Tennant Foundation
IPS Intractable Pain Syndrome Research & Education Project
CHRONICLE 72
JULY 2021

# INTRACTABLE PAIN SYNDROME (IPS) 2021 UPDATE

*Part four of five*

## PART FOUR: COPING WITH OPIOID AND BENZODIAZEPINE RESTRICTIONS

In the previous chronicle (#71), we stated, and we will repeat here, the Federal Government, many State Medical Boards, Insurance Plans, and Malpractice Carriers have restricted prescription opioids and benzodiazepines.
Although perhaps unfair and an over-reach for legitimate persons with IPS, our goal is to continue to research and help educate persons with IPS on how to cope and function with these restrictions.

### OUR APPROACH TO NEW RESTRICTIONS

1. Have a specific causative diagnosis for your IPS, and diagnostic tests to prove you have cardiovascular, endocrine, and autoimmune complications.
2. Have a hand-carry, hard-copy medical record.
3. Build a comprehensive, healing, tailor-made program which will allow you to cope with fewer opioids and benzodiazepines.
4. Learn non-opioid and non-benzodiazepine substitutes to help do with less opioids and benzodiazepines.

### ESSENTIAL IPS NUTRITION PROGRAM

Pain-relief medications may not be very effective unless you have a good nutrition program with these elements:

- ·Protein with every meal. Restrict sugars/starches.
- ·Glucose and cholesterol control.
- ·Daily multi-vitamin, Vitamin C 1000-2000mg., B-12 1000mcg.,B-6 label instructions
- ·Options: Magnesium, selenium, boron, amino-acid collagen supplements.

(Entire Program available upon request)

### ESSENTIAL PHYSICAL MEASURES

Each disorder that causes IPS has specific physical measures that enhance pain control. Here, however, are the basic physical measures for IPS regardless of its causes: walking, arm and leg stretching, water soaking, deep breathing, rocking, gentle bouncing.

### ESSENTIAL MEDICATIONS

Too many IPS patients don't have a medication program that will let them use fewer opioids and benzodiazepines. Proper IPS treatment requires a 3-component medication program:

**COMPONENT ONE** — **Suppression of Inflammation and Autoimmunity**
**Some Identified Popular Treatment Agents: Low-dose naltrexone, ketorolac (Toradol®), methylprednisolone, dexamethasone, indomethacin, diclofenac, adrenal extracts, curcumin, andrographis, ashwagandha**

**COMPONENT TWO** — **Tissue Repair (Regeneration)**
**Some Identified Popular Treatment Agents: Colostrum, deer antler velvet, DHEA, Pregnenolone, testosterone, Human Chorionic Gonadotropin (HCG), nandrolone.**

**COMPONENT THREE** — **Pain Control**
**Some Identified Popular Non-Opioid Treatment Agents: Low-dose naltrexone, palmitoylethanolamide (PEA), ketamine, oxytocin, CBD-marijuana, Adderal®,GABA, methylphenidate, gabapentin, kratom, clonidine, tizanidine, lidocaine (topical)**

### ELECTROMAGNETIC THERAPIES

New, best addition to IPS treatment. (Send for more information)

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