

WHY AND WHAT YOU MUST KNOW ABOUT GABA

GABA is short for the neurotransmitter, gamma aminobutyric acid. GABA is the natural (endogenous) biochemical substance in the brain, spinal cord, and all nerves that control electrical conduction. Without proper GABA function, we experience pain.

THE IPS PROBLEM

All IPS patients have nerve damage somewhere in the brain, spinal cord, or nerves. Consequently, all IPS patients will either need extra GABA or a GABA surrogate to force damaged nerve tissue to function and relieve pain.

GABA SURROGATES

Without realizing it, you have undoubtedly been taking a GABA surrogate. In fact, you probably have found that your pain gets worse without a surrogate.

Here are the most effective, common, prescription surrogates:

- Gabapentin
- Alprazolam (Xanax®)
- Carisoprodol (SOMA®)
- Lorazepam (Ativan®)
- Diazepam (Valium®)

Here are non-prescription GABA surrogates:

- Valerian root
- Brahmi
- Ashwagandha
- Bacopa
- Taurine

THE PRECURSOR

The term “precursor” refers to nutrients or (raw material) that makes a neurotransmitter, or other brain chemical. Glutamine is the precursor of GABA. A dose of 2000 mg. or more a day when taken on an empty stomach with vitamin B6 (dose-2mg. or more), will increase your natural level of GABA and probably reduce your pain levels.

PURE GABA FOR PAIN RELIEF

Pure GABA is available as a tablet, capsule, or a sublingual (“under-the tongue”) form in most health food stