

MIRACLE **PAIN KILLER**

No-pill policy

Quick pain relief techniques



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Introduction

We have all had aches and pains from time to time and this is especially true as we get a little bit older. And, in truth, a little pain can actually be a good thing. It's our body's alarm system after all. It's our body's way of saying, «Hey, that's hot,” or “Hey, dummy, get away before it hurts you!» But when the pain lingers on and on, it's no longer helpful. Chronic pain can disrupt your everyday lifestyle and rob you of comfort and happiness.

If you suffer from chronic pain, you need to know that there are all-natural ways to cope. Chronic pain does not have to run, or ruin, your life. The truth is, we live in a time of cutting edge pain relief. And, no, I'm not referring to the chemical poisons put out by Big Pharma. I'm talking about all-natural, holistic solutions that work with your body's natural processes to dull pain and bring it under control. These are methods that have been developed all over the world and for centuries by shamen, council elders, and medicine men for thousands of years. Today, thanks to the power of mass communication, all of these natural pain fighting solutions are being brought to a wider audience, giving all of us the power to relieve our pain and turn away from being chemical dependent the way that large drug companies would love us to be.

In this eBook, I will show you many ways to fight your pain. But I must warn you from the outset that none of them are quite as simple as popping a pill. These methods require you to be in tune with your body and to take the time to care for it properly.

The first step in effectively dealing with your pain is to learn all you can about your condition. Don't be afraid to talk to your doctor and read up on it. Understanding your pain is the best way to begin relieving reducing it.

Next, you have to take an active role in your recovery. even if the treatments you decide on can't completely heal you, don't give up hope. You can use basic lifestyle choices to effectively control your pain and regain a normal life.

It's important to remember that our bodies and minds are connected. Stress, tension and stirred emotions can aggravate your pain. Find ways to reduce the stress you feel in your everyday life. Deal with your troubling emotions and your pain will decrease. Deep breathing, visualization and other relaxation techniques will help you calm your mind and reduce your pain.

On top of that, remember that exercise leads to a healthier body, and a healthier body feels less pain. Strong muscles feel less pain than unused muscles. Also, exercise will increase your energy to help you overcome the pain. Specific body movements may aggravate your pain more than others. Being mindful of your movements from your day can reduce your pain a great deal. If you feel pain from important household, personal or work activities, consider using equipment that lets you perform the same activity without using the same painful motion.

Moreover, chronic pain can make you feel isolated and afraid. You may feel like you're all alone. Nothing could be further from the truth. But it's estimated that one in four people suffer from chronic pain. Try to talk to others who also suffer

chronic pain to share what you know, and to learn from them. You'll learn ways to cope. You'll also learn that the pain you feel, and the emotions that come with it, are not unusual. And remember that our Health Support team is here to help. You can reach them at support@fungusTerminator.com.

Finally, take time every day to look beyond the pain. Don't let your pain consume your life. There are more important things to focus on, such as friends, family, work, and hobbies. As you put your focus elsewhere, the pain will decrease, and you will begin to believe more strongly that you can lead a normal life in spite of the pain the pain.

In the meantime, I encourage you to take advantage of the all-natural Pain Destroyer Protocol. By combining the techniques I have already mentioned with the painkilling herbal solutions I will provide in this eBook, you will not only bring your chronic pain under control, you will give yourself a second lease on life so you can go out and enjoy it again!

The Truth About 'Painkillers'

Here's an amazing statistic for you: more than four hundred thousand people currently use heroin in the United States and the number is on the rise. Moreover, in recent years, heroin overdose deaths have increased six-fold.

But why this sudden rise? You might be quick to point to the drug war, but its source is somewhere far more sinister: Believe it or not, it's your local pharmacy.

No, I'm not suggesting that pharmacies are dealing out heroin. But Big Pharma IS directly linked to the greatest opioid epidemic America's ever seen. In 1995, the FDA approved a little pill called OxyContin. While this drug is almost molecularly identical to heroin, the drug company that made it claimed that it would be less addictive because the pill was designed for controlled release. In other words, it would break down gradually after being swallowed, never releasing enough of the drug to give the same high as heroin.

During its first year on the market, OxyContin made \$55 million in sales for its manufacturer. Five years later, that number had risen to over \$1 billion annually.

According to the CDC, the U.S. consumes 75% of the world's prescription painkillers.

The story doesn't stop there. While the majority of people who used OxyContin never had a drug problem, many people did. And when the drug company reformulated OxyContin after people protested its addictiveness, many of the addicted people switched to heroin.

