6 Potent Natural Pain Relievers For Preppers

Preppers understand better than most that in a really bad total SHTF situation certain things everybody always takes for granted just won't be 'granted' anymore in the foreseeable future.

Medications, especially prescription pain killers, will be more valuable than gold, that is if you ever even see them again. And then they'll likely be from an untrustworthy, unsafe, black market venue. They might not even be genuine drugs, but something else some desperate survivor is trying scam out for trade.

Prudent preppers make a serious effort to stockpile their necessary personal medications in advance but doctors and pharmacies don't like to allow that with pain drugs for obvious reasons. There are some over the counter medications that one would be advised to have an additional supply stock of in any event like Aspirin, Aleve, Ibuprofen, and etc., that might help but these will also be scarce as time passes.

These also would not be nearly as effective for reducing pain as prescription drugs. It's bad enough that the whole world around you becomes a pain in and of itself, but to make it worse by having no relief from your personal illness pain if you have a severe condition, is like throwing gasoline on the fire. Many would also die without their meds, or be in so much pain as to be dysfunctional.

A Good Solution

Fortunately there is an esoteric form of herbal and plant science dealing specifically with pain that will solve the problem. After the avariciously corrupted Big Corporatist

Pharma shackled and enslaved humans with proprietary government sanctioned pharmaceuticals, this ancient herbal art was all but lost in modern times and secretly kept alive only by dedicated below radar practitioners.

There are numerous varieties of herbs and plants and concoctions that work as good and sometimes even better than standard prescription drugs if you know what to use and what you are doing. These natural remedies, and even cures, are often better in other ways because they don't have the harmful side effects that most prescription drugs have.

It is a well known fact in the esoteric enclaves that big pharma's M.O. is to alter the molecular properties of original organic compounds from which they make their drugs so they could patent them for mega profits. They also throw in one more evil element of population control to please their strange bedfellow, the totalitarian regime.

They intentionally make the drugs, especially the opiate derivatives, in a way that creates a systemic resistance in your body over time requiring more dosages to sustain the pain relief. Essentially this is what creates an 'addict', which finally brings the masses under the control of the government because you can't legally get strong pain relief anywhere else! (This, by the way, is another one of the ways they'll prohibit you from owning a gun. There's a data base on prescription drug usage already. You will be deemed "not in complete cognitive presence of mind" if you are on pain meds, ie. having mental issues, and therefore you are too dangerous to have a gun).

So here are a few good alternative ingested herbal pain killers used for centuries—still NOT government regulated, at least at this writing—that will work for you in an emergency, or which also might work for you instead of expensive GMO prescription drugs you might now be using, and without the addictive or withdrawal characteristics of refined opiates.

1. Wild Opium Lettuce (Lactuca Serriola)

WOL is found almost anywhere and in many parts of the U.S. and it is, ironically, considered to be an invasive weed. The milky latex sap in the leaves contains the pain killer and looks similar to the sap of the opium poppy, hence the name.

Usually the O-lettuce sap is scored/scraped/squeezed from the leaves and stalks and ingested orally or mixed with juice, or made into a tea. Or even smoked for maximum fast effectiveness. The effect is a whole body numbing that relieves muscle and joint and inflammation aches and pains. O-Lettuce also works for bad coughing and helps to induce sleep. It is known as a safe, effective pain reliever without side effects or addictive properties.

2. Kava Kava (Piper Methysticum)

A healthful tonic/drink made from kava briefly made it into commercial popularity a few years ago and then quickly faded away. This was because it was so good that Big Bad Pharma couldn’t stand the competition and launched a back door bad mouth study campaign falsely claiming that it was a dangerous substance and caused all the bad side effects that only their FDA sanctioned pharmaceuticals are ‘allowed’ to cause.

In fact, Kava Kava is a popular medicinal plant indigenous to locations like Hawaii and Fiji with a well documented track record for relieving stress and particularly soothing for headaches and tension related body and muscle anxiety such as Fibromyalgia with overall systemic pain reduction.

The University of Minnesota found that Kava contains special ingredients like Nuciferine which is an anti-spasmotic helpful for preventing epileptic episodes and other brain disorders. Additionally this plant is being studied for its potential to reduce the formation and spread of nascent cancer cells.

3. Blue Lotus (Nymphaea Caerucea)

This plant provides a bounty of beneficial pain mitigating attributes besides its overwhelming natural beauty. Its main pain reduction properties are used for migraines, severe muscle spasms, Tinnitus, and also works well for systemic pains like menstrual cramps and various moderate body aches and tension.

It is not a true Lotus because there are no ‘blue’ members of the lotus family. It is actually a water lily found mostly in ponds. It’s potency is increased when combined with an alcoholic beverage and its muscle relaxation and feeling of well being and euphoric properties are enhanced to a point where some cultures have used this combination as an aphrodisiac.

4. Kratum (Mitragyna Specios)

A native tree of Thailand, but can be grown in warmer climates like California or indoors. Kratum, particularly the Red Vein Kratum variety is often used for severe pain from traumatic injuries like broken bones or torn muscles. It is compared to Oxycodone in its potency but without the addiction problems and side effects.

