what I wanted to do with our clinic, I did want to understand it, especially because it was such a safe and subtle therapy.
In Medicine Hat, Alberta, Yvonne Affleck has taken advanced training and does a beautiful job with Bowen, having taken advance training. Her number is (403) 502-9380.
yschoicewellness@gmail.com
Bowen is a therapeutic soft-tissue manipulation technique that is applied to the muscles, tendons and ligaments of the body very gently and with minimal pressure. The skin is gently rolled over specific points in the body; I liken it to plucking guitar strings that set up a vibration, allowing the tendons, ligaments, muscles and nerves to adjust and normalize.
No need to disrobe for Bowen. It is a slow, gentle process. First an adjustment, then rest 2 or more minutes before the next move Some people find relief immediately after the session. Others say they feel nothing until the next day. A session can last 15 minutes, but usually will take one hour. There are some rules the practitioner can tell you about to make sure you get the best treatment needed.

BIO MODULATOR THERAPY

Dr. Jerry Tennant brought this wonderful therapy to North American.
You can read his books "Healing is Voltage" that you can get on amazon. That will give you a good idea of what this is about. He teaches that repair depends on sufficient cellular voltage and correct polarity.

It uses a handheld device that measures and delivers voltage through bioadaptive microcurrent to the body as needed.

This doesn't just help with pain management. The device records the voltage energy wherever you place it on the body, giving you a very good idea of where the problems actually generate from. It will actually tell you if the voltage is normal or how critical it may be to need help. He then uses the device to input correct energy where needed to help restore.

He also has developed and sells a bio-transducer which emits powerful scalar energy to the area you want to support. This is the most powerful scalar output we have seen and works very well. It can pass through clothing which is helpful.

His training will teach you whether the sphenoid bones behind the eyes are out of

balance, and how you can simply correct the imbalance. You can measure the energy of chakras, organs, muscles, acupuncture points, meridians. You can learn how you can use the Transducer for Macular Degeneration, and to help the brain using various voltages.

If you want to be a practitioner using this therapy, there is wonderful training available through Dr. Tennant's office. 1 (972) 525-7412 in the U.S.
You can purchase the devices from Dr. Tennant directly, or in Canada: Bob Moore, Biohealth email: bob@biohealth.ca

RED LIGHT THERAPY - Photobiomodulation

During the covid years we heard about a device using red light therapy that was being successfully used to treat many disorders. We contacted the company in Canada and obtained the first Palm device that was nice and small to handle and you could use for small areas like the neck, knee.

These medical grade devices run directly with electricity so they never need recharging. Tom Kerber in Canada will set you up with anything you like (sunpowerled.com). In Canada they are located in Hamilton, Ontario, phone 905 643-1212. In the U.S. The phone number is 1 888 913-0012.

After using the Palm red light device, it worked so well, we got the full body panels to handle large sections of the body like the back and hips, and then we got the helmut which delivers light through the skull to support neurological healing and cognitive clarity, useful for depression, parkinsons, traumatic brain injury, dementia, concussion recovery.

The red light delivers 660nm Red Light wave length and is often used for only one minute which goes into the short distance of the lymphatic system, then you switch over to the 810 nm wavelength Near Infrared Light (violet) to enter the deeper tissue of the muscle and bone. Most people use the red light for skin issues (eg. Anti aging), and lymphatic issues.

These are easy to use and easy to learn how to use with lots of videos on youtube.

SCALAR WAVE THERAPY

Our clinic has been using Scalar Wave Therapy for many years. They produce results and anyone can learn how to use them. These devices are rechargeable so you don't need to keep replacing batteries.

Paul and Lillie and Essencia Weisbart are Founders and Developers of the Stillpoint Process (stillpoint is used by craniotherapists to bring the body to a point of stillness for the body to be receptive to healing and change) and inventors of the Scalarwave Laser Family of Products. They are based in Maui and offer trainings and seminars sharing this unique subtle yogic state of Stillpoint.

You can contact them (scalarwave,com) to find centers near you that sell and teach how to use this therapy.

The Scalar Wave Laser is cold laser or low level laser system. This class of lasers is also often referred to as a soft laser or healing laser and refers to very low powered lasers, which have been designed to gently rejuvenate cells. Low level lasers are totally safe and work on a completely regenerative basis.