In fact, prescription painkillers are the number one method of forming a drug addiction that leads to heroin use. A Harvard study found that four out of five first-time heroin users previously used prescription pain relievers prescribed by their doctors. What you need to understand is that the push for doctors to prescribe more opioids (painkillers), and particularly more potent ones such as oxycodone, is strongly associated with an increase in patient mortality.

According to the findings of one study, the conventional wisdom that pills mills, doctor shopping and the Internet drug trade are to blame is largely not true. The spike in opioid addiction is not just a few bad apples. It's systemic.

Today, more Americans die from overdosing on painkillers each year than from heroin and cocaine combined. If that isn't proof enough of an epidemic, consider this: In the U.S., 45 people are killed by these opiate-based medications *every day*.

What does this mean for you? Well, I'll tell you right now that if you suffer from chronic pain and your doctor has you on a regimen of Big Pharma produced painkillers, I hate to tell you this but your life is in danger.

There bottom line is that pharmaceutical painkillers just aren't safe. They are highly-addictive and they can kill you. And they actually do kill people all the time. So if you suffer from pain, you should not even consider these drugs to be a viable option.

This may seem like very dire news to you if you're a chronic pain sufferer. After all, you probably depend on these drugs to get you through the day. If I was sitting here giving you this news about how they can (and probably will) kill you, without offering you an alternative, I have to admit, I'd feel pretty bad about myself. However, that is not the case at all. In this eBook, I do offer you a viable alternative. And in fact, the alternative I offer you in the following pages not only gives you the ability to get your pain under control, but quite unlike the Big Pharma solution, my pain-fighting protocol will make you a healthier overall person. Just keep reading and you will understand that the information I give you in the following pages will change your life!

Coping with Pain

Chronic pain is a physically and psychologically stressful condition that is constantly discomforting and can lead to anger and frustration with yourself and the ones you love. By definition, chronic pain lasts longer than six months and affects how you live your daily life. While in succeeding chapters, I will provide you will all-natural treatment for the physical dimensions of chronic pain, in this chapter I will help you manage the mental and emotional aspects of this often debilitating condition.

Being able to relax your body and calm your mind will help you decrease the intensity of your pain, whether you're flared-up or in need of ongoing pain management techniques. These techniques range from those that can be done even when the pain is fierce to tools that you can use all through your day and night, offering on-the-spot calmness that will release you from anxiety, and a reduce your pain. It's crucial to have ways that give you the ability to be able to enact even if the pain is so high you can scarcely think, not to mention attempt anything complicated.

The many different techniques can provide you with relaxation, autogenic ease, including progressive muscle relaxation, self-hypnosis or guided hypnosis, diaphragmatic breathing and other breathing techniques, visualization and creative imagery. There are several different techniques you can experiment with in order to find something that works for you.

DEEP BREATHING AND MEDITATION

Deep breathing and meditation helps your body relax, which is effective in easing pain. Tension and tightness are released from muscles as they receive a quiet message to relax.

Although there are many ways to meditate, the relaxing power of repetition is at the heart of some forms of meditation. Concentrating on breathing, ignoring thoughts, and repeating a mantra causes the body to relax. While you can learn meditation on your own, it always helps to take a class.

Simple deep breathing is also a relaxation technique. All you have to do is find a quiet location, a comfortable body position, and block out distracting thoughts. Then, imagine a spot just below your navel. Breathe into that spot, filling your belly with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon.

REDUCE STRESS IN YOUR LIFE. STRESS INTENSIFIES CHRONIC PAIN.

Negative feelings like depression, anxiety, stress, and anger can increase the body's sensitivity to pain. By learning to take control of stress, you may find some relief from chronic pain.

Several techniques can help reduce stress and promote relaxation. Listening to soothing, calming music can lift your mood — and make living with chronic pain more bearable. There are even specially designed relaxation tapes or CDs for this. Mental imagery relaxation (also called guided imagery) is a form of mental escape that can help you feel peaceful. It involves creating calming, peaceful images in your mind. Progressive muscle relaxation is another technique that promotes relaxation.

BOOST CHRONIC PAIN RELIEF WITH THE NATURAL ENDORPHINS FROM EXERCISE

Endorphins are brain chemicals that improve your mood by blocking pain signals. Exercise has another pain-reducing effect and that is that it strengthens muscles, helping prevent re-injury and further pain. On top of that, exercise can help keep your weight down and control blood sugar levels. If you're not sure, ask someone you trust for an exercise routine that is right for you. If you have health conditions, like diabetic neuropathy, you will need to be careful about the kinds of activities you engage in; your doctor can advise you on the best physical activities for you.

