

What Works for Pain



Pain is personal. Your solutions should be tailored to you. While prescription options are limited, there are LIMITLESS evidence-based combinations of over the counter, supplements, physical treatments, and brain-body solutions.



Over the counter medications



Natural / herbal supplements



Physical treatments



Brain + body solutions

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Over the counter medications

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What works for me

The secret to pain management is a combination of physiologic options to reduce fear & increase control. And keep trying! Each pain relief category card has a chart like this one to keep track of winning combinations, activities and variations to try next time. Use this page to plan for a surgery or keep track of what gives YOU Power Over Pain.

"Although the world is full of suffering, it is full also of the overcoming of it." - Helen Keller

Solution	How often?	How long?	Helpful?



Over the counter medications

*Ideal for short-term situations like acute
injury or after surgery**



Sleep is medicine

*Always check with your physician first.

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Acute pain

- ✓ Allows for alternating solutions
- ! Recommended for 4 days or fewer

Acetaminophen

every 4 hours
(MAX 4x/day) or
extended release
every 8 hours

15 mg/kg (~7 mg/lb)

Ibuprophen

every 6 hours
10 mg/kg (~5 mg/lb)

Sleep interference

- ✓ Sleep is medicine

Diphenhydramine

½ hr before intended
sleep

25-50 mg

L-Tryptophan

¾ hr before bedtime
≥1g, reduces & shortens
waking after sleep

Melatonin

½ hr before intended
sleep

1-3 mg

Vitamin D

2000-5000 IU (1x/day)
improves sleep quality

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Personal pain plan

For surgeries or expected pain, calculate and schedule medicines in advance to stay ahead of the pain. Having a plan offers a sense of control, therefore reducing worry and anxiety.

“Failure to plan is planning to fail.” - Ben Franklin

Medication	Time	Dosage	Side effects?	Helpful?



Natural / herbal supplements

*Ideal for chronic pain and inflammatory conditions.**

*May require days or weeks to be effective, need to check with your doctor about interactions, intensity of preparations not regulated so may vary

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Oral

Water: Even mild dehydration increases pain

Anti-inflammatory: Magnesium, Tumeric (Curcumin), Boswellia, Ginger extract, Omega-3 fatty acids

Anti-migraine: Butterbur (Petasites) 75mg twice daily (*Note: use only PA-Free.*)

Calming: Magnolia bark, Valerian root.
Gout - Theobromine (in chocolate),
Chamomile, Lavender

- ✓ Few side effects
- ✓ Growing body of research
- ! May require days to be effective
- ! Check for interactions
- ! Preparations can vary

Topical

Capsaicin/Capsicum, Analgesic Cream, Menthol 10%, Camphor, Comfrey, Willow Bark (Contains Aspirin), Curcumin

- ! Check for interactions
- ! Preparations can vary

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Natural / herbal
supplements

Physical
treatments

Brain + body
solutions

Personal pain plan

Our favorite supplement for pain relief is magnesium. It's a neuro anti-inflammatory to help with headaches, a smooth muscle relaxer to help with asthma and high blood pressure, a general anti-inflammatory for joints and muscles, AND an NMDA-blocker to reduce the need for opioids. Magnesium can also potentially improve sleep quality.

"Nature itself is the best physician." - Hippocrates

Typical dosage

Magnesium	250-500 mg/day
Boswellia	300 mg 3x/day
Ginger Extract	1000-1500 mg/day x 4 days
Curcumin	600 mg 2-3x/day with food

Supplement

Dosage

Side effects?

Helpful?



Physical treatments

Ideal after injury, chronic pain, and inflammatory conditions.

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Mechanical Stimulation: VibraCool® blocks pain, increases blood flow, and separates muscle fibers. Cleared for muscle pain after surgery.

