

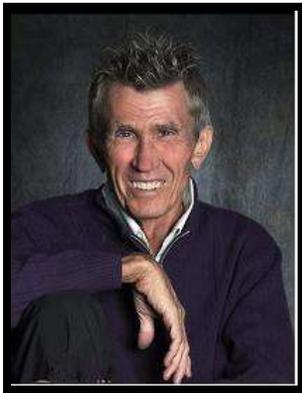
PAIN PALLIATIVES

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We have had many requests for an **Information Sheet** on the subject of pain and natural pain relief methods. The subject of pain in illness is very broad as the sites of pain in the body are numerous and cannot be thoroughly dealt with in a short treatise. Our object here will be to provide the reader with a deeper insight into the causes of pain and to review some of the drugless methods of alleviating discomfort.

Viktoras Kulvinskas, in his book *Survival Into The 21st Century*, has a few concise and enlightened comments on pain:



"Practically all pain, pathology and cell destruction is known to be due to high blood acidity which **results from excess intake of protein, especially acid-forming animal proteins**. However, even vegetable protein such as seed, when eaten to excess, can cause toxicity."

Viktoras Kulvinskas

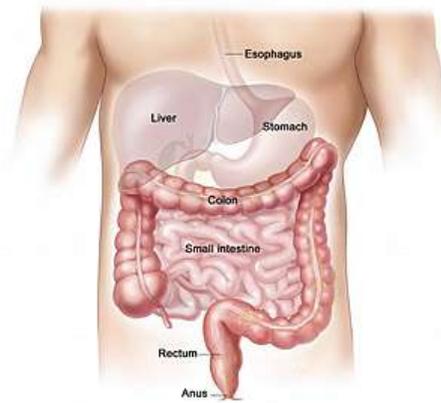
A Raw food pioneer and cutting-edge researcher.

The Author of the health classic-
Survival Into The 21st Century.

He is also a Co-founder of Hippocrates Health Institute with Ann Wigmore in the late 1960's.

We have always maintained that when the system is clogged with inorganic wastes, mucus and sludge, the organism can drown in its own filth. **Pain is a result of congestion and degeneration of healthy cells and tissues** by poor elimination of waste products.

We, of course, recommend the detoxification procedure described in Dr. Christopher's Incurables Program.



The bowels must be kept open and clean to absorb nutriment and eliminate waste products from the cells through the blood and lymph systems. The lower bowel formula is an invaluable aid in cleaning out the body's sewer system.

Many people experience pain when the toxic morbid matter is breaking loose from the bowel and being eliminated. These pains may be rough, but they are temporary and will subside as cleansing progresses. Often the addition of slippery elm tea to the diet will soothe inflamed



Nervine Herbs are able to Take the

Edge off even very severe pain



The nervine and anodyne herbs will also help ease pain. We have found that one dropperful of lady's slipper root extract and one dropperful of valerian root extract will take the "edge" off of even very severe pain.



Pain itself is an indicator of a deeper problem in the body.

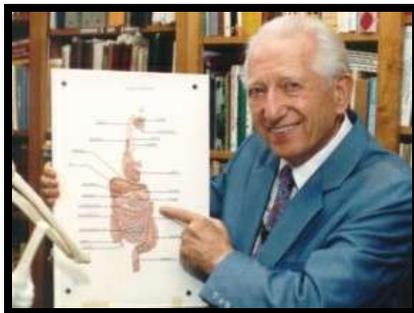


Pain should not be masked so readily by inorganic "pain killers" because in this way we are ignoring the body's signal for help. **We need to determine the cause of pain.**

If you are faithfully following the Creator's program-the life building program, not the disease building dietary program-pain will usually indicate the body's housecleaning process.



But if your program is that of acid-forming, mucus-forming foods and an unhealthy mental and physical attitude, pain is not the welcome indicator of detoxification. Overcooked foods, devoid of life giving enzymes, can also contribute to a build-up of poisonous congestion.



Dr. Bernard Jensen discusses the "healing crisis," a phenomenon in which a person eliminates old acids and accumulations from the body. This often resembles a bad cold.