TRACK YOUR PAIN LEVEL AND ACTIVITIES EVERY DAY.

To effectively reduce your pain, you need to track how you've been feeling. Keeping a log or journal of your daily «pain score» will help you keep track of your pain. At the end of each day, take note your pain level on the 1 to 10 pain scale. Also, keep track of what activities you did that day. This log book will give you a good understanding of how you're living with chronic pain and your physical functioning level.

Foods that Fight Pain

Chronic pain affects hundreds of millions of American adults. And while pain pills reduce suffering, they are addictive and fail to eliminate the true cause of the pain. It's an enormous problem, and the medical community is not doing a good job solving it. But there is an alternative, and it's right in your kitchen. Certain foods are extremely effective at easing aches by fighting inflammation, blocking pain signals, and even healing underlying disease. In fact, almost always, if we find pharmaceuticals doing the trick, we can find a plant doing the exact same trick—and doing it more safely. If you stay committed to a good nutrition plan, you will be able to say good-bye to pain. Here are important examples of pain-fighting foods.

Ginger



The Target: Migraines, arthritis, sore muscles **The Dose:** ¼ teaspoon daily

This spicy root is a natural stomach soother, easing seasickness and nausea. It works by breaking up intestinal gas and possibly blocking a receptor in the gut that induces vomiting. However, there are good reasons to eat ginger even when you're not doubled over. It happens to be a natural aspirin impersonator and anti-inflammatory, it can offer relief from arthritis pain, migraines, and muscle aches. There are plenty of ways to introduce ginger into your diet. Add it grated into meat dishes, smoothies, and juice. Or make ginger tea by placing sliced, peeled gingerroot in hot water and letting it steep for 15 minutes. For ginger lemonade, add grated gingerroot, lemon juice, and honey with ice water.

Cranberry Juice



The Target Ulcers

The Dose 1 cup daily

Ulcers result from a pathogen called *H. pylori*. This pathogen attacks the protective lining of the stomach or small intestine. Antibiotics are the normal cure, but you can prevent ulcers in the first place by drinking cranberry juice, thanks to its ability to block toxins from adhering to the stomach lining. One study found that just under a cup a day for 3 weeks eliminated more than 20% of all cases of *H. pylori* infection—without drugs. However, the juice becomes inflammatory when it's loaded with sugar, so drink a bottle of 100% natural cranberry juice. If it's too bitter, simply add water or a natural sweetener such as stevia.

Salmon, Herring, Sardines



The Target Achy back, neck, joints

The Dose Two to three
3 ounce servings weekly

Eating fish low in mercury and high in omega-3 fatty acids will relieve back pain. In a healthy back, blood vessels at the edge of spinal disks transport important nutrients to those disks. If blood flow is cut down, the disks lose their source of oxygen and other nutrients, and they begin to degenerate, says. Omega-3s improve blood flow and tamping down inflammation in blood vessels and nerves. However, for the full effect, you may need supplements. One study in the journal *Surgical Neurology* found that taking 1,100 mg or more of EPA and DHA per day can reduce both back and neck pain. And there are added bonuses: Any amount of fish oil is good for cardiovascular protection and mood elevation. A study in the journal *Chronic Pain* found that people are more aware of their pain when they are in a bad mood. Not only that, as an additional bonus, omega-3s also may reduce brain shrinkage. This means your brain will maintain its elasticity, allowing you to fight off mental effects of aging.

Turmeric



The Target Achy joints, colitis
(inflammation of the colon)

The Dose 1 tablespoon daily

This important curry spice has been used for years in Ayurvedic medicine to relieve pain and promote healthy digestion. However, researchers like it for another reason: its anti-inflammatory properties, thanks to a substance called curcumin. Turmeric can protect the body from tissue destruction and joint inflammation and also preserve good nerve cell function.

Perhaps you don't like eating curry. Here's my solution: Sprinkle turmeric on salad dressings, cooked grains, soups, and vegetables. Or get an even heftier dose by taking a turmeric supplement. Make sure the label says it contains 95% curcuminoids. Also please note: When you cook with turmeric, use the pepper mill. Turmeric and black pepper should always go together. The piperine in black pepper releases curcumin from the spice and helps your body to absorb these important nutrients.