Red vein kratum is so ‘threatening’ to Big Pharma that they felt the tyrannical need to do something about it—even though it is not a narcotic or controlled substance—so they had their vitamin Police, the FDA, launch a raid on a Kratum importer in California to seize many thousands of pounds from their warehouse in 2014. The authorities got them on violating a ‘regulated prohibition’ on selling any substance as a medical treatment without a proper license or other special approval by the FDA. Similar to what they did with unlicensed Naturopathic practitioners, or herbologists who prescribe certain vitamins or natural compounds for their customers.

You cannot directly prescribe anything to anyone, and then sell them the actual product, if you are not licensed as a doctor or other specifically licensed or certified professional. If you are a vitamin/health store you can only inform people –as we are doing here– as to what you sell is used for, but you can't specifically and intentionally prescribe it. This heinous crime is called 'practicing medicine without a license'. It's a grey area and usually only enforced if somebody complains formally. You are only allowed to 'practice medicine' on yourself if the substance is not illegal.

Kratum is not (yet) illegal and you can still find it at certain health food stores specializing in organic herbs or online but it might be selling under a different name so you have to research it. Some so called head shops also sell it as a form of incense or aeromatic therapy to avoid unwanted scrutiny.

5. Boswellia and Rhus Toxicodendron

Boswellia is an herb widely used in Ayurvedic medicine in India to treat both forms of serious Arthritis and Rhus Toxicodendron is a homeopathic remedy derived from poison oak specifically used for Arthritis conditions that include early morning flare ups but improves with motion. Taken in complimentary dosage their synergistic effects are claimed to be highly effective.

6. White Willow Bark (Salix Alba, S.Fragilis, or S.Purpurea)

The bark from these willow trees contains the compound Salicin and is a well known general anti-inflamatory remedy much like common Aspirin. Maybe because it is where commercial Aspirin comes from, of course not without typical Big Pharma modifications.

People have been chewing on or making tea concoctions from willow bark for centuries. It does have blood thinning properties like over the counter Aspirin so one must know that if they are on prescription blood thinning medications.

WARNING!

As with any substance taken internally, there is always a potential for serious abuse. And if you are on other medications for your pain problems, of course you must always check with your doctor before taking any other medications. You know, like if you have high blood pressure or a heart condition and want to take vitamins like lecithin, potent omega 3s and other such alternatives to the Warfarin rat poisons they are currently killing you with because then your blood might thin out too much? Well, really?

Makes one kind of compelled to ask the insolent question as to why, then, don't they just use the natural remedies in the first place? One doctor told somebody I know that it's because…'these natural substances are not yet vetted and approved by the FDA/AMA for their safety and effectiveness.' And, of course, they never will be approved. Especially if they are too common and widespread for Big Pharma and the government to sequester so they can't be profitable just by changing a molecule and getting a patent on it.

So as with anything else you consume, do your own diligence and research before using any alternative substances. Specifically concerning proper dosages and contraindications. There's plenty of info on the above out there for you to arrive to your own conclusions by being well informed on the details you need to know beforehand.

NSAIDS:

The Painful Truth Behind Painkillers

Non-steroidal anti-inflammatory drugs (NSAIDs) are widely used to treat arthritis, injuries, and other painful conditions. While there are over 70 million prescriptions worldwide, NSAIDs are among the most dangerous medications on the market.

They are linked to potentially devastating side effects, particularly in the **elderly.**

IN THE USA:

100,000 people who take NSAIDs are hospitalized every year.

Approximately

15,000 die

Side Effects of NSAIDs

Cardiovascular Problems
40-60% increased risk
compared to non-users of NSAIDs.

Hearing Loss
25% of 27,000 men
are diagnosed with hearing loss.

Heart Failure
60% increased risk of congestive heart failure
Also a 2011 study found that NSAIDs can increase your risk of heart attacks.

Gastrointestinal (GI) Complications
such as bleeding, abdominal pain, heartburn, nausea, and vomiting.
7,000 people in the US are hospitalized
due to GI problems. In rare cases, some patient's experience GI bleeding.

Allergic Reactions
10-30% increased risk of allergic reaction
for individuals with ASTHMA, when taking aspirin and/or other NSAIDS.

Miscarriage
80% risk of miscarriage
associated with NSAIDs and aspirin use.

NSAIDS are used by
60 Million Americans

NSAIDs are prescribed to

39% FEMALE

29% MALE

Americans over 74 years old each year

Most Common Types of NSAIDs

Diclofenac (Voltaren)

Approved in 1979, Diclofenac is the **most widely prescribed NSAID** worldwide. It is the **third most prescribed painkiller** in Canada and in England. **60 million** people were prescribed.

⚠ This drug increases your risk of cardiovascular conditions by **38 to 63 percent.**

Ibuprofen

First introduced in the United Kingdom in 1969, this over-the-counter NSAID is commonly used by athletes and patients who have osteoarthritis-induced knee pain.

