



# A Mind-Body Approach to Pain Relief

Over 25 million Americans live with chronic pain—more than diabetes, heart disease and cancer combined. If your goal is to replace or supplement prescription medications for pain relief, make these six research-backed options a priority:

- 1 Exercise:** Exercise can reduce the pain associated with nerve damage and release endorphins, the body's natural painkillers.
- 2 Massage:** Some studies have found massage therapy can be helpful for digestive disorders, fibromyalgia and insomnia related to stress.
- 3 Acupuncture:** Modern science has found this ancient healing practice capable of rewiring the brain, by tapping into those areas that control our response to pain.
- 4 Meditation:** Meditation can relieve pain without the addictive side effects of opiate-based prescription drugs.
- 5 Yoga:** Another time-tested method, yoga can lessen severe back pain and reduce the risk of other unhealthy conditions associated with it (such as depression, anxiety and fatigue).
- 6 Music:** Scientists found members of community singing groups maintain or improve their mental health, by benefiting from ongoing feelings of belonging and well-being.

Sources include Harvard University, International Anesthesia Research Society, Mayo Clinic, National Institutes of Health, University of East Anglia, Wake Forest Baptist Medical Center

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