

## Chronic Pain: Non-Narcotic Treatment

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- Nutrition
  - Balanced diet
  - Thiamine (B1)
  - Folic Acid
  - Magnesium
- Relaxation/Stress Management
- Herbal Supplements
  - Kava kava
  - Valerian root
  - Chamomile
- Aromatherapy
  - Sandlewood
  - Lavendar
  - Ylang ylang
  - Bergamot
- Massage
- Accupressure/Accupuncture
- Non-narcotic medications
  - Antidepressants – Prozac/Fluoxetine, Elavil/Amitriptyline, Pamelor/Nortriptyline, Effexor/Venlafaxine
  - Anticonvulsants – Neurontin /Gabapentin
- It is advised that you check with your physician before starting any new therapy, supplements, aromatherapies or medications.