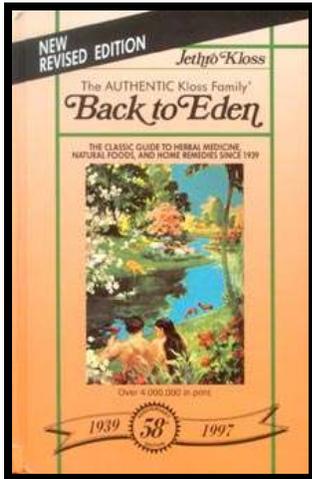
In the early days of medicine, opiates were given freely to stop pain such as ulcers, bowel pain, etc. These served to hide the true cause of pain while a list of side effects abounded: chronic constipation, slowing down of natural body processes, liver sluggishness, lethargy, toxicity, not to mention the retaining of the original complaint once the drug wears off.

Dr. Hering's law of cure states that **we are healed in the reverse order of the progression of a disease.** If we have a chronic disease, we must go back through the stages of this disease back to the acute stage, before we can effect a cure. **As Bernard Jensen so aptly put it:**

"As we break down the old structure that we have built in the body, it develops into gases, solids and liquid that in the elimination process can be putrid, syctic, acidic and extremely toxic. It can burn, irritate, and produce extreme pain. This is the result of violating natural law."

Once this uncomfortable process is over, we can begin rebuilding the body. The wonderful thing about this is that we can have healthy people in just three generations.

Water Fomentations



Jethro Kloss, one of the all time great teachers of nature cure, and author of Back to Eden, states that:

"All pain is caused by disturbance to the circulation because the overfilled vessels put pressure upon the nerves. Relief will be obtained from hot applications as they relax the tissues, and the nerve fibers will be relieved of pressure and the circulation will then be increased so as to relieve the congestion."

Kloss suggests that the use of alternate hot and cold applications "continued for thirty minutes or more, will relieve congestion more quickly than any other remedy. Fomentations given as hot as can be borne, with cold sponging, and drying between each fomentation, is the best method." This stimulates the blood vessels to eliminate congestion.

Hot baths also increase circulation and have been successful in relieving pain-both internal and external. Pains of arthritis and hemorrhoids respond well to hot water therapy. Because a headache often comes about because of congestion of the bowel, hot and cold fomentations will often take away headache pains. Headache pains can also be relieved by applying pressure to two points on either side of the nose under the eyebrow ridge.



Conditions that Benefit from
Hydro Therapy

The Liver Fomentation



We often suggest opening up the capillaries of the constipated liver by:

Applying a cotton or flannel cloth which has been soaked in hot castor oil over the area of the liver (on the right side of the body under the rib cage)

Place a wet, wrung out **HOT TOWEL** over this cloth and a **HOT WATER BOTTLE** over that.

Keep the fomentation warm for 20 minutes

Then alternate with **A Cold Towel Fomentation** for **FIVE** minutes.

Repeat the hot fomentation and then the cold. This can be continued for about an hour and a half.

This has relieved pain of congestion in the liver and other organs such as the gall bladder and the pancreas.



Mullein and Lobelia Fomentations

The salve or fomentation using 3 parts mullein and 1 part lobelia, has reduced pain and swelling in the lymph nodes of the neck, under the arms, the breasts, the groin, and in other organs such as the thyroid gland.

You can use the salve or make a strong tea of the above herbs and soak a cotton or flannel cloth in the tea. Apply this to the affected area. The mullein has a pain-relieving action without being a heavy narcotic; while the lobelia acts as a thinking herb and helps the body eliminate waste accumulation either through the bowel or through the skin.



Mullein oil (especially that made from the flowers of mullein and olive oil) is a great pain remedy for earache: Place the mullein flowers into a jar or wide-mouthed bottle, add sufficient pure olive oil to show an inch of oil above the flowers, stopper and shake well. Place in a warm place or expose to the sun for 14 days, macerating or shaking well every day. Pour off and press out the oil and bottle (do not cap or cork tightly when cold, then allow to heat or else the expanding air will break the bottle.) Take 2-3 drops of the warm oil in the ear, two or three times a day, or rub on the affected part.

Oil of garlic can be made in a similar way. Crush or chop several bulbs of garlic. Put these into a flat Pyrex baking dish, covering them with olive oil. Put the dish out into the sun for about 5 hours a day, for 3 days. Take the dish inside at night. Strain the oil and bottle. If it is inconvenient to use the sun, the dish may be placed in a warm oven (lowest setting) with the door open or on a radiator. Use 2-3 drops in each ear, massaging the area around the ear.



