

A Mind-Body Approach to Pain Relief

If you are looking to replace or supplement prescription medications for pain relief, try one (or more) of these six approaches:

- 1 Exercise:** Get your heart rate up to release endorphins, the body's natural painkillers.
- 2 Massage:** Accept a healing touch to increase blood flow, circulation and release stress.
- 3 Meditation:** Practice quiet mindfulness through meditation to calm your body.
- 4 Acupuncture:** Stimulate endorphins and relax muscles through this ancient healing practice.
- 5 Yoga:** Ease muscle tension through stretching and gentle postures.
- 6 Music:** Engage your brain's opioid system through whichever genre you prefer.