

Pros and Cons of Natural Pain Relief Options

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I have assembled a short list of modalities that help with natural pain relief options.

All are enhanced when in combination with an anti-inflammatory plan. If the pain is chronic, there may be a need to combine all of them. You can decide for yourself which you would want to include or schedule a call with Joanna to review your situation. She can guide you as to which would be best for you or if you have any questions.

Natural Methods	Pros/ Benefits	Cons/ Side effects
Anti-inflammatory Diet	<ul style="list-style-type: none"> • Eliminates pain naturally • Relatively easy if work with Joanna • Feel the difference within a few weeks or months • Increases mobility and recovery • Proven system • Uses real food first, sometimes supplements 	<ul style="list-style-type: none"> • Can take several weeks to notice full effect depending on where you are to start. • Need to commit to an almost daily routine
Essential Oils	<ul style="list-style-type: none"> • Can have instant pain relief • Available in therapeutic grade! • Smell good! • Made from plants so work well with human body • Easily available and easy to use • Use topically, some internally 	<ul style="list-style-type: none"> • Can only apply a few times per day or may develop a rash • May only last several hours • Need to commit to regular use
Physical therapy	<ul style="list-style-type: none"> • Improves alignment • Improves muscle imbalances • Reduces pain as a result of muscle and movement imbalances • Includes manual massage and trigger point therapy as needed. 	<ul style="list-style-type: none"> • Can take months or years to correct imbalances depending on where you are when starting • Can be a slow process unless you do it daily • Can be frustrating to do the homework as needed • Need to commit to regular visits and daily exercises to be done
Chiropractic	<ul style="list-style-type: none"> • Assists in optimizing proper body alignment • Can provide instant relief depending on where you are in cycle • Is easy to implement • Can feel relaxing • Releases impingements in body structure (connective tissue) to body's healing process 	<ul style="list-style-type: none"> • Can take several weeks to years to correct imbalances depending on where you are at start. • Need to get treatments several times per week – can get expensive • Not always covered by insurance

Natural Methods**Pros/ Benefits****Cons/ Side effects**

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Yoga/ alignment	<ul style="list-style-type: none"> • Helps to ground you into your body • Helps alleviate stiffness • Increases range of motion • Improves mood and outlook • Focuses on breathe and range of motion • Relaxing and energizing 	<ul style="list-style-type: none"> • Can take months or years to correct imbalances • Can be a slower process • Requires a regular practice
Energy Work/ Trauma release	<ul style="list-style-type: none"> • Immediately reduces stress, calm • Helps increase your resistance to stress and negativity • Aids in reframing situations so you can see them with eyes of love. • Can experience instant pain relief • There is no homework • Easy, fun and enlightening • Assists in making self-care a priority • Connects you to your inner healing abilities and Divine presence. • Inspires hope and optimism. • Helps you be present and reframe situation into an opportunity for growth 	<ul style="list-style-type: none"> • Can take several sessions to correct emotional injury leading to pain. • Requires some patience and inner work between sessions • Can be expensive if you require weekly sessions for a prolonged period of time.
Self-Care	<ul style="list-style-type: none"> • Choose what brings you joy • Your needs are a priority • Brings a sense of peace and accomplishment • 	<ul style="list-style-type: none"> • Can make others mad or disappointed. • Can take time and feel unproductive but it's not
Recovery Movement Therapy	<ul style="list-style-type: none"> • Easy to do activities in 'recovery' mode – 65% of Max HR/ exertion • Stimulates blood flow to improve innate healing ability • Improves mood and outlook • Requires a shift in mindset to healing vs training 	<ul style="list-style-type: none"> • Needs to be limited to 20-40 minutes depending on activity • Can be a slow process • Can be frustrating to go so slow • Requires 'proper' movements to avoid further damage • Depression or anxiety
Supplements	<ul style="list-style-type: none"> • Easy to use • Easy to find • Generally thought to be safe • Somewhat effective depending on which • May need a combination of several to get the effect wanted 	<ul style="list-style-type: none"> • Can be expensive but less costly than medications • May not work with your body chemistry • Need an expert to know which is right for you • May not be high quality

Natural Methods	Pros/ Benefits	Cons/ Side effects
	<ul style="list-style-type: none"> • May take up to a month before notice any improvement 	<ul style="list-style-type: none"> • Body toxicity if take too much • May not work well if eating high inflammatory foods
Acupuncture	<ul style="list-style-type: none"> • Can reduce symptoms quickly or over course of several appointments • Easy to administer • Not painful and usually relaxing • Can activate body's natural ability to heal 	<ul style="list-style-type: none"> • Can take a really long time depending on severity of situation • Can get expensive over course of time depending on frequency of visits
Prayer/ meditation	<ul style="list-style-type: none"> • Non-invasive method • Easy to implement • Focuses on intention and calming mind of fearful thoughts • Uses faith in higher power to assist in healing the pain • Can provide insight as to what steps need to be taken (from above) and can change over time • Helps you be present and reframe situation into an opportunity for growth 	<ul style="list-style-type: none"> • Can take a long time (except for spontaneous healing occurrences) • Usually takes several weeks or months to notice improvement