Comfrey

A comfrey fomentation or poultice can be effectively employed to reduce the pain of cell deterioration. The allantoin in it supports the proliferation of healthy cells. An outgrowth of the comfrey fomentation is the Bone, Flesh & cartilage fomentation. We have had great success with this formula in cases of severe arthritic pain, torn ligaments, muscle injuries, and the like. The B.F. & C ointment can be used for convenience sake, but the fomentation is more effective. Marshmallow and marigold ointment is a wonderful, soothing healer for cuts, scrapes, burns and other wounds.



Plantain Ointment



To relieve the pain of insect sting or spider bite, plantain ointment or crushed plantain leaves will help. It is effective even when blood poisoning has set in. The red streaks will disappear and radiate back toward the source of the bite or sting.



Nervine Herbs for Nerve Pain—by Dara Dietz

I recently discovered, first hand, how valuable the nervine herbs are for relieving nerve pain. What you might call a “fire ball” of pain had developed in my knee. None of the regular herbal remedies were bringing any level of relief. Searching in Dr. Christopher’s writings I found a reference to **the use of nervine herbs for nerve pain**. I applied the **General Nervine Tonic** directly from the bottle to the painful area on my knee. It was



as if I’d taken a fire hose to the pain. Just wiped it out. I was amazed. The relief lasted about three hours. When it began to wear off I applied more. It continued to work. We quickly made a salve from the formula which continued to relieve the pain in my injured knee.



The General Nervine tonic is sedating, it makes me sleepy even when only applied to my skin. Which is why I decided to also make a salve from the **Nerve Regeneration Formula**, which does not contain the strong sedative herb, Valerian. It has been great at keeping the pain from coming back but has not proved to be as strong as the General Nervine Tonic.

Once the pain and inflammation was under control I began to work on building up my injured knee. It’s going to take time but I can see positive daily progress.

Over the next few months I discovered the salve worked great on the pain of **SHINGLES, NERVE INJURIES**, in fact if it is pain from an injured or pinched nerve this salve is helpful.



Cayenne Ointment

This ointment can bring temporary relief to internal pains of arthritis, stiff neck, muscle soreness, sprains, bruises and other aches. It can be applied to the chest during respiratory ailments to ease pain and help breathing. The heat generated by the capsicum increases circulation to the area and facilitates healing.



Sore Throat Pain by Dara Dietz

Sore throat pain can best be relieved by using the following remedy. Apply a simple ice poultice to the throat. Fold longwise and place a damp wash cloth in the freezer until it become solid, (20-30 minutes).

While the damp cloth freezes drink the following: A teaspoon of Herbal Antibiotic in a cup of hot water with honey to taste. Sip slowly allowing the herbs to wash repeatedly over the throat area.

When finished place the ice poultice around the neck using a hand towel closed with a safety pen to keep the poultice in place.

The application of cold to the throat area will cause fresh blood full of infection fighters to be drawn to the throat. The inflamed condition of the throat will be greatly benefitted in as little as 45 minutes. The amount of time it takes the body to thaw the ice poultice.

Topical Application:



Items Needed:

- ✓ Wash Cloth
- ✓ Hand towel
- ✓ Safety Pen



Wet Wash Cloth



Fold Wet Cloth to fit around neck.



Place in Freezer until frozen solid About 20 minutes



Place Ice Poultice snugly around Neck.



Cover with hand towel and secure with Safety Pen.

Leave poultice in place until warmed. This takes about 45 minutes. No drinking or eating during procedure.

Other remedies from Dr. Christopher, include a cup of ginger tea made from freshly grated or dried-powdered ginger root will alleviate pain and stimulate the area to be healed. A glass of water or juice with a little cayenne stirred into it is also helpful. The cayenne tincture may be dropped into the back of the throat as well. The herbal antiseptic tincture is a certain cure for sore throat pain, but only very brave souls can tolerate the taste.

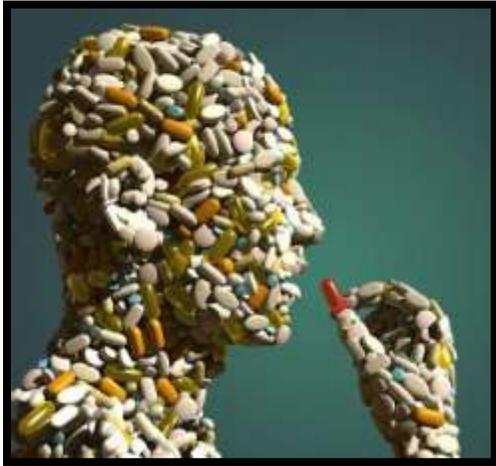
Toothache

A toothache can be devastating. **The Tooth & Gum formula applied with a Q-tip to affected area has been proven very beneficial for pain relief.** Other suggestions are either:

- Oil of cloves,
- Oil of cinnamon,
- A crushed piece of fresh garlic,
- A few drops of tincture of cayenne,
- A few drops of the herbal antiseptic tincture.