Cold lasers rejuvenate the cells by gently donating energy in the form of photons, which then increases the energy molecule of the cell, called ATP, which in turn stimulates the cell to grow more efficiently. This works in the same way that a garden works. Sunlight donates photons, which in turn energizes the plants to grow bigger and healthier fruits and vegetables.

They are used for injuries and pain relief, stress and dis ease, facial rejuvenation, smoking cessation, organ detox and balancing, cranial and glandular unwinding, acupuncture and energy healing, lymphatic wellness and rejuvenation and quantum activation and shift to the unified field.

Scalar Wave Protocols are not designed to treat or cure medical conditions. Rather this approach is based on the understanding that the body is fully capable of rejuvenating and finding solutions to its injuries and dis ease. Especially when its key quantum systems are relaxed and at ease, and when there is plenty of coherent energy available, either from lasers or the universe of which we are all connected.

The universe is filled with coherent neutral energy, or space. When people become stressed and tense they hold onto cellular memory, which renders the body incoherent. When the body is incoherent it no longer taps into the vast reservoir of space and neutral energy.

Their approach to lasers is to unwind and clear this cellular memory so that the body can relax and unwind and open back up to the abundant energy of the universe. When it does this, injuries, stress and disease disappear. As does energy when it flows and is abundant is vital and full of life.

So in summary the approach is not fix or heal the injuries or the “dis” “ease”, rather seek to unwind the cell memory which tells those cells and body systems to remain closed off to the universe of energy. Unwind this stress and tension in much the same way that an old tape recorder is erased, by simply reversing the polarity. The Scalar Wave Lasers use a revolutionary Scalar Wave technology to achieve this ability to easily delete the cell memory.

What Makes Wave Lasers Unique

All low level lasers donate energy in order to rejuvenate the cell. What makes these soft lasers truly unique is the ability to clear the cell memory. Cell memory is the stress or

tension pattern underneath all injury and dis ease. And our proprietary technology activates scalar waves, which neutralizes all polarity and shifts the cell memory. This quantum laser approach can be applied to any injuries, stress, tension, dis ease, or to activate the key body systems such as the glands, organs, chakras, meridians or any of the cells which make up the body.

The Scalar Wave Laser Approach

Basically the Scalar Wave Laser approach enables the user to regenerate cells and to clear stress and tension pattern of cells in the body. It comes with built in protocols for all body systems, organs, glands, chakras, meridians and cells of the body. You can also run unwinding protocols, quantum protocols, detoxifying protocols, regenerative protocols, and protocols for dealing with emotions, stress relief and the activation of consciousness.

Scalar Wave comes with probes that can be directed to areas for healing:
405 is a Violet Laser Diode Probe, said to shift the body into Unity State
650 is a Red Laser Diode used for soft to medium tissues
780 is an Infra-Red Laser Pulsar Probe used for medium to hard body tissue.

The Scalar Wave Laser training process is based on a quantum understanding of the body called the Unified Field Protocol. This revolutionary low level laser training approach is based on the understanding that cells love to grow and are very good at doing this.

Anyone who tells you that the body does not regenerate are not telling you the truth, the only thing that the body does is to constantly regenerate cells. The Scalar Wave Laser approach is based on using lasers to donate energy to regenerate the cell.

All of our protocols work on the understanding that in order to assist the cells and the body to do this work of regenerating cells we have to first unwind or clear the cellular energy. This cell energy is what limits new cells from the full state of energy and the quantum state wellness.

The Unified Field Protocol

The Unified Field Protocol is a proprietary process for unwinding cells, organs, glands, meridians and chakras into the unified field. Basically all cells and body systems are designed to be relaxed and at ease in neutrality. The universe is 99 % neutral energy or space and when we relax and unwind the polarity, or cell memory, the cell opens up to this unified field of energy.

Our approach is to restore harmony to the field, which is the underlying and essential nature of the body. In fact, the body is really a dimensional contraction of the field. When we understand the nature and operation of this dynamic relationship our work as stewards of health is to simply unwind, clear, detoxify, regenerate or activate the system.

Cranial Sacral Wave

The protocols work with a systematic understanding of osteopathic principles in order to unwind the sympathetic nervous system and to reintegrate this into the parasympathetic nervous system, which is where yogis and mystics reside.

