

What a Pain

Tuesday, September 11, 2007



When you've got a headache this big, but you don't want Excedrin written all over it, what do you do? How should you treat your back pain naturally? Your sprained ankle?

Elephant Pharm's acupuncturist and herbalist Frank Griffo suggests most pain stems from poor circulation. Cinnamon and ginger tea help get your blood flowing, but Frank also recommends the popular Chinese herb Safflower for a wide range of pain relief.

Consider acupuncture for chronic pain, and acupressure points on the foot between the big toe and second toe for headaches.

While Elephant Pharm's homeopath Myra Nissen contends that there is a different herbal remedy for each pain type (Is it burning, shooting or sharp pain?), she recommends keeping Arnica on-hand at all times to treat an array of pain. Apply topically or take internally as directed by your health practitioner.

And as if you needed another reason to book an appointment, massage can be a safe and effective pain reliever.

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