Of all the above temporary treatments, the **Tooth & Gum tincture works best.** It contains oak bark, myrrh gum, comfrey, golden seal, garlic, and cayenne in a base of pure grain alcohol. **We have had cases where the toothache was dispelled after one application.**





Americans spend over \$50 billion dollars annually on chronic pain. This figure only includes time lost from work. It doesn't take into account all the pain killing drugs that are prescribed for various disorders. Here's the real case for drug abuse. Valium is one of the most frequently prescribed pills in the nation. It's given freely for headaches, backaches, stress, strain or sprain. Anywhere instant relief is needed. The side effects are atrocious: mental confusion, blurred vision, misjudgment, poor motor coordination, and depression. Thousands of men and women drive and work under the influence of these insipid, inorganic tranquilizers daily. Our senior citizens are not exempt either. Some of these people are even actively campaigning to get our youth to stop using dope!

Scientists have isolated an active principle found in valerian root, valerianic acid, to make Valium. However, as mentioned in a previous newsletter, synthesized substances can become deadly poisons in the body. Why not use valerian root in its safe, wholesome state to feed and nourish the nerves?

HEADACHE PAIN

The combination of wild lettuce and valerian root, used as a tincture, or capsules, can relieve headache, stress, neuralgia, etc. Of course, we always must look to the cause.

An Ice Towel around the head is a very effective treatment for the worst headache. This is Hydro Therapy at its best.



Wrap Ice Towel around head

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1

Wet towel & fold in thirds



Place in Freezer until icy; about 45 minutes

2



Place legs in bucket of hot water.

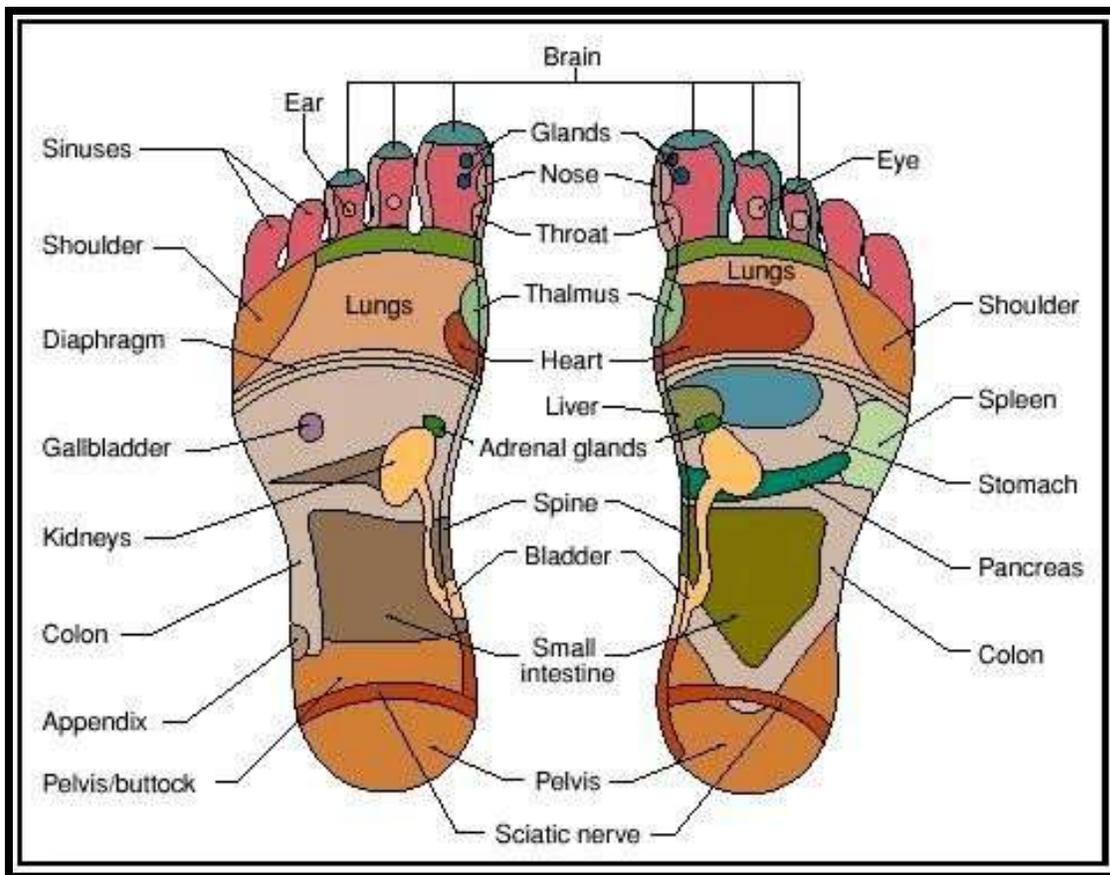
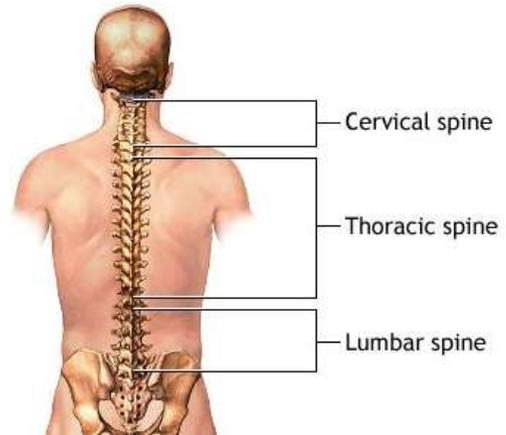
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This will drive congestion from head while pulling excess blood to the legs. The headache in most cases will begin to dissipate in 10 to 15 minutes.

