

# Herbs for Pain

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Pain is a signal that something is wrong. If the cause of the pain is not addressed then the result could change from temporary to permanent pain. Pain management can and should be employed but only if the cause of the pain signal is addressed. A poignant example would be chest pain, a possible life-threatening situation. It could be caused by indigestion and relieved by drinking catnip and fennel tea, or it could be a signal of an impending heart attack or stroke. There is not a pain medicine on the face of the earth that will diminish that critical body signal. The only relief will come by delivering oxygen and nutrients to the affected heart cells. Cayenne pepper will stimulate the delivery of oxygen rich blood to the heart in seconds and possibly save you from a rib fracture that often occurs in CPR. Simply mix 1 teaspoon of cayenne pepper in a cup of water and quickly consume, this remedy will stop a heart attack.

Chronic pain afflicts 100 million Americans mainly from muscle pain. This muscle pain is also manifest in back pain, neck pain and headaches. As muscles are used, they break down through the inflammatory process and are rebuilt stronger for future use. It is critical to provide the needed nutrients for this repair process. If these nutrients are not delivered, then the result is a non-productive constant inflammation called chronic pain. Nutrients are not available from a diet of Twinkies, Coca Cola or any other junk foods. I eat healthy, but for muscle repair I hedge my bet by using Dr. Christopher's Complete Tissue and Bone Massage oil and then for temporary relief of pain I have a wonderful choice of Cayenne Ointment, MPR spray, or Sen Sei Menthol Rub.

The best foods to reduce the inflammation involved in chronic pain are pomegranate, followed closely by tart cherry juice, grapefruit, pineapple, papaya, celery juice, celery seeds, cabbage, rhubarb, currants and most culinary spices especially: ginger, turmeric, black pepper and cayenne pepper.

Anti-inflammatory herbs would include chamomile, marshmallow, hops, green tea, sage, rosemary, thyme, feverfew and golden seal.

Herbs for pain would include white willow, cayenne, cloves, peppermint, eucalyptus, blue vervain, devils claw, arnica, fennel, licorice, kava and lavender. Other herbs such as kratom, poppy and cannabis have been effective for many but are controversial according to the Drug Enforcement Administration.

There are hundreds of herbs available that have been used historically, but my personal favorite herbal pain formula is Dr. Christopher's Stop-Ache. It is legal, effective, encapsulated and readily available. However, it is essential to get back to the cause of the pain and resolve it through nourishment, elimination of waste, plenty of fresh air, clean water, sunshine and grounding.

*David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also cohosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.*