When we are relaxed and at ease and the cranial sacral wave front is unwound, it shifts or neutralizes into the quantum state often called the still point. Yogis and Mystics refer to this place as the space between each breath. The Unified Field Protocol aims to return the cellular field or body to this quantum state of being neutral which naturally plugs us into the vast and neutral field of energy, which makes up this universe.

USING THE RIFE TECHNOLOGY

Royal Raymond Rife (May 16, 1888 – Aug. 5 1971) was an American inventor and early exponent of high-magnification time-lapse cine-micrography. He was known for his microscopes where he said he could observe live microorganisms, and for inventing an oscillating beam ray to devitalize disease organisms using radio waves (hertz frequencies).

His wife developed cancer, and he used his invention to successfully treat her cancer. His reports were published in 1944 and rejected by the American Medical Association and the American Society. The name "Rife" on machines was more or less outlawed and several people using them were sentenced to prison.

Since that time, Rife's information has gone underground and several people have developed new types of machines using the Rife technology, some calling them 'frequency generators', or 'rife like' machines. They use radio waves as did Raymond Rife, pulsing electric current through hand probes and/or foot plates.

Today there are many 'Rife" type machines on the market ranging from $50 to $10,000. The feedback we receive is that the people using these machines are very happy with the results and they continue to be big sellers on the internet.

ACUPUNCTURE - ACUPRESSURE

Many people find acupuncture helps with their pain. Over 30 years ago I took acupuncture from a Chinese Master in Vancouver and although I decided not to pursue this avenue of helping people, I learned a lot about meridians, acupoints, referred pain and how a simple application of needles in specific points of the body can have a profound effect.

On the negative side of acupuncture, I did notice that although it was great at stimulating flow of energy and helping with pain etc., it did not address the underlying problems and often problems with keep coming back until they were addressed. For

example, acupuncture would take away the pain of a headache, but didn't address the cause of the headache.

Acupressure is similar to acupuncture, addressing the same points for applying pressure where you would normally insert needles. For those that have aversion to needles or want to learn acupressure for themselves, family and friends, this is something you can learn. Again, try and get down to the root of the problem and not just cancel the messenger.

HERBS TO HELP WITH PAIN

The Chinese show us that pain is caused by stagnation and they use herbs that move the blood, treat congealed blood and they use herbs that stop blood congestion. The herbs move energy, qi and blood.

Many of the western herbs overlap the chinese, because we all have found the same results.

Herbs to move blood:

Ligusticum, Motherwort, Artemisia, Red Peony rt., Salvia rt., Ox Knee root, Three edge rt.

Herbs to treat ACUTE pain: (Use salicylates, aspirin type action)

Willowbark

- **cold and bitter**
- **for pain, fever, inflammation**
- **use 1 oz dried herb (30g) as tea.**
- **To enhance combine 2 part Willow with 1 pt cinchona bark, take 4 caps per hour for serious acute pain.**

Meadowsweet (above ground parts)

- **easy on the tummy**
- **take 15-30 ml as a tincture**

(Using Opoids, morphine type action):

California Poppy

- **warming, us flower and leaf**
- **for pain, sleep and anxiety**
- **1 oz plant as tea, or take tincture**

Corydalis ambigua (Yan hu suo)

- main herb in china.
- in Germany they combine this with California Poppy for a dynamite pain medicine. It moves
- blood and qi.
- for pain, sleep, anxiety and esp. good for menstrual pain.
- take up to 1 oz as tea, or use caps

Poppy seed (Papaver somniferum)

- for pain, sleep, anxiety
- up to 1 oz as tea

OTHER

Cold Packs

Putting on a cold pack to the area (we use frozen peas) for 20 minutes, then waiting at least an hour to reapply and doing several times will help the blood flow in and out of the area and help reduce swelling and inflammation for recent injuries.

