

MMJ Labs Releases Free Resource on Non-Drug Pain Options to Hospitals and Patients

"What Works for Pain" is an evidence-based list of non-drug pain relief options compiled and freely distributed by MMJ Labs, leaders in noninvasive pain relief.

ATLANTA, GA, USA, November 8, 2017

/EINPresswire.com/ -- As the industry leaders in noninvasive pain relief, [MMJ Labs](#) has created an evidence-based compilation of non-drug pain relief interventions. This comprehensive information sheet, titled ["What Works for Pain"](#), is being provided free for pharmacies, hospitals, and patients to help combat opioid use, and to help pain patients who no longer desire or have access to opioids.

"We have been researching noninvasive pain management for ten years," noted MMJ Labs founder and CEO Amy Baxter MD. "There are amazing people working on this issue, but government agencies and large corporations are by nature slow. People want options now, so we evaluated the data and created a resource patients can use."

Currently, the Agency for Healthcare Research and Quality (AHRQ) is undertaking a comprehensive study to analyze noninvasive, nonpharmacological treatment for chronic pain. While methodical analysis is important, MMJ Labs feels the urgency of the crisis requires a faster solution to prevent addiction and give patients options. MMJ Labs is filling this void with action-oriented resources that people in pain can begin using immediately.

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Mark Pew, Senior Vice President of PRIUM

Mark Pew, Senior Vice President of PRIUM (a division of Genex), educates on the need for opioid reduction and notes patient education is often lacking. "This infographic will help individual patients understand they have options. Real management of pain, not the over-sedation that comes with too many opioids, can only be accomplished with active patient engagement in trying non-drug treatments."

As a lecturer in procedural pain management, Baxter concurs. "I've been able to see what pain teams do all over the world.

Many interventions have excellent research support, but clinicians do not have easy access to these studies. As a small company founded in NIH research, we believe we are in a unique position to be



WHAT WORKS FOR PAIN

CURE *Ideal for when the underlying cause of pain is threatening to overall health*

- Treats the underlying cause of the pain and not just the symptom
- Can sometimes permanently eliminate the pain
- Expensive
- Invasive

SUPPLEMENTS *Ideal for chronic pain and inflammatory conditions.*

ORAL: MAGNESIUM, TURMERIC, DEVIL'S CLAW ROOT, BUTTERBUR, BOSWELLIA, OMEGA-3 FATTY ACID
 TOPICAL: CAPSAICIN/CAPSICUM, ANALGESIC CREAM, CAMPHOR, MENTHOL, COMFREY

- Very few side effects
- Often require long term use
- May be condition-specific
- Research often scant
- Need to check for interactions

PHYSICAL TREATMENTS *Ideal for acute pain, healing from an injury or surgery, and many chronic pain conditions*

VIBRATIONAL CRYOTHERAPY, MASSAGE, ICE, HEAT, ACUPUNCTURE, YOGA, FOAM ROLLERS, MECHANICAL TAPE, TENS UNIT, SWIMMING, POSITIONING PILLOWS, ULTRASOUND, HOT SHOWERS, COMPRESSION, ALPHA WAVES, STRETCHING, TRIGGER POINT DEVICES, BATHS, WEIGHTED BLANKETS, ORTHOTICS

- Variety of options to fit lifestyle & budget
- Non-invasive, non-addictive
- Can be combined for greater results
- Varying levels of proven effectiveness between different treatments
- May take time and experimentation to find right fit

MIND+BODY SOLUTIONS *Ideal for chronic and acute pain in combination with physical treatments*

MEDITATION, EMOTIONAL SUPPORT, PUZZLES, HUGS, SUPPORT GROUPS, PERSONAL FAITH PRACTICES, MUSIC, COOKING, DANCE VIDEOS, HIKING, GAMES, MUSEUMS, SETTING AND ACCOMPLISHING ACTIVITY GOALS (ACT), PROGRESSIVE MUSCLE RELAXATION, COGNITIVE REFRAMING, DEEP BREATHING, AROMA THERAPY, CALM AMBIENCE, GUIDED IMAGERY

- Sustainable treatment for chronic pain
- Fosters support systems
- Nearly infinite variety of distractions
- More effective than traditional pain therapy for some types of chronic pain
- Requires a difficult mental shift in thinking about pain

Not all treatments or supplements are appropriate for all pain conditions. This list contains evidence based interventions and physical therapy options evaluated by MMJ Labs which may not be appropriate for every pain condition. Check with your physician to determine optimal recommendations.

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What Works for Pain shows different non-drug pain options

the change we need to see until formal government resources are available.”

MMJ Labs’ Buzzy® device has [noninvasively blocked pain](#) from over 31 million needle procedures. After 15 years practicing emergency medicine, Dr. Baxter shifted her focus to finding additional pain-relief applications for the patented, noninvasive platform. MMJ Labs anticipates their research-based compilation could be offered to everyone who gets a pain prescription, from trauma and surgical patients before and during follow-up, to pain clinics, rehabilitation, and worker’s compensation programs as an educational resource. A “What Works for Pain” research bibliography is available on request. MMJ Labs is offering to customize the resource with the logo of any healthcare organization at no cost. Request a bibliography or personalized infographic copy at info@mmjlabs.com, or download the non-drug pain relief options resource as a PDF at <https://vibracool.com/pages/what-works-for-pain>

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Dr. Amy Baxter, Medical Doctor and Pain Researcher



MMJ Labs

PERSONAL PAIN CONTROL SOLUTIONS

MMJ Labs - Industry leaders in non-invasive, non-drug pain relief

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