



Dr. Techy says, "Drugs for pain flares are most effective when taken under-the-tongue or by injection. A swallowed pill, capsule, or liquid will often have an unpredictable response".



BIOLOGIC MECHANISMS: Oxytocin is a hormone that is the body's major natural pain reliever. It is released to control severe pain when we have an injury or need to birth a baby. It acts by activating endorphins and by blocking pain signals in the spinal cord. Ketamine mainly suppresses a receptor known by the initials NMDA. This receptor, when over-activated, causes great pain. Both of these agents will relieve pain, and, when used together, they make a potent opioid substitute.

OXYTOCIN AND KETAMINE

POTENT ALTERNATIVE TO OPIOIDS

FORMULATIONS AND PRESCRIBING

OXYTOCIN

- a. 40 units in a sublingual liquid, tablet or troche;
- b. Starting dosage is 20 to 40 units;
- c. Some patients use up to 80 units;

KETAMINE

- a. 50 milligrams (mg) in sublingual liquid or troche;
- b. Starting dosage is 25 mg;
- c. Some patients use 50 to 75 mg;



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Dr. Hormone says, "Try oxytocin for a pain flare as step one. Add ketamine 10 to 15 minutes later if pain relief is inadequate. Only resort to an opioid when oxytocin and ketamine fail to provide adequate pain relief".