FOR MAJOR PAIN

Feverfew (tanacetum parthenium)

- cold, bitter
- for chronic pain eg. arthritis
- 2-3 g a day
- For migraines must take daily, about 95% effective
- Begin with 125 mg and work up to 500-10000 mg a day.
- At 5 g a day it can cause digestive upset

Kava rt (piper methysticum)

- warm herb
- sedating, antispasmodic
- 1/50 of the strength of morphine
- blood moving properties
- 250 mg total kavalactones per day (can go much higher, the South Seas use 10 times that)

Hops

- Uses perluxan which is alpha acids from hops, similar action to Ibuprophan
- These alpha acids are very anti-inflammatory, can be compared to NSAIDS.
- Well tolerated by digestive
- Can’t really drink enough hop tea to have the same affect

Turmeric and Curcumin, the active ingredient in Turmeric

- use only a small amount
- good anti-inflammatory, often used for arthritis, safer than NSAIDS
- using with black pepper enhances effectiveness and absorption.
- Eating fat enhances absorption
- relieves pain in limbs, breaks up congestion, reduces fever

DL-Phenylalanine

- not d-phenylalanine which is synthesized and used as mood, energy enhancer
- has 50% of both the D and L form
- use about 2,000 mg a day, don't take late in the day or will energize

Devil's Claw

- Can use 1 tsp tincture three times a day or 1 cup tea 3 times a day - take 30 minutes before
- meals on empty stomach.
- Good for rheumatism and arthritis
- Can combine with meadowsweet or bogbean
- Not if taking blood thinners and it may lower blood sugar if diabetic so monitor.

FOR ACUTE INFLAMMATION

Turmeric (curcuma longa)

- not analgesic, it is anti-inflammatory
- mildly warming blood mover
- a little slow compared to willowbark, so if you take going to bed, you wake up relieved (8-10 hr)
- For an acute dose you need to take a whopping 1 oz of the powder (4 Tbsp). Stir in water, drink through straw while you don't breathe through your nose, and it goes down easier.
- For maintenance, take 2 g a day
- Extract (curcumin standardized) is available, standardized to 95% curcuminoids

Licorice (glycyrrhiza glabra)

- can get in capsules, tincture
- glabra is European, uralensis is chinese species
- this is not analgesic, it is anti-inflammatory qi and blood tonic
- mimics cortisol, sustains serum cortisol
- most widely used herb on the planet
- slightly loosens the stool so you won't be able to get above 5-7 g, it is a little slippery for the
- bowel
- can use caps or decoction

Scullcap (scutellaria baicalensis)

- known mainly as a liver herb in china
- flavonoids contribute to its anti-inflammatory
- can take 4 g a day or more safely
- doesn't take wonderful as a tea

Pycnogenol

- grapeseed is similar and cheaper
- 100-200mg a day or as needed

CHRONIC INFLAMMATION

Ginger

- universal remedy
- moves blood, has short term
- anti-inflammatory, but is warming and therefore pro anti-inflammatory in the long run good for migraine, take in the 20 min before the pain starts 2 heaping Tbsp dry ginger
- powder into water and drink it down quickly.
- Do again in 4 hours.

Cayenne (capsicum)

- good for cluster headaches
- slow acting, better for chronic situations eg.
- chronic low back pain start with 1/4 cap a day, work up to 4-5 caps a day.
- can use in powder form, capsules

Butterbur (petasites hybridus)

- use root and leaf
- popular in Europe for pain control
- using daily people had fewer migraine attacks and the pain was reduced
- about 95% effective
- now available as standardized extracts
- can take 50 mg tablet, twice a day

BAI ZHI ROOT (angelica anomala)

- acrid, warming, drying so be cautious if
- deficiency, person needs to stay moisturized (eg. using licorice)
- stops wind, pain
- good for headache syndromes, migraines
- must be used for cold wind migraines

- **consistently**
- **brings warming energy to the head**
- **take 3-15 grams a day**

Cinnamon (cinnamomum verum)

- **very good remedy for warming cold joints and stiffness if used over a period of time**
- **analgaesic**
- **use as tea, in cooking, powder, in capsules**
- **good for menstrual cramps (pretreat for 2 weeks), arthritis**

NUTRITION FOR PAIN

Vitamin D

- **1-4 chronic pain patients are low in Vit. D in U.S.**
- **30,000 IU a day for a month, then 6,000 IU a day**

Magnesium

- **after Vit. D, this is the 2nd most deficient nutrient in most people**
- **works in almost any form**
- **for migraines, muscle pain, menstrual cramps, heart palpitations**
- **magnesium oxide may cause loose stools**
- **magnesium glycinate is the least likely to**
- **cause loose stools so can use a higher dose**

