

#9 - NATURAL and OTC PAIN RELIEF: FACT OR FANTASY?

“MARCH TO 90”*

INGRID HOLLIS
FAMILIES FOR INTRACTABLE PAIN RELIEF

By
and

FOREST TENNANT M.D. DR. P.H.
TENNANT FOUNDATION

NATURAL DEFINITION: A substance that exists in nature that can be used whole or extracted and purified from natural substances or used whole without chemical alteration. Some mimic and stimulate the hormones the body naturally produces. Pregnenolone is made from yams, curcumin is extracted from turmeric.

FACT: Almost every person with a Usual or common chronic pain condition such as arthritis and fibromyalgia can easily find natural or non-prescription, over-the-counter (OTC) agents to control their pain. Self-care works!

FANTASY: The major uncertainty is whether patients with centralized, intractable pain can satisfactorily control their pain without resorting to opioids and other controlled drugs. The fact is that we have recently been identifying more natural and OTC agents that are allowing centralized intractable pain patients to entirely stop or markedly reduce their opioids.

DO YOU HAVE CENTRALIZED, INTRACTABLE PAIN? (CIP)

HALLMARKS: (1) constant pain; (2) intermittent cold hands and feet, and (3) intermittent heat and excess sweating.

HERE ARE OUR RECOMMENDATIONS FOR THE 3 TYPES OF PAIN THAT ARE PRESENT IN CIP:

1. BASELINE PAIN

<u>SUPPLEMENT</u>	<u>DOSAGE</u>
<u>NEUROINFLAMMATION</u>	
Turmeric/Curcumin Herb	400-500 mg AM and PM
Pregnenolone	50mg twice a day
Serrapeptase	As directed on bottle
<u>SLEEP</u>	
Benadryl®	25-50 mg at bedtime
Melatonin	10-20mg at bedtime
Tryptophan	500-1000mg at bedtime
<u>NEUROGENESIS</u>	
Pregnenolone	50mg twice a day
Ashwagandha Herb	As directed on bottle
Suma Herb	500mg-2-4 x daily

2. BRAIN DISCHARGE/DESCENDING PAIN

Taurine	2000mg – every 4-6 hrs
Coffee	2-4 cups in AM
Green Tea	2-4 cups in AM
Mormon Tea-(Ephedra)	1 cup as needed

3. PAIN FLARES

<u>ORAL</u>	<u>TOPICAL</u>
Taurine-2000mg – every 4 to 6 hours PEA-600mg 2 x day Valerian Root-400-900mg – every 4 to 6 hours Muscle Relax® (valerian root, skullcap blend)-2 as needed Kratom Cannabidiol CBD 25mg 2x day Hydroxytryptophan (5-HTP)-100mg as- needed Turmeric/Curcumin-500mg	Zeel ® Homeopathic Ointment Traumeel® Homeopathic Ointment Topricin ® Pain Relieving Ointment Blue Emu ® Topical Cream Arnica Ointment Lidocaine patches Castor oil packs

The recommendations given here are those of the authors. No guarantee is given as to their effectiveness. We want to identify as many natural compounds for pain care as possible. If you know of one we have missed, please tell us. Thanks!!

Remember your ABC's: Vitamin B-Complex w/Folate, B-12, Vitamin C, Co-Q-10 and Vitamin D & Probiotics

***Stay on the "March to 90" by following our updates on these websites:**

www.familiesforiprelief.com

www.arachnoiditishope.com

www.foresttenant.com

www.hormonesandpaincare.com