

Three herbs for pain relief



Course booklet

Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on herbs for the natural pain relief.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

Safety

Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

Herbs and particular medical conditions

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

Herbs, pregnancy and breastfeeding

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (Ginkgo biloba) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia*.

Home pharmacy

You can find out more about how to make herbal home remedies in my free eBook [Kitchen pharmacy](#).

Three herbs for natural pain relief

Meadowsweet tea



Meadowsweet is a natural anti-inflammatory and mild pain reliever.

Take 1 - 2 tsp per cup of hot water and steep for 15 minutes, strain and drink. Take between 1 and 3 cups of this tea a day.

Turmeric capsules



Turmeric when taken correctly can have many health benefits and as it **does not interact with any medications or conditions** it is safe to try at home.

Turmeric is a fantastic anti-inflammatory and many people switch from drugs like Ibuprofen to turmeric but if you're going to try that yourself you need to remember

that you'll need about 4 turmeric capsules per the equivalent Ibuprofen standard dose.

Turmeric also has mood balancing properties so can be helpful for people with depression and anxiety, it is also an immune system booster so you can take it for colds and flus and as a preventative for those (it's great in a [fire cider!](#)).

Cayenne Pepper / Chili Pepper ointment

Cayenne pepper or chili pepper is actually describing many different types of chili, the original was thought to be *Capsicum annum*. Different chili pepper can be used and you are only really limited to your bravery!

Cayenne plasters are being tested in hospitals in the UK after their success in the USA for reducing the pain of lower back pain. These are applied in a similar way to heat pads.

To make your own pain relieving ointment

1. Make or buy a chili/cayenne infused oil (here's a video on [how to make an infused oil](#))
2. Make an ointment with that oil (here's a video on [how to make an ointment](#))
3. Apply to the area in question - **remembering to wash your hands thoroughly after use!**

What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).