Fish Oil

- **Take 2 capsules of Fish oil (fat/oil is usually taken from the cheeks of cold water fish), sometimes referred to as EPA:DHA usually in a 6:1 ratio. This is taken on an empty stomach 3 times a day as an anti-inflammatory**
- **do not confuse with cod liver oil which is more a nutrient tonic, high in Vit. A**

Myrrh Gum

- **analgesic, anti-inflammatory**
- **1 - 10 grams powder or caps**
- **moves congealed blood**

OTHER

- **Niacin increases the circulation. Taking 100mg or more will give a flush throughout the body as it pushes the circulation to the extremities, often taken for diabetic neuropathy several times a day. Adding Alpha Lipoic acid to the regime enhances the action.**

- **Glucosamine Condroitin for disc and joint pain. To rebuild tissue over a period of**
- **several months. Many find after a couple of years it has run its route and no longer effective.**
- **Cleansing internally. Many have found cleansing out the putrid matter from their bowels, and then doing liver and blood cleansing that pains and arthritis just disappear from the body. Herbs can be used for cleansing.**
- **Calcium for bone pain. Calcium can be difficult to absorb so you if you are already taking calcium, you may need to investigate why it is not being absorbed.**
- **Malic acid. Good for fibromyalgia**
- **Black pepper is a synergistic warming herb and often combined with other herbs for inflammation**
- **Avoid preservatives in foods, chemicals, and especially refined sugar(s).**

TOPICAL EXTERNAL HELP

- **Capsicum type patches and ointments**
- **Arnica herbal & essential oils**
- **Castor oil - it moves congestion, thereby bringing relief.**
- **Cold packs on the area for acute and recent injuries**
- **Warm or hot packs on the area for chronic or old injuries or pain.**
- **Tiger balm can be used on the temples for headache or on pain area, brings hot/cold feeling to the area.**
- **On line can get Bee Venom cream, good for pain relief, especially muscle pain and arthritis. Can get Botulinum Toxin & Bee Venom cream by HOUKEA. Also Ultra Strength Join Relief cream for Arthritis, with Bee Venom by EELHOE.**

Tissue Salts:

MAG PHOS - MAGNESIUM PHOSPHATE helps spasming, mainly in the nervous system, assists action of Kali Phos. For neuralgia, neuritis, sciatica, headaches with shooting darting stabs of pain, muscular twitching, cramps, convulsive fits, hiccups, menstrual pains, stomach cramps. If symptoms feel better with pressure or by using heat, this is the right remedy. Acts faster when taken with a sip of hot water.

HOMEOPATHIC FOR PAIN

You can use 6x strength or 30c. Both seem to work. 30C is usually used for more chronic conditions, but we see it work well for acute as well.

How do you know which one to use? You can do muscle testing, or pendelling, or can look up the individual remedies online and see what they do.

Pain that comes on suddenly
Belladonna Nitric ac

Pain disappears as suddenly as it comes on
Belladonna Kali bichrom Nitric ac

Pain that comes on and wears off gradually
Platinum Stannum

Biting Pain
Carbo veg Nux vom. Petroselinum Sulphur Zinc

Boring, penetrating pain
Argentum nit Aurum Belladonna Bismuth Pulsatilla Spigelia

Burning Pain, External
Apis Arsenicum Aurum Bryonia Carbo veg Carbon sulph
Causticum Euphrasia Iris Mercurius Nat Mur Nux vomica
Phosphorus Phosphoric acid Secale Sepia Silicea Stannum
Sulphur

Burning Pain, Internal
Aconite Arsenicum Aurum Belladonna Berberis Bryonia
Cannabis Cantharis Carbon sulph Graphites Kali bichrom Mercurius
Mercurius corr Mezereum Nitric ac Nux vomica Phosphorus Prunus
Pulsatilla Sabadilla Sanguinaria Secale Sepia Spigelia
Spongia Sulphur Zinc

Burning Pain on lying down
Pulsatilla

Burning pain in morning
Kali bi Nat Sulph Zinc

Burning pain in forenoon
Carboneum sulph

Burning pain at noon
Niccolum

Burning pain in afternoon
Alumina Ammonium muriat. Bartya carb Iris versicolor
Kali bich Lycopodium

