

#6- EARLY MORNING PROGRAM IS CRITICAL TO REACH 90 MME

“MARCH TO 90”*

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PREPARING FOR THE DAY

New research shows that a centralized pain patient must prepare or “prime” their body between 6:00 – 9:00 AM EACH DAY. A failure to do this will result in excess pain later in the day.

BRAIN CENTERS FOR PAIN CONTROL

There are 7 known pain centers in the brain (attached). Each one needs to be energized throughout the day or your pain will not be controlled.

STORAGE OF ELECTRICITY DURING SLEEP

When you are sleeping, electricity will build up in the brain and spinal cord. Therefore, when you first awaken electricity may need to be discharged (descending pain). You must be ready for this each morning and be ready to prevent early morning pain.

EARLY MORNING MEDICAL MASSAGE

Even before you get out of bed, you should massage with one of the following medicated, topical creams onto the area where pain first begins: (1) morphine topical cream; (2) lidocaine topical gel; or (3) carisoprodol topical cream.

Rub the area with copper or a magnet before massaging the area with topical cream.

**Keep your medicated
massage cream at your
bedside.**

FIRST MEDICATION TO TAKE

Between 6:00 and 9:00 AM you must take a stimulant and a neuropathic (“electrical blocker”) agent:

	<u>AGENT</u>	<u>CHOICES</u>
1.	Stimulant (activates Dopamine receptors)	Amphetamine salts (Adderall®), dextroamphetamine, methylphenidate (Ritalin®), phentermine
2.	Neuropathic (“electricity blockers”) (activates GABA receptors)	Gabapentin, topiramate (Topamax®), carisoprodol, tizanidine, clonazepam (Klonopin®)

MORNING HORMONE- 6:00 AM-9:00 AM

Pregnenolone: The “parent” of other hormones, and acts on the NMDA and GABA receptors -50-100mg.

OPTIONS

You may get extra pain relief if you take one or two of these between 6:00 AM & 9:00 AM.

1.	Taurine (Activates GABA receptors)	2000 mg
2.	5-hydroxytryptophan (Activates Serotonin receptors)	50 – 100 mg
3.	Clonidine (Activates Opioid receptors)	0.1 – 0.2 mg (Stops descending pain)

INTESTINAL HEALTH AND ABSORPTION

Take your Probiotic and Triphala herbal blend in the morning between 6:00 AM – 9:00 AM. Both help with intestinal absorption and/or promote gut-health.

START YOUR DAY RIGHT

Make sure to have a high protein breakfast-eggs, chicken, turkey, red meat, low-fat cheese, cottage cheese.

WHEN TO TAKE A PAIN RELIEVER?

Not until at least 30 minutes after the above 6:00 – 9:00 AM medications are taken. Do not take an opioid until your early morning medications have had time to start working (15 to 30 minutes). Also, do not take an opioid until you have tried oxytocin, ketamine, and/or clonidine. To get to 90 MME, your opioid must be a last resort, not the first thing you grab.

REPEAT OF YOUR MORNING PROGRAM

If your pain is not well controlled, repeat your morning program at these times:

2:00 PM-4:00 PM and/or 7:00 PM-9:00 PM

(If sleep is affected by stimulant don't take it after 2:00PM)

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

www.familiesforiprelief.com

www.arachnoiditishope.com

www.foresttennant.com

www.hormonesandpaincare.com

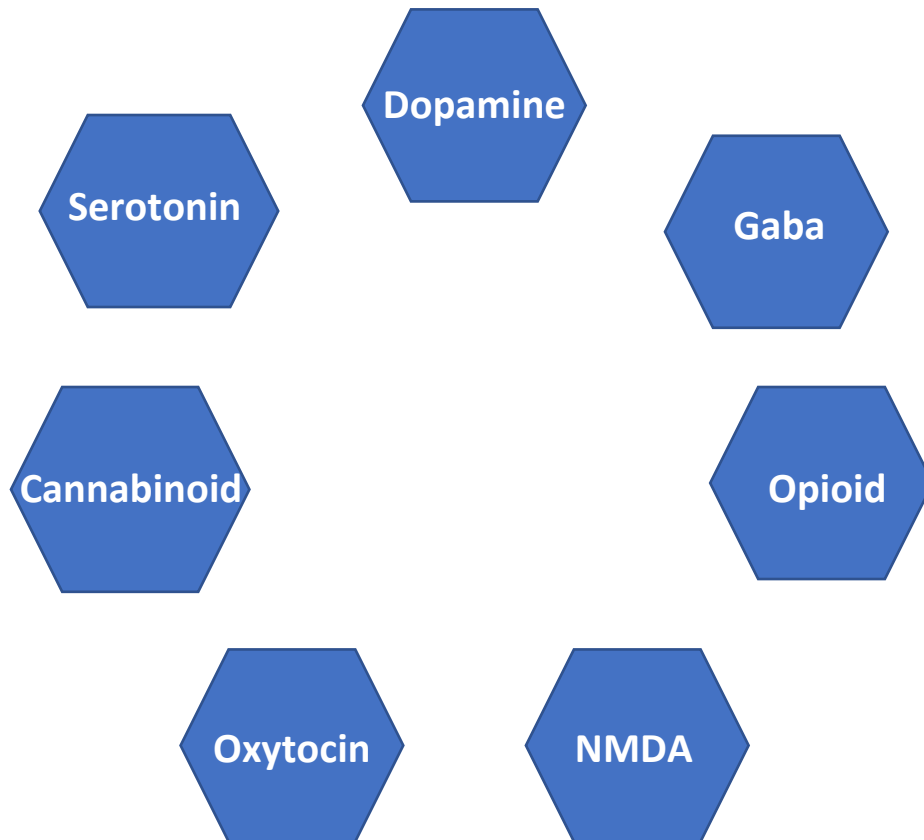
SPECIAL NOTICE – TIME TO REACH 90 MME IS RUNNING OUT

We do not believe you have more than 4 to 6 months to reduce to 90MME. You can find yourself forced to 90MME any day. The major drug store chains (e.g. CVS, WALMART, drug wholesalers/suppliers) are cutting back, and some are refusing to fill Rx's over 90MME. The DEA has reduced the national quota of opioid medications. Medicare is now threatening physicians with audits and monetary payback if they exceed 90MME due to new data analytic programs being used to monitor prescribing practices.

BOTTOM LINE: Your physician may still be willing to prescribe over 90MME, but you may not be able to obtain the amount prescribed. **Keep "Marching to 90"!!**

SAD REALITY: No pain patient is exempt, even if you are palliative, pregnant, have cancer, or genetic abnormalities you are not protected or assured you can get over 90 MME.

THE SEVEN PAIN CENTERS IN THE CNS



All seven must activate for maximal pain relief.

Analogue: Pistons in your car's engine.