

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

PAIN RELIEF

In Chinese medicine, formulas that reduce pain and inflammation are usually specific to the type and location of the pain. There are formulas that are for headaches, arthritis, hemorrhoids, restless leg syndrome, post-surgery recovery, traumatic injuries, neck & upper back pain, lower back, sciatica, joint pain and fibromyalgia. See which fits your condition best. All pain reducing formulas also increase circulation.

Acupuncture is one of the most powerful ways to reduce pain anywhere in the body, so add that as well. Consider an anti-inflammatory diet. Gentle movement that does not aggravate your body is very important too, such as swimming, chair or restorative yoga (not other types of yoga such as hatha or Kudalini which can be aggravating in certain conditions.) and physical therapy.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Pain Relief when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

CHANNEL FLOW



- **A Great pain reliever! For any most any pain! Decreases menstrual pain and cramps. Reduces abdominal pain as well as joint and muscle pain. Helps with headaches, arthritis and fibromyalgia.** For fibromyalgia, consider also Astra Isatis and/or Power Mushrooms to treat the underlying imbalances.
- For menstrual pain, add a heating pad on your lower abdomen or back. Avoid cold and iced food and drinks.
- Do not use for pregnancy.
- Take 2-3 tablets every 3-5 hours for pain as needed.

COLLAGENEX 2

- **Treats joint pain, stiffness and increases flexibility. helps osteoarthritis, rheumatoid arthritis, Lupus, fibromyalgia, tendonitis, tendon weakness and back pain.** Add Mobility 2 for joint pain and swelling, or Mobility 3 for joint pain due to cold and damp.
- Safe for pregnancy.
- Take 1 tablet once a day.

RESINALL E

- **Helps swelling due to traumatic injuries-sprains, strains, contusions, fractures, broken bones, torn sinews, bleeding, bruising, lacerations. Helps healing after surgery. Good for flare ups of chronic conditions like rheumatoid arthritis. Treats long term headaches, and headaches after injury or surgery.**
- 3-5 tablets 3-5 times a day. Best when taken immediately after injuries. For long term treatment of headaches, take 1-3 tablets, 1-3 times a day for 1-2 months.
- Can also be taken before athletic events to prevent swelling (think Football!). Take 3 tablets before and 3 tablets after event.

EASE 2

- **Treats muscular tension and pain in the head, neck, shoulders & upper back. Treats headaches and migraines from prolonged fatigue, colds and flus from any virus or vaccination reaction. Good for PMS, especially mood swings. Also treats food allergies, bloating & belching.**
- Take 1-3 tablets, 1-3 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

FORMULA H

- **Reduces pain and inflammation due to hemorrhoids. Decreases bleeding for hemorrhoids and colitis.** Consider anti-inflammatory diet-eliminate wheat, gluten, sugar and non-sugar alternatives, corn and dairy. There are many guidelines online. If symptoms do not resolve, consult your healthcare provider.
- Take 3-5 tablets 2-4 times a day until symptoms resolve.
- Safe for pregnancy and breastfeeding.

HEAD Q

- **Treats and prevents headaches and TMJ, trigeminal neuralgia, facial pain, colds with sinus congestion and sinus pain. Can help with upper back, neck and shoulder pain.**
- Add Clear heat for **herpes infections** on the face or eyes.
- Take 3-5 tablets 1-4 times a day until symptoms resolve. Doses are based on 120lb adult, so adjust accordingly.
- Add Ease 2 if **headache is coming from severe neck, shoulder and upper back pain and tension.**
- Safe for pregnancy, breastfeeding & kids.

SPZM

- **Treats muscle spasms and cramps, especially due to injuries such as whiplash. It helps restless leg syndrome, numbness, weakness and tremors in the limbs, especially the upper body. Helps wrist and carpal tunnel syndrome.** For increased pain relief, add Resinall E or Channel Flow.
- Take 2-5 tablets 3-4 times a day until symptoms resolve. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

AC-Q

- **Treats pain in the lower body such as joint and muscle pain in the legs, hips, low and mid- back. Helps post-stroke pain and weakness in the lower body. Good for fibromyalgia with lower body pain. Treats arthritis and degenerative diseases that reduce mobility and strength. Can use for lower body injuries.**
- May be made into a topical paste. Grind 3-5 tablets, add 2-3 cups of water. Boil for 1 minute.
- Apply warm compress to painful areas as needed 1-3 times a day.
- Take 2-3 tablets, 2-4 times a day.
- Not recommended for pregnancy.
- Safe for breastfeeding and for kids.

MOBILITY 2

- **Treats arthritis, sciatica, gout, and low back muscle and joint pain. Reduces edema, swelling and inflammation. Increases circulation. Can be used for pain anywhere on the body.** Add ACQ for debilitating arthritis. If pain is worse from cold and damp, use Mobility 3 instead.
- Take 2-4 tablets 2-3 times a day.
- Safe for pregnancy and breastfeeding.
- Kids shouldn't need this.

MOBILITY 3

- Treats pain and headaches when due to, or worse with, exposure of wind, cold or dampness. Treats pain anywhere, numbness, fatigue, arthritis worse in cold and damp weather. Long term use is fine, especially in cold and damp climates for those sensitive.
- Take 1-3 tablets, 2-4 times a day. Dose is for 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.