Burning pain in evening
Abrot Caladium Discorea Ferr-i Iris versicolor
Sanguinaria Veratrum Zinc

Burning pain 8 pm
Calc p

Burning pain 9 pm
Lycopodium

Constricting Pain, External
Belladonna Calcarea Conium Drosera Natrum carb Petroleum

Constricting Pain, Internal
Ambra Ignatia Phosphoric ac. Platinum

Cutting Pain, External
Belladonna Calcarea Conium Drosera Natrum carb Petroleum

Cutting Pain, Internal
Belladonna Calcarea Cantharis Colocynth Conium Dioscorea
Hyoscyamus Kali carb Lycopodium Mercurius Nat mur Nux vomica
Pulsatilla Silicea Sulphur Veratrum Zinc

Digging or Gouging Pain
Dulcamara Rhododendron Spigelia

Dragging or Pulling Pain
Carbo veg Chelidonium Graphites Nitric ac. Valerian

Flitting, Shifting Pain
Kali bichrom Kali sulph Lac can Ledum Pulsatilla

Gnawing Pain
Arsenicum Causticum Mercurius Silicea Staphisagria Sulphur

Headache during burning pain
Sanguinaria

Sudden Cramping pain - External
Asafoetida Calcarea Causticum Menyanthes Nat mur Nux vomica
Pulsatilla Rhus tox Taraxacum Valerian

Sudden Cramping Pain - Internal
Belladonna China Ignatia Kali carb Nitric ac Pulsatilla
Silicea Sulphur Thuja

Numbing Pain
Chamomilla Oleander Platinum Sabadilla Verbascum

Paralyzing Pain
Belladonna Cina Cocculus Colchicum Cyclamen Nux vomica Sabina

Pinching Pain
Arnica Belladonna Nux vomica

Pressing, Persistent Pain, External

Agaricus	Apocynum	Cannabis ind.	Causticum	China sulph.
Drosera	Eupatorium	Ferrum	Kali bichrom	Moschus
Nitric ac	Nux vomica	Phosphorus	Podophyllum	Pulsatilla
Rhododendron	Rhus tox	Ruta Graveolens	Sepia	Silicea
Spigelia	Stannum	Staphisagria	Sulphur	

Pressing, Persistent pain, internal

Argentum nit	Arnica	Arsenicum	Asafoetida	Belladonna
Bromium	Calcarea	Cantharis	Carbo veg	China
Cimifuga	Colocynth	Cuprum	Hamamelis	Lachesis
Lilium	Lycopodium	Menyanthes	Nat Mur	Nux vomica
Opium	Petroleum	Phosphorus	Pulsatilla	Ranunculus
Rhus tox	Ruta Grav.	Sanguinaria	Secale	Sepia
Silicea	Spigelia	Spongia	Stannum	Sulphur
Valerian	Veratrum	Zinc		

Heavy, Pressing Pain

Aconite	Belladonna	Bromium	Bryonia	Ipecac
Lilium	Menyanthes	Nux	Pareira	Phosphorus
Ranunculus	Rhus tox	Sepia	Sticta	Sulphur

Inward-pressing Pain
Anacardium Patinum Stannum

Outward-pressing Pain
Asafoetida Bryonia Cimifuga Pulsatilla Sulphur Valerian

Scraping Pain
Bryonia Drosera Nux Pulsatilla Sulphur Veratrum

Sore, Bruised Feeling
Argentum Arnica Cicuta Cimifuga China Drosera
Hamamelis Platinum Pyrogenium Rhus tox Ruta Grav. Silicea

Splinter like pain
Agaricus Argentum nit Hepar sulph Nitric ac

Squeezing pain
Alumina Asarum Cocculus Nux Platinum Sulphur

Stabbing pain
Spigelia

Stitch-like Pain, External
Asafoetida Belladonna Bryonia Calcarea Carbon sulph
Cicuta Conium Kali carb Kali sulph Ledum
Mercurius Nitric ac Pulsatilla Ranunculus Rhus tox
Spigelia Staphisagria Sulphur Taraxacum Thuja Zinc

