

Sweet Relief

Pain-Free Living's
GUIDE TO PAIN
MANAGEMENT
BY LISA MATTE

FOR PEOPLE LIVING WITH chronic pain, each day brings a new challenge in the search for sweet relief. Respite can arrive in the form of a short break when pain eases its grip during a satisfying stretch or for a few welcome hours when a new medication—or meditation—kicks into gear.

The good news is pain management is big business. More than 100 million Americans live with chronic pain; in fact, it is the primary cause of adult disability and a costly public health issue. That gives inventors, corporations, medical professionals and healers around the world an incentive to develop new and creative ways to address chronic pain.



PLANT THERAPY RAPID RELIEF SYNERGY BLEND

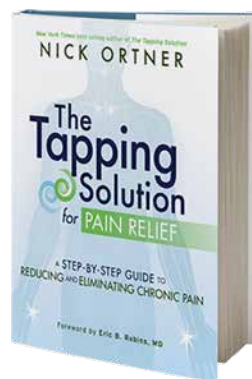
Plant Therapy's Rapid Relief Synergy Blend, a topical pain relief remedy, is comprised of 100 percent pure and undiluted essential oils including peppermint, clove bud, laurel leaf, black pepper, cinnamon cassia, ginger root, German chamomile, juniper berry and thyme. Add a few drops to a carrier oil or lotion and apply to the painful area. The blend creates a pleasant warming sensation to enhance circulation and ease discomfort. Plant Therapy relies on third-party testing to ensure its essential oils meet stringent quality standards. Each bottle bears a batch code linked to its specific test report.

www.plantherapy.com, \$11.95/10 mL bottle

THE TAPPING SOLUTION FOR PAIN RELIEF

The Tapping Solution for Pain Relief, by Nick Ortner, *New York Times* best-selling author of *The Tapping Solution*, lays out a step-by-step plan to relieve chronic pain through tapping. Also known as "emotional freedom technique," tapping draws on the principles of acupressure in conjunction with modern psychology. Easy-to-follow tapping scripts and exercises guide readers through a process to identify meridian endpoints associated with negative feelings and sensations. Tapping addresses both the physical symptoms and underlying emotions that can keep us trapped in a cycle of pain. Ortner's goal is to empower people living with chronic pain to reclaim their bodies and live their best lives.

www.thetappingsolution.com, \$10.40



PROSOURCE ACUPRESSURE SET

A cushioned foam mat, including a separate pillow, covered with 6,210 individual acupressure point knobs (1,782 on the pillow), the ProSource Acupressure Mat and Pillow Set facilitates acupressure massage and trigger point access. Positioning stimulates points along the body's meridians to release endorphins, promote circulation, reduce pain and muscle tension, aid in stress relief and improve sleep. For neck and back therapy, lie flat on the mat with the pillow placed directly under your neck. For lower back tension, place the mat on a chair with a slight fold and sit carefully to ensure your back and buttocks are in contact with the mat. Other positions target acupressure points in legs and feet including hamstrings, quadriceps and outer thighs.

www.prosourcefit.com, \$19.99



NEVRO HF10 THERAPY

Recently approved by the FDA, Nevro HF10 Therapy is a non-addictive, minimally invasive and reversible option for the treatment of chronic pain. The rechargeable Nevro HF10 pain stimulator works via a small implanted device that transmits mild electrical pulses to the spinal cord, calming the nerves and reducing pain signals to the brain. Unlike traditional spinal cord stimulation devices, Nevro HF10 Therapy does not produce paresthesia, common sensations usually perceived as tingling, prickling, pins-and-needles or vibrating.

www.hf10.com, talk with your doctor to learn more



H-WAVE

H-Wave is an alternative to opium-derivative pain medication. Most commonly prescribed for patients who have experienced more than 500 consecutive days of pain, H-Wave is a unique, scientifically proven method for relieving pain and aiding rehabilitation. A key difference between H-Wave and other electrical stimulation devices: H-Wave relieves pain while providing therapy to address its root cause, increasing blood circulation and lymphatic drainage to enhance healing. The device operates in two modes. Set to low frequency, H-Wave contracts muscle fibers to promote blood flow, lymphatic circulation and tissue rehabilitation. At high frequency, H-Wave manages chronic, post-surgical and post-traumatic pain.

www.h-wave.com, talk with your doctor to learn more

