

5 Types of Natural Pain Relief Options

Whole of life

- [Sleep](#)
- [Gentle movement](#)
- Rest
- Seeing food as fuel
- [Meditation](#)
- Check nutrient levels
- Avoid perpetuating factors (i.e.. Stress)
- Diaphragmatic breathing
- [Stay within your energy envelope](#) (pacing)

Heat

- Heat pack
- Shower
- Bath
- Electric blanket
- Hot water bottle
- Sauna
- Spa

Topical

- Deep Heat rub
- Ice Cold rub
- Magnesium oil
- Pain relief creams with essential oils
- Comfrey

[Essential Oils](#)

- Copaiba
- Lavender
- Roman chamomile
- Peppermint
- Blends specially for pain

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Supplements

- [Curcumin](#) (with black pepper)
- [MSM](#) (Methylsulfonylmethane)
- Malic acid
- Magnesium malate
- CBD oil
- Acetyl L-Carnitine
- 5-HTP
- [Energy Revitalisation Formula](#)

See my blog www.melissavsfibromyalgia.com – for more than 350 articles

See my [YouTube channel](#) – for more than 200 videos

See my book [Melissa vs Fibromyalgia: My Journey Fighting Chronic Pain, Chronic Fatigue and Insomnia](#)