Alignment: Body pillows, Orthotics, Physical therapy, Strengthening, Mechanical tape

Energy: Ice (cryotherapy), Heat, Hot or cold baths, Pulsed electromagnetic field (PEMF), Ultrasound, Mechanical stim (M-Stim®), Electrical stim (E-Stim), Low level laser therapy, Sound therapy

Movement: Yoga, Swimming, Quigong, Tai chi, Dance, Stretching, Foam roller

Therapy: Acupuncture, Chiropractor, Dry needling, Massage, Trigger point devices

Comfort: Compression, Weighted blanket, Good pillow for sleep, Good sheets

- ✓ Variety of options to fit lifestyle & budget
- ✓ Non-invasive, non-addictive
- ✓ Can be combined for greater results
- ✓ May require different combinations - keep experimenting!
- ! Trial and error may be required

Personal pain plan

"Physical problems need physical solutions."
- Amy Baxter, M.D.

Pain is our alarm system. Neuroscience shows what we feel is a sum of sensations and experiences connected in the brain. ("Connectomes"). Fear and control are the volume knobs for pain. To override pain, assess if it's an alert or acknowledge if it's just annoying. Prevent or treat physiology with physical interventions, reduce fear with knowledge and changing focus, and establish control by planning and choosing relief options.

Treatment	How long?	How often?	Combined with?	Helpful?



Brain + body solutions

*Ideal for chronic pain and
inflammatory conditions.*

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Disrupt pain-increasing connectomes:

Count/find/categorize (during short & intense pain); tapping/EFT, 10 minutes of ↑ heart rate to activate BDNF (remodels pain pathways)

Activate dopamine: Cooking, Comedy, Eating, Movies, Museums, Puzzles, Video games

Activate oxytocin: Animals, Cuddling, Faith, Family, Friends, Hugs, Phone calls;

FOODS - Dark chocolate, Figs, Broccoli

Activate serotonin: Bright lights, Exercise, Gardening, Journaling, Massage, Singing, Support groups, Doing good things;

FOODS - Salmon, Eggs, Spinach, Seeds

Autonomic: Breath work, HRV training, Meditation, Practiced relaxation, Yoga

Sensory: Aromatherapy, Baths, Fidget toys, Nature, Tea, Vibration, Music, White noise

- ✓ Sustainable treatment for chronic pain
- ✓ Nearly infinite variety of distractions
- ✓ More effective than traditional pain therapy for some types of chronic pain
- ! Requires disciplined mental shift in thinking about pain

Personal Pain Plan

"Never, never, never give up."
- Winston Churchill

We know that pain is the body's opinion of how safe it is. Fear elevates the perception of pain, while distraction lowers it. Chronic pain causes changes in the brain that take time to undo. Acknowledging, accepting, and committing also known as Acceptance and Commitment Therapy (ACT) involves patients identifying what they value about life and themselves, acknowledge, and accept they will have pain, and then commit to doing what they value. In randomized trials ACT outperforms standard medical pain therapies.

Solution	How long?	When?	Notes

Reviews

Share your story on our website or Facebook page. We love hearing from you!

@BuzzyHelps
@VibraCool



PainCare Labs™
BUZZY™ PAIN SOLUTIONS

- “ I can walk up and down stairs now after adding vibration to my icing routine. - Michelle C.***
- “ I have been using the VibraCool for my plantar fasciitis and it has been reducing some of the pain I get 24-48 hours after running or spending a lot of time on my feet. Very simple and easy to use. - Jon T.***
- “ I used VibraCool and for the first day, I didn’t need my pain pills after knee surgery. - Alisha P.***
- “ I gave a VibraCool to my mom which helped get her through the month leading up to her knee replacement surgery, and when my dad, who would rather bite a bullet than turn to pharmaceuticals, had a tooth extraction last week, he had this brilliant idea. He said it was easy to keep the ice in place. The swelling was minimal and no pain pills were needed. Go Dad! And thanks VibraCool! - Sarah T.***

What works for Pain

Not all treatments or supplements are appropriate for all pain conditions. This list contains evidence-based interventions and physical therapy options evaluated by Pain Care Labs which may not be appropriate for every pain condition. Check with your physician to determine optimal recommendations.



Pain Care Labs makes revolutionary science-backed therapies. Our clinically-proven products are trusted by hospitals, doctors, and patients around the world. We give people power over their pain, eliminating the unnecessary suffering and anxiety that goes with it.

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For accessories, how-to videos, and additional drug-free pain solutions, visit our website:

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