

Herbal Pain Relief Cheat Sheet

Turmeric (Curcumin)

Best for: Joint pain, inflammation, arthritis

How it works: Blocks inflammatory pathways like COX-2 without gut damage.

How to use: 500-1,000 mg of curcumin with black pepper for absorption, or add to food.

Boswellia (Frankincense)

Best for: Arthritis, back pain, inflammatory bowel

How it works: Reduces leukotrienes, which trigger inflammation.

How to use: 300-500 mg extract, 2-3x daily.

White Willow Bark

Best for: Headaches, muscle pain, lower back pain

How it works: Contains salicin, similar to aspirin but gentler on the stomach.

How to use: Available in capsules or teas (caution if on blood thinners).

Devil's Claw

Best for: Osteoarthritis, muscle tension, low back pain

How it works: Anti-inflammatory and pain-relieving effects rivaling ibuprofen.

How to use: 500-1,000 mg extract with meals.

Ginger

Best for: Menstrual pain, muscle soreness, migraines

How it works: Inhibits inflammatory enzymes and prostaglandins.

How to use: Use fresh in teas or 250-500 mg supplements.

Capsaicin

Best for: Joint pain, nerve pain, shingles

How it works: Depletes substance P, which transmits pain signals.

How to use: Apply topically in creams (0.025-0.075%).

Arnica Montana

Best for: Bruises, sprains, muscle soreness

Herbal Pain Relief Cheat Sheet

How it works: Boosts circulation and reduces inflammation.

How to use: Topical gels and creams-do not ingest raw.

CBD (Cannabidiol)

Best for: Chronic pain, neuropathy, arthritis

How it works: Interacts with endocannabinoid system to reduce inflammation and pain.

How to use: Use full-spectrum oils, gummies, or topical creams.