Yogurt



The Target BS

The Dose One or two
8 ounce containers daily

For the roughly 30% of Americans who have irritable bowel syndrome, stomach pain is a normal part of life. But help may come in the form of a bug—billions of bugs, actually. Several bacterial strains that are often in yogurt (especially *B. infantis* and *L. acidophilus*) reduce pain, inflammation, and bloating, according to a recent scientific study. Another study found similar results with *B. lactis*. But you have to shop smart. Not every yogurt contains probiotics. Look for a brand with «live and active cultures.» Additionally, vegans can get their daily dose from probiotic-enriched soy yogurt.

Mint



The Target: BS headaches

The Dose: 1 cup of tea daily

Sure, chewing on peppermint can freshen your breath. However, there's another reason you should try the herb. The menthol in peppermint works to prevent muscle spasms, which is one of the reasons peppermint oil effectively treats irritable bowel syndrome. The oil is also effective for relieving headaches. Rub some on your temples or wrists and breathe in the minty scent. I also recommend brewing mint tea for any type of pain. Pour boiling water over peppermint leaves and steep until the tea is as strong as you like. Your pain will melt away. Add wintergreen leaves for an extra pain-fighting boost; a compound in wintergreen called methyl salicylate blocks the enzymes that cause inflammation and pain. This is what I call herbal aspirin. A final squeeze of lemon will help you extract as many pain-reducing chemicals as possible from the plants.

Natural Pain Fighting Solutions

Chronic pain can make it difficult if not impossible to work and enjoy family and social time. If you have chronic pain, your body hasn't turned off the pain messages to the brain, even though the original source of the pain may be gone. The pain might be linked with a condition such as arthritis, to a sprain or some other injury, or to any number of more elusive causes.

While chemical medications abound, natural methods to quell the pain are a much healthier solution. In fact, for many people medications doesn't quite give them enough relief. If you are looking for natural treatments to add on to their standard treatments, or even to replace them, you've come to the right place.

Next time chronic pain is dragging you down, try a more natural route to relief by trying the methods below.

Capsaicin Pain Relief Cream

The active component in hot peppers that gives them their heat is a chemical called capsaicin. The hotter the pepper, the higher the level of capsaicin that the pepper contains. While rubbing something flaming hot onto your sore joints might not initially seem like it would help your joint pain, capsaicin cream is commonly sold as a pain reliever. Capsaicin actually depletes a neurotransmitter called substance P, which is responsible for sending pain signals to our brain. If you block the P, your brain never gets the memo that something is hurting. Instead of forking over cash for the arthritis cream at the store, try making it yourself.

NOTE: It is normal for you to experience somewhat of a burning sensation when the cream is first applied. If you have sensitive skin, use it with caution. It's a good idea to wear gloves when handling hot pepper powder, and avoid any contact with your eyes. If you want to be extra cautious when you make this, a pair of goggles isn't a bad idea.

Capsaicin Pain Relief Cream Recipe

Ingredients:

- ✂ 3 tablespoons of cayenne powder
- ✂ 1 cup of grapeseed oil (or any other oil like almond, olive, jojoba)
- ✂ 1/2 cup of grated beeswax
- ✂ A double boiler

DIRECTIONS:

A glass jar with a tightly fitting lid Mix together 3 tablespoons of cayenne powder with 1 cup of your oil of choice and heat in a double boiler for 5-10 minutes over medium heat. Stir in a 1/2 cup of grated beeswax and continue to stir until it has melted completely and everything is blended together. Chill the mixture in the refrigerator for 10 minutes, and then whisk together. Chill for another 10-15 and then whip again before putting it in a glass jar with a tightly fitting lid and storing in the refrigerator. It will keep for 1 1/2 weeks-apply daily as needed for pain.

Ginger Belly Ache Smoothie

Belly aches can be more than an annoyance which can include constipation, diarrhea, gas and bloating. Although the cause of your belly ache may vary, I have personally identified an effective method for controlling it. Yogurt is one of the best dietary sources of probiotics.

According to Harvard Health Today, more than 43% of belly aches are related to the neurotransmitter serotonin. This is because, in addition to being produced in the brain, serotonin is also produced in the digestive tract. Harvard notes that either high or low levels of serotonin in the gut can cause the condition. Emotional health could also play a role in belly aches. Stress and anxiety can worsen symptoms, while exercise, stress management and a healthy diet can prove useful in the treatment.

