

Natural Pain Relief Support Protocol

Integrative Options for Pain Management & Recovery

This handout provides a holistic approach to managing pain using natural therapies, functional supplements, and homeopathic support. Perfect for those recovering from surgery, dealing with chronic pain, or looking for drug-free relief.

1. “Morphine Bomb” Essential Oil Capsule

A natural anti-inflammatory pain relief blend

Ingredients:

- 5 drops **Copaiba essential oil**
- 5 drops **Frankincense essential oil**
- Place oils in a **vegetable capsule**

Dosage:

- Take **1 capsule every 6–8 hours** as needed for pain relief.

Important: Only use therapeutic-grade essential oils from trusted brands such as:

- Doterra Copaiba
- Doterra Frankincense
- Young Living Copaiba Vitality
- Young Living Frankincense Vitality
- Young Living Vegetable Capsules

2. Homeopathic Pain Pellets

Support for pain, bruising, inflammation, and post-surgical trauma.

Remedies to alternate:

- Arnica Montana 30C
- Staphysagria 30C

Dosage: Dissolve 5–8 pellets under the tongue every 3–4 hours for several days, as needed.

Links:

- Arnica Montana (Pharmaca)
- Staphysagria (Pharmaca)

3. Inflammation® by Designs for Health

Comprehensive inflammation support with enzymes and herbs.

Key Ingredients: Proteolytic enzymes (trypsin, chymotrypsin, bromelain), turmeric, boswellia, ginger, cayenne

Dosage: 2 capsules, 3 times daily for up to 15 days or as needed.

4. QuerciSorb-QR™ by Tesseract Medical

Bioflavonoid blend for inflammation and histamine balance.

Ingredients: Quercetin, Hesperidin, Rutin

Dosage: 2 capsules twice daily for up to 15 days or ongoing as needed for pain and inflammation.

5. Omega-3 1000 by DaVinci Labs

Anti-inflammatory support for joints, nerves, and cardiovascular health.

Dosage: 1 capsule, 3 times daily for 15 days.

6. Magnesium Buffered Chelate by Designs for Health

Relieves muscle spasms and supports neuromuscular recovery.

Dosage: 2 capsules twice daily as needed post-op for muscle cramps or tightness.

7. ArthroSoothe™ Topical Cream by Designs for Health

Topical relief for muscle and joint pain.

How to use: Apply a small amount to painful areas 2–3 times per day as needed.

Functional Medicine Reminder

This protocol works **synergistically** to support your body's natural healing response. It is designed to **reduce inflammation**, support **nervous system recovery**, and provide **relief without pharmaceuticals**.

Always consult with your practitioner before beginning a new protocol, especially if you are taking medications or have chronic conditions.