



# PAIN HACKS

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**BIOHACKING PAIN:  
FRINGE, LITTLE-KNOWN  
METHODS TO BANISH  
PAIN FOREVER**

**BEN GREENFIELD**

## **BEN GREENFIELD'S PAIN MANAGEMENT AND RECOVERY RESOURCES**

Articles and Podcasts:

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[How To Get Extreme "Okinawan" Strength, 3 Ways To Fix Low Back Pain & The Best Core Exercises With Stu McGill](#)

[How To Treat Your Own Joint Pain \(Without Visiting An Expensive Doctor or Therapist\)](#)

[How A 6'7" Tall-Ex-Wall-Street-Trading-Fraternity-Boy-Jock Fixed His Debilitating Back Pain And Naturally Healed His Body](#)

[How To Banish Forearm and Elbow Pain, Burn Calories, Build Endurance & Maintain Muscle While Writing](#)

[26 Top Ways To Recover From Workouts and Injuries with Lightning Speed](#)

[The Single Injury That Is Responsible for More Than 75% of the Pain You Have While Exercising](#)

## Pain Management Tools For Your Home

### DISCLAIMER:

*I am not a doctor and this is not to be taken, interpreted or construed as medical advice. Please talk with a licensed medical professional about this. These are just my own personal thoughts and not a prescription or a diagnosis or any form of health care whatsoever.*

### Books

[Healing and Recovery](#) by Dr. David Hawkins

[Becoming a Supple Leopard](#) by Kelly Starrett

[Fascia: What It Is and Why It Matters](#) by David Lesondak

### Website

[MobilityWOD](#)

### Body Massage Tools

[Foam Rollers](#) – check out my [foam rolling videos](#)

[Lacrosse Balls](#)

[MyoBuddy](#)

[Yamuna body rolling balls](#)

[Rollga](#)

### Electrostimulation Devices

[Compex](#)

[MarcPro](#) – use code **Ben** to get \$32 discount

## [EarthPulse](#)

### Infrared Devices

[JOOVV Light Max](#)  
[Clearlight infrared](#)

### Supplements and Natural Remedies

Proteolytic enzymes which you can get from [Kion Flex](#)  
Amino acids found in [Kion Aminos](#)  
[Magnesium Lotion](#) – apply this before attaching an electrostimulation device

[Curcumin](#)

[CBD](#)

[White Willow Bark](#)

[Turmeric](#)

[Tart Cherry Juice](#)

[Plant-based minerals](#)

### Other Good-to-Have Items

[Knee Pillows](#)

[Kettlebells](#)

[Treadmill desk](#)

[Comfrey Leaf and/or Root Salve:](#)

analgesic/connective tissue healing. Great for sprains, wounds, burns, arthritis, and contusions. Comfrey salves relieve pain, swelling, support muscle,

cartilage, and bone and can be massaged into the tissue or applied topically.

[Ginger Root Salve](#): warming, use for occasional sore muscles. Can be massaged into the tissue or applied topically.

[Arnica Flower Salve](#): analgesic (relieves pain) can help treat physical trauma, bruises, strains, and occasional muscle pain. Use immediately after strenuous exertion or injury to prevent, relieve, and reduce swelling, bruises, and pain. Can be massaged into the sore muscles or applied topically.

[Cayenne Pepper Salve](#): A very warming salve, good for occasional sore muscles, and alleviates pain and itching. Can be massaged into the tissue or applied topically. Do not use on open sores or cuts unless you want to be screaming like a zombie.

Check out Ben's New York Times best-selling book

[Beyond Training](#)

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