



**A DRUG THAT EVERY PERSON WITH AA MUST TRY:**  
**PALMITOYLETHANOLAMIDE (PEA)**

One of the best discoveries for persons with spinal canal inflammatory disorders (SCID) including AA is PEA. The agent is natural and made in the human body. It is internally produced when the body develops pain and inflammation. It can be taken orally, and studies show it clearly has good pain relief in most people.

**KEY FACTS:**

PEA is not an opioid, and it relieves pain by an alternative biologic mechanism other than do opioids. It is apparently non-addictive and has few side effects or overdose potential. It is so safe that it is not necessary to have a prescription for it. It usually comes in 300 or 600mg capsules.

**HOW IT SHOULD BE TAKEN:**

This pain reliever can be safely taken for multiple purposes which are outlined here.

<b><u>PURPOSE</u></b>	<b><u>RECOMMENDATIONS</u></b>
1. Flare pain	600 to 1200mg
2. Regular pain relief	300 to 600mg taken 3 to 4 times a day
3. Potentiate or enhance other medication	300 to 600mg taken simultaneously with naltrexone, opioid, neuropathic agent (gabapentin, Valium®, Lyrica®, or other), anti-inflammatory or marijuana derivative

**ALERT: PEA SHOULD BE THE FIRST PAIN RELIEVER ATTEMPTED IN ANY PERSON WITH AA OR A RELATED INTRASPINAL CANAL INFLAMMATORY DISORDER (SCID) – E.G. PROTRUDING DISC, CHRONIC CAUDA EQUINA INFLAMMATION, PLAIN ARACHNOIDITIS, TARLOV CYST, EPIDURAL FIBROSIS.**

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