Probiotics can be found in various whole foods, with yogurt among the most commonly consumed sources. Probiotics are useful in restoring a healthy balance of bacteria in the gut, which could promote immune system health and ultimately improve belly ache symptoms, according to Harvard. A recent study published in the «Journal of Gastroenterology and Health» concluded that common strains of probiotics, including lactobacillus and bifidobacteria, were effective in treating belly ache symptoms.

The smoothie below has been specifically designed to soothe digestion, heartburn, nausea, and other stomach trouble with the yogurt and fresh ginger in this natural remedy smoothie recipe.

Ginger Belly Ache Smoothie Recipe

Ingredients:

- ✂ 1 banana, sliced
- ✂ ¾ c (6 oz) vanilla yogurt
- ✂ 1 Tbsp honey
- ✂ ½ tsp freshly grated ginger

DIRECTIONS:

Combine the banana, yogurt, honey, and ginger. Blend until smooth. Drink. (This recipe makes 2 servings.)

Epsom Salt Back Pain Relief

Magnesium is an essential mineral that helps the human body to perform a long list of important functions including the healing and regeneration of joint tissues and bones. While magnesium deficiencies are somewhat uncommon, it is almost impossible to overdose on it. While you could take Magnesium supplements to help heal your painful joints, there is a much more effective and more relaxing way to increase your body's magnesium levels. Take an Epsom Salt bath. Magnesium absorbs much faster through the skin than it does in the gut. At the same time, the warm water will offer relief from aches and pains as your joints and muscles warm up and become more flexible.

Epsom Salt Bath Instructions

Option 1:

- ✂ Mix 2 cups of Epsom salt into a hot bath.
- ✂ Soak for 30 minutes then take bath.
- ✂ Repeat twice a week.

Option 2:

- ✂ Mix a tablespoon of Epsom salt and hot water to make a paste.
- ✂ Soak a clean towel in the mixture and apply it to your back.
- ✂ Leave on until the towel is cool.
- ✂ Repeat four times a week.

The Arthritis Eraser Smoothie

Many recent scientific studies have shown that fruits and vegetables that are high in carotenoids reduce inflammation and lower the risk of getting arthritis. One such carotenoid is betacryptoxanthin. A Boston College study proved that “a small increase in β -cryptoxanthin intake, equivalent to one glass of freshly squeezed orange juice per day, is associated with a reduced risk of developing inflammatory disorders such as rheumatoid arthritis”.

Foods that are rich in carotenoids such as beta-carotene and betacryptoxanthin include pumpkin, papaya, persimmons, tangerines, red peppers, oranges, apricots, mangoes, carrots and dark, leafy greens like kale and dandelion greens.

Pineapples also have an anti-inflammatory effect due to their high content of an enzyme called bromelain. Bromelain has been shown to reduce arthritis pain. While most studies have been conducted using pure, isolated bromelain, therapeutic benefit can be obtained from consuming the fresh fruit smoothie below, once a day.

NOTE: This recipe is also effective at treating gout.

Arthritis Eraser Smoothie Recipe

Ingredients:

- ✂ 1 orange, peeled and deseeded
- ✂ 1 and 1/2 cup pineapple, cubed
- ✂ 2 large carrots, chopped
- ✂ 2 tablespoons chia seeds
- ✂ 1/2 teaspoon fresh ginger
- ✂ 2 cups spinach
- ✂ 8 ounces (236 ml) water

DIRECTIONS:

Combine the ingredients. Blend until smooth. Drink. (This recipe makes 2 servings.)

Conclusion

If you're suffering from a toothache, backache, or any other kind of pain, your first impulse is probably to reach for a pill. Many people rely on medications, but they come with the risk of side effects, drug interactions, and the possibility of becoming habit forming. As I have already expounded upon, there is an epidemic going on in this country right now in which people are turning to painkillers such as opiates and this sets them down the long dark road to addiction and even death.

For my money, it's a much better idea to find the relief you need from a variety of natural painkillers instead.

As I have shown in this eBook, there are many herbs, spices, fruits, vegetables, and other all-natural substances that can treat pain, inflammation and other related conditions just as well as the chemicals from Big Pharma. These nature-based options fall under a category of medical treatment known as complementary and alternative medicine, which also includes acupuncture, yoga, reiki and other practices. When it comes to pain relief, you may be surprised at what might help you feel better. My advice as a trained physician is to keep an open mind and stick with natural cures and natural cures only!