In 2007, there were about **12.7 billion** ibuprofen tablets released into the market. **17 percent** of adults were taking the drug.

⚠ This drug is linked to miscarriages and problems with pregnancy.

Celecoxib (Celebrex)

This painkiller was created in December 1998 to treat colorectal polyps and rheumatoid arthritis.

In 2011, over **two million** Americans received a prescription for this drug.

⚠ This drug is linked to heart problems.

Naprosyn (Naproxen)

Approved in 1973, Naproxen was used between 2006 and 2008 by **500,000** patients.

⚠ This drug is associated with an increased risk of developing blood clots.

Acetylsalicyclic Acid (Aspirin)

The **oldest and best known** NSAID.

⚠ This drug increases risk of heart attacks in men ages 45 to 79 and can worsen urticaria and angioderma in asthmatics.

NSAIDs Withdrawn for Safety Concerns

September 30 2004

An NSAID called Rofecoxib (VIOXX) was withdrawn by its manufacturer from the market after it was associated with **heart problems**

- more than **60,000 people** were killed due to heart problems
- about **88,000 to 139,000 Americans** experienced heart attacks

2004-2005

Celecoxib (CELEBREX) is one of the most common NSAIDs but it has already been withdrawn from the market in some countries, including Turkey. In 2004, it has received a **BLACK BOX WARNING** on its label in the US in 2005.

April 7 2005

The NSAID Valdecoxib (BEXTRA) was voluntarily removed from the market by its manufacturers because of numerous reported cases of **serious skin side effects.**

155 reports around the world were made before it was withdrawn.

November 19 2007

Lumiracoxib, or PREXIGE, was suspended in the United Kingdom due to complications linked to this NSAID. Some of these complications include:

- 19 cases of severe hepathic reactions -
- 15 of those were cases of **hepathic failure.**
- 3 had to get **liver transplants,** and
- 2 resulted in **death.**

2002 & 2007

NIMESULIDE was withdrawn from several countries, such as

in 2002: SPAIN, FINLAND

in 2007: SINGAPORE, IRELAND

Eliminate NSAIDs from your life!

TRY THESE **NATURAL** WAYS TO ADDRESS PAIN

REDUCE GRAINS & SUGARS

Eliminate or radically reduce most grains and sugars from your diet. This helps you avoid elevated insulin and leptin levels, which can lead to or exacerbate inflammation in your body. Eliminating sugar and grains will radically reduce inflammatory prostaglandins.

VITAMIN D

Optimize your production of vitamin D through regular, appropriate sun exposure, which will work through different mechanisms to reduce your pain.

OMEGA-3

Take a high quality, animal-based omega-3 fat, such as krill oil. Omega-3 fats are precursors to mediators of inflammation called prostaglandins.

STRESS-RELIEF

Use effective stress relief tools, such as the Emotional Freedom Technique (EFT). EFT can address stress in your body and any emotional trauma, which can predispose you to immune dysfunction.

NATURAL ALTERNATIVES

Use safe alternatives for temporary relief while you are in the process of implementing these strategies. Natural options include ginger, boswellia, bromelain, and cayenne cream.

GROUNDING

Walk barefoot outside. Also known as Earthing or grounding, this practice will allow you to receive a surge of electrons from the Earth, which have antioxidant effects that can protect your body from inflammation.

SOURCES:

See more infographics here:
http://www.mercola.com/infographics.htm

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The Nitty Gritty

In their greedy mentality what the AMA and FDA have willfully lost sight of is that keeping the masses addicted to narcotic pain killers is simply not healthy or ethical and has recently become a major criminal conspiracy because of the massive over prescription epidemic by doctors to their patients just for the asking. (More people have died from this AMA sanctioned aberration than any deaths or injuries by any so called assault weapons!)

However the truth is that the perverse psychology in the corrupt venue of medical corporatism is that it is more profitable to simply keep 'treating' people with drugs and other useless therapies until they die. As opposed to simply curing them quickly and preventing future illness and promoting healthy longevity by creating an environment absent of unhealthy foods and poisons so addictive drugs are not so necessary.

Alternative/complimentary medicine and advanced health and nutrition supplementation are anathema to Big Pharma corporatism. Never mind that for thousands of years beforehand between Chinese and Ayurvedic and Native Indian medicines and natural healing science, there is actually a 'cure' in these ancient archives for virtually all ailments and sickness known to man! And far more tonics and treatments along the way to gaining back optimal health!

For self reliant oriented preppers, it is a good skill to know at least a rudimentary production and application of herbal medicines you intend to use, and maintain an ongoing study of this vast and amazing science as time and resources permit.

At least stockpile the seeds or plants for some of these herb and plant remedies so that you can self sustain yourself when there is no other way to obtain them. There are many good beginner books on this subject, and if you search you'll find

outlets that sell the plants or seeds that you need.

*This article has been written by **Mahatma Muhjesbude** for [Survivopedia](#).*

DISCLAIMER: The data contained in this article are for informational purposes only, and do not replace by any means professional advice.