Maladjusted Spine

A maladjusted spine can cause pain in other organs in the body. Nerves having an improper food supply have the power to pull bones out of place. **One can often relieve pain by seeing that the spine is properly aligned.** This includes an entire program of food, exercise, distilled water, and a healthy mental outlook.

A good program includes zone therapy, (aka: Reflexology) the art of applying pressure to various parts of the feet with the hands. The body is divided into five lengthwise zones on each side; zone 1 is in the middle of the body and includes the middle of the head and extends downward to the great toes. Zone 2 is on either side of zone 1 etc. There are energy currents that flow through these zones. Oftentimes crystalline waste deposits will collect in the feet and affect the organs in one of the 5 zones.



By exerting pressure in the soles of the feet, we can disperse these deposits and cause the energy flow to be restored once again. Over the years, many patients came to Dr. Christopher seeking relief from some excruciating pain. Sometimes a ten minute zonal therapy session has relieved years of chronic pain. The diagrams will show you where the zones of the feet are located. If the foot is tender in the area of a particular organ, you can unblock the energy by applying pressure with the tips of the fingers in a circular motion. Zonal therapy should only be done every other day and never on pregnant women.

Heart Attack Pain



We need to maintain a healthy heart through diet and exercise. However, if the need should arise for a quick heart attack remedy, you have it here; stir one teaspoonful of cayenne pepper extract into a glassful of hot water. Have the victim drink this down quickly. The heart attack pain will cease within a minute. On all of Dr. Christopher's heart attack cases, he never lost a patient.

Hawthorn berry syrup should be taken regularly in order to rebuild an unhealthy heart. This herb has been used for centuries as a cardiac tonic.



Love is the Best Pain Reliever



Pain and suffering can originate in the mind as well as the body. Negative emotions such as anger, hatred, and selfishness can predispose a human being to physical anguish. All the major religions of the world teach cultivation of love for humanity as a means to salvation. Often contemplation or meditation on spiritual principles is taught in order to create peaceful states of mind. A by-product of meditation is stress reduction and the ability to cope with worldly stress.

Some people have adjusted to pain. They have learned to live with it. Others are suffering and they don't even know it.

Pressure points of zone therapy can relieve pain.

As Kulvinskas states:

"Pain is stress greater than an organism can bear easily. Pain serves to intensify experience but it can also be destructive if too intense. We should avoid undue pain to ourselves and others. Sometimes we must wait for the development of harmony with other people so that we can fully share our experiences with them and give and receive love in the fullest sense. This is especially true in regard to personal love relationships.

"Above all, it must be remembered that love is the most important thing in life. We should seek only that happiness which is the happiness of all. As soon as we are ready to give in love, then God...supplies us with unlimited power and resources."

Even the power to turn off pain.

