



VillageGreen[®]
Apothecary

Individualized Nutrition, Pharmacy & Healthy Living

Pain Management Protocols

If you are one of the millions of pain sufferers, then you know that it can be both physically and emotionally burdensome. Chronic pain especially, can impact work productivity, ability to sleep, energy levels, concentration, social relationships, and overall enjoyment of life. Whether it is migraines, back pain, nerve pain, joint pain or any other type of pain, we have found that individuals experience the greatest relief when they take a comprehensive approach. This means incorporating both internal and topical support that utilizes high quality products including nutritional supplements, herbs, and homeopathic remedies, as well as recommended custom compounded formulas.

As an integrative pharmacy, we field numerous questions daily regarding natural and pharmaceutical recommendations for pain management. We have collaborated with doctors, nutritionists, pharmacists, as well as innovative manufacturers to create protocols to address both acute and chronic pain. Because we have received such great feedback regarding these recommendations, we want to share them with you, with the hope that they can help you too.

We look forward to providing you with products and services to help you feel your best, and answering any questions that you may have. We are here as a resource for you.

For mild and moderate pain, begin with the foundation support listed below. See the reverse side for additional recommendations based on specific conditions.

Foundation Support for Pain Management

Internal Support:

- **Specialized Curcumin Compound** – high-potency curcumin formula, uniquely designed for enhanced bioavailability – available by prescription* (2 capsules daily for mild pain or 3 capsules daily for moderate pain) or **Pathway Inflammove** (3 capsules up to three times daily prior to meals).
- **Pathway Super Omega-3 fish oil** – promotes a healthy inflammatory response (2 soft gels twice daily with food).
- **Traumeel® tablets** – combination of 12 homeopathic ingredients that work together, complementing the body's natural processes to address joint, back and muscle pain, which may lead to improved mobility (1 tablet three times daily).

Topical Support:

- **Magsoothium cream or spray (recommended for mild pain support)** – transdermal magnesium, also containing arnica and peppermint to enable a faster recovery from aches and discomfort. Apply to the area as often as needed.
- **After the Game spray (recommended for moderate pain support)** – unique formula that combines magnesium, witch hazel, arnica, lobelia and zeolite for relief from joint/muscle aches and injuries. Apply to the area as often as needed.

Therapeutic External Support:

- **Incrediwear low/non-compression braces (for elbow, knee, wrist, back, ankle) and socks** – incorporate patented anion technology and contain a blend of germanium, bamboo, and charcoal that increase blood and oxygen flow, modulate inflammation and pain, and increase range of motion and mobility.

*For the specialized curcumin compound prescription, contact Margo Gladding, CNS, LDN at 301-530-0800 x1025.

Condition-Specific Support

General Non-Joint Pain: For acute or chronic conditions not involving joints, such as back pain, neck pain, shoulder pain, post-surgery, sore muscles, sports injury, accident recovery, trauma, plantar fasciitis, fibromyalgia, headaches, restless leg syndrome, shin splints, etc.

Mild Pain Management

- Follow recommendations listed in Foundation Support (see front page)

Moderate Pain Management

- Follow recommendations listed in Foundation Support
- **Pathway Prolyt** (proteolytic enzymes) – 2 capsules twice daily between meals

Joint Pain: For acute or chronic conditions involving joint pain, such as arthritis, tennis elbow, knee pain, disc pain, Lyme disease pain, etc.

Mild Pain Management

- Follow recommendations listed in Foundation Support
- **Pathway Joint Health Formula** – 3 capsules twice daily between meals

Moderate Pain Management

- Follow recommendations listed in Foundation Support
- **Pathway Prolyt** – 2 capsules twice daily between meals
- **Pathway Joint Health Formula** – 3 capsules twice daily between meals

Nerve Pain: For acute or chronic conditions involving nerve pain, such as peripheral neuropathy, pinched nerves, Carpal tunnel syndrome, shingles, sciatica, Reynaud's disease, diabetic pain, etc.

Mild Pain Management

- Follow recommendations listed in Foundation Support
- **Pathway Vitamin B-12** (methylcobalamin 5 mg) – 1 sublingual daily

Moderate Pain Management

- Follow recommendations listed in Foundation Support
- **Pathway Vitamin B-12** (methylcobalamin 5 mg) – 1 sublingual daily
- **Pathway Antioxidant Formula** – 2 capsules daily
- **Xymogen® Benfotiamine** – 2 capsules twice daily

Severe Pain Management

For individuals experiencing severe pain, our compounding pharmacy has the ability to create customized pharmaceutical and nutrient-based topical formulas that can help bring targeted relief to the affected area. Topical pain relievers present a safer alternative to oral prescription pain medications because they bypass the digestive system, so there is little or no risk of side effects to any internal organs. In addition, they pose little risk of drug interaction. And, they do not carry a concern of addiction, unlike some prescription pain relievers.

Our pharmacists are available to speak with you and your physician to create a personalized treatment plan that can address your unique needs. Call 301-530-0800 x6 to learn more.

For further information, contact: Margo Gladding · 301-530-0800 x1025 · margo@myvillagegreen.com
For online scheduling with a practitioner, go to: www.myvillagegreen.com (click on "Schedule a Consultation")

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Please note that several of the products recommended in this protocol may potentiate the effects of blood thinning medications and may be contraindicated in the presence of gallstones.

The information in this document is not intended to be a substitute for advice or treatment from a qualified physician, nor is it intended to diagnose or treat a health problem or disease. Consult your physician prior to starting any new health program or if you have any questions regarding a medical condition.