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## **Great Ways to Treat Chronic Pain Without Medication**

Amidst the opioid crisis in the United States, health professionals continue to seek out drug-free ways to treat patients with chronic pain. While the condition is sparked by everything from traumatic injury and poor posture to underlying diseases such as cancer and fibromyalgia, studies suggest that chronic pain sufferers can experience relief without the use of drugs and their harmful side effects.

Here, [Bakersfield Family Chiropractic](#) takes a look at some of the latest therapies being incorporated into safe treatment programs.

### **Cognitive behavioral therapy**

Though [Cognitive Behavioral Therapy](#) isn't exactly a new topic in the health industry, it's making recent headlines as a medication-free form of therapy. [CBT](#) is a form of talking therapy designed to change the way patients deal with pain, including adapting to it and coping with it. Treatment may also include relaxation training, planning fun and distracting activities, and guided exercise with the intention of improving the quality of life physically and mentally.

It's interesting to note that some of the same research also suggests that there is no evidence that opioids can treat chronic pain for more than a year, hence the reason why there's so much misuse, addiction and death. For clarification, CBT is not the same as traditional psychotherapy, another treatment widely used by chronic pain patients in an effort to cope.

### **Complementary health therapies**

While the combination of yoga, getting a massage, acupuncture, and tai chi may sound like a spa getaway, according to copious clinical trials, these [complementary health therapies](#) have been known to ease pain and impart short-term relaxation for chronic pain patients of all kinds. Not to mention that they are sustainable methods of treatment.

### **Diet and exercise**

No matter what treatments someone with chronic pain chooses, diet and exercise shouldn't fall by the wayside. Walking, swimming, the elliptical trainer, and biking are perfect [cardio exercises](#) that can build strength and endurance without being too taxing on the joints. Strength training can be done with or without weights depending on the severity of the condition. As an added bonus, mood-boosting endorphins contribute greatly to the depression associated with chronic pain.

Many people find added motivation by using a smartwatch to track their exercise, which can help track progress, offering a mental health boost. You can even [personalize](#) your watch with a trendy sports band. If you're hesitant to get a [smartwatch](#), consider the different benefits, particularly if you're a business owner.

When it comes to diet, following an anti-inflammatory diet rich in fruits and vegetables, lean proteins, fish, nuts and legumes, antioxidant-rich herbs and spices, and whole grains has been [proven](#) to reduce inflammation and pain.

### **Weigh your options**

Just because there are different modalities of treatment out there doesn't mean it's for everyone. However, by following the core elements of a healthy lifestyle conducive to relieving chronic pain symptoms, the patient is better equipped to positively impact their overall health. It's still important to [work with a doctor](#) who specializes in chronic pain and is privy to alternative, safer forms of treatment. Together, a patient-doctor team can determine the best recipe to help take control of chronic pain.

*If you suffer from chronic pain, [Bakersfield Family Chiropractic](#) can help. We offer a different approach to chronic pain, giving patients the tools necessary to help them better manage their symptoms. To learn more about what we do, please schedule an appointment.*