Stitch-like pain, internal
Asafoetida Berberis Borax Bryonia Cannabis ind.
Cantharis Carbon sulph Chelidonium China Ignatia
Kali carb Kali sulph Lachesis Ledum Mercurius
Mercurius corr Nitric ac. Phosphorus Plumbum Pulsatilla
Ranunculus Sepia Silicea Spigelia Squilla

Tearing Pain, external
Aconite Arnica Belladonna Berberis Bryonia
Carbon sulph China Colchicum Hypericum Kali carb
Kali phos Kali sulph Ledum Lycopodium Natrum mur
Natrum sulph Nitric ac Pulsatilla Sepia Sulphur
Zinc

Tearing Pain, Internal
Belladonna Berberis Bryonia Carbo veg Conium
Kali sulph Ledum Lycopodium Mercurius Pulsatilla
Nux Sepia Silicea Spigelia Sulphur

Absence of pain in conditions that are usually painful
Heleborus Opium Stramonium

Pain alternating sides
Lac-c

Pain unbearable
Chamomilla

Severe drawing pain
Caulophyllum

PAIN THAT MOVES

Pain begins on left side, extends to right side
Lachesis

Pain sudden, moves from one part to another
Apis Caulophyllum

Starts lower joints, moves higher

Ledum

Throbbing pain, moves from right to left
Pulsatilla

Symptoms go upward **Muriatic ac**

Moves unpredictably one joint to another
Pulsatilla

NERVE PAIN

Hypericum **Ledum**

BONES INVOLVED

Bones broken
Symphytum
Bones bruised
Ruta grav.

MUSCLE PAIN

Gelsemium	**Cal phos**	**Rhus tox**	**Kali bi (small spots)**
Arnica	**Bryonia**	**Cimicifuga**	**Sanguinaria**

ARTHRITIS/RHEUM PAIN

Aconite	**Arnica**	**Belladonna**	**Bryonia**	**Calcarea phos**
Ledum	**Pulsatilla**	**Rhus tox**	**Calcarea carb**	
Caulophyllum thal.	**Caustcum**	**Cimicifuga**	**Dulcamara**	**Ruta grav.**
Colchicum				

GOUT/BIG TOE

Colchicum **Ledum** **Formica rufa**

TENDONS

Ruta Grav

KNEES, swelling

Apis	**Arnica**	**Bryonia**	**Benzoic ac.**	
Rhus tox	**Sticta Pul.**	**Benzoicum ac.**	**Silicea**	**Kali Iod**

FROZEN SHOULDER

Left **Ferrum metallicum**
Right **Kalmia latifolia**

EDEMA-Swelling

Apis **Merc-c**

MODALITIES (amel/agg)

Heat makes better

Arsenicum	**Colocynth**	**Rhus tox**	**Phosphorus**	**Ruta**

Heat makes worse

Sulphur	**Bryonia**	**Pulsatilla**

Cold/damp aggrevates

Ruta	**Calcarea carb.**	**Dulcamara**	**Rhus tox**

Cold aggravates
Cimicifuga Calc phos

Cold ameliorates
Apis Ledum

Resting improves
Ruta Gelsemium

Resting aggravates
Rhus tox

Lying on back improves
Ruta

Lying on affected part worse
Sanguinaria

Motion makes better
Aurum Rhus tox Ruta Phosphorus

Motion makes worse
Bryonia

Rubbing ameliorates
Muriatic acid

Stretching ameliorates
Muriatic acid Ant-t Pulsatilla Nat mur Alumina Guai

Stretching aggravates
Staph Lycopodium Bryonia Mag-m Belladonna Rhus tox
Ran-b Am-c

Bending backwards ameliorates
Ant t Puls Calc

Nightime worse
Arsenicum Aurum Colchicum

Uncovering aggrevates
Muriatic acid

Pressure on part ameliorates
Arg-m Pulsatilla China Plumbum Bryonia
Coloc Con Drosera Mag-m Mag-p
Nat-c Silicae Stannum Ignatia

Gemmotherapy – see 'Free Oline Teachings'.

Ribes Nigrum (black currant) is for inflammation.
Combine Rubus, Vaccinium and Sequoia for pain in decalcification situations (arthritis)

COLOUR THERAPY

The best colours used for pain are blue and violet or purple. If you are interested in learning more about colour therapy, click on 'Free Online Teachings'.