

### #3 – SOURCES FOR NATURAL PAIN RELIEVERS AND REDUCERS ON THE MARCH TO 90

5/15/18

By  
**INGRID HOLLIS** and **FOREST TENNANT M.D. DR. P.H.**  
**FAMILIES FOR INTRACTABLE PAIN RELIEF** **VERACT INTRACTABLE PAIN CLINIC**

In order to reduce your daily opioid dosage to 90 mg, you may need to take one or more natural pain relievers and reducers. Attached is a bibliography of agents we recommend.

**WHEN TO TAKE A NATURAL PAIN RELIEVER:** Always try a natural pain reliever to either avoid or at least reduce the amount of opioid you take.

**WHEN TO TAKE A NEUROINFLAMMATORY AGENT:** Take one between 6:00 – 9:00 AM and one between 6:00 – 9:00 PM.

#### **SOURCES:**

Taurine and Inflammatory Diseases:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3894431/>

Taurine-Neuropathic pain -rat models:

<https://www.ncbi.nlm.nih.gov/pubmed/21512835>

Taurine Helps Regenerate Brain Cells:

<http://www.lifeextension.com/magazine/2015/9/grow-new-brain-cells/page-01>

Amino Acids and Diet in Chronic Pain Management:

<https://www.practicalpainmanagement.com/treatments/nutraceutical/amino-acids-diet-chronic-pain-management>

Triphala -NIH Study Report:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5567597/>

Gastroprotective Qualities of Triphala:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3480757/>

Tumeric/Curcumin- NIH report:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>

Turmeric-Arthritis-NIH:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5003001/>

#### **PAIN RELIEVERS**

PEA  
CBD OIL  
KRATOM

#### **NEUROINFLAMMATORIES**

SERRAPEPTASE  
TUMERIC/CURCUMIN  
TRIPHALA

#### **OPIOID WITHDRAWAL**

TAURINE

Kratom-American Kratom Society-Science:

<https://www.amerikankratom.org/science>

Kratom-NIH-The Roots of Kratom:'

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4657101/>

Kratom-Pharmacology of Kratom

<http://jaoa.org/article.aspx?articleid=2094342>

Kratom-NIDA Publication:

<https://www.drugabuse.gov/publications/drugfacts/kratom>

Cannabinoid Receptors:

<https://www.sciencedirect.com/topics/neuroscience/cannabinoid-receptor>

**CBD Oil:**

<https://www.medicalnewstoday.com/articles/317221.php>

CBD-Primer-Cannabidiol and CBD:

[https://www.huffingtonpost.com/entry/cannabidiol-cbd-a-primer\\_us\\_58b7129ee4b0ddf654246290](https://www.huffingtonpost.com/entry/cannabidiol-cbd-a-primer_us_58b7129ee4b0ddf654246290)

Serrapeptase:

[http://www.lifeextension.com/Magazine/2003/9/report\\_aas/Page-01](http://www.lifeextension.com/Magazine/2003/9/report_aas/Page-01)

PEA (palmitoylethanolamide):

<http://www.lifeextension.com/Magazine/2017/SS/Break-the-Cycle-of-Chronic-Pain/Page-01>

PEA (palmitoylethanolamide) NIH Research Study on Pain:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5094513/>

PEA (palmitoylethanolamide) NIH Study on Neuropathic Pain:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3500919/>

PEA (palmitoylethanolamide) in Pain of various pathologies -neuroinflammation, etc:

<https://academic.oup.com/painmedicine/article/13/9/1121/1864240>

**Have you asked your local physician or nurse practitioner how much opioid they will prescribe to you after June 30, 2018?**

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

[www.familiesforiprelief.com](http://www.familiesforiprelief.com)

[www.arachnoiditishope.com](http://www.arachnoiditishope.com)

[www.foresttenant.com](http://www.foresttenant.com)

[www.hormonesandpaincare.com](http://www.hormonesandpaincare.com)