

Natural Pain Relief Mechanisms

This sheet is just a starting point to help you fill in your own plan.

- Stay hydrated
- Nourish yourself with the best food you can manage (put down the white carbs! Unless that's the only thing your tummy can take today)
- Heat pack
- Warm bath (add Epsom salts)
- Warm shower
- Stretch
- Pelvic tilts/[cat and cow pose](#)
- Gentle walking
- Rest
- [Pace](#) - alternate activity with rest
- Meditation, especially pain relief focused and Yoga Nidra. Grab your [free Yoga Nidra download here](#).
- Avoid things that cause pain
- Trigger point cane massager ([find it in this post here](#)).
- Self-massage
- Massage from a partner
- Massage by a massage therapist
- Osteopathy
- Chiropractic
- Ice pack

- Restorative yoga poses (like [supported child's pose](#), look up my [Yoga for Fibromyalgia with Melissa YouTube](#) for several restorative poses and classes)
- Non-medicinal pain cream (like Deep Heat)
- Magnesium oil (especially on your calves at bedtime to avoid waking with cramps)
- Essential oils that are safe for pregnancy (see note below)
- Chamomile tea
- Peppermint tea (for tummy upsets)
- Go to bed early
- For a severe headache: feet in hot water, ice pack around neck
- For headaches or muscle tension: Peppermint oil with a carrier oil (I always have coconut oil on hand and it's less greasy than others) on the temples (see note below).
- Pregnancy and pelvis friendly yoga (as found in the [Yoga for the Chronic Life virtual yoga studio](#))
- Check all nutrient levels and supplement where needed - especially magnesium and iron.
- Lavender oil massaged into your feet or neck/temples if you can handle the smell (see note below).
- Homeopathic remedies (check with an experienced practitioner)
- Physiotherapy with acupuncture - especially for trigger points. When pregnant ensure the practitioner understands there are points to avoid during pregnancy.
- Go for a swim or walk in a heated pool
- Use a pregnancy pillow (comfort in bed is key)
- Go to a prenatal yoga class, or check out gentle yoga classes on my [Yoga for Fibromyalgia with Melissa YouTube channel](#)
- Foam roller - especially lower back and glutes

I haven't personally tried the below options but they are advertised for pregnant women and appear to have some good health benefits (please research!):

- [Elsmore Oil](#)
- [Bio-Strath Elixir](#)

- [5-W](#) for the final stages of pregnancy and childbirth
- [Artemis Pregnancy Tea](#) - in addition to the belief that raspberry leaf can aid in shortening labour, the ingredients in this tea are packed with nutrients.
- [Flax Bloom](#)
- [Blackthorn Elixir](#)
- [Rebozo Technique](#) - basically using a long piece of cloth to support the stomach and back and also for gentle movement during the third trimester and delivery.

For medicinal information for pregnancy try:

www.motherrisk.org

www.drugs.com

www.mothertobaby.org

For more Pregnancy and Fibromyalgia resources see:

<https://melissavsfibromyalgia.com/pregnancyandfibromyalgia/>

My Pain Relief Plan

PREGNANCY EDITION

Coping Mechanisms	When will I do this?
Example: Use my heat pack.	Every morning when I get up, each time I rest and at bed time
Take the pain relief discussed with the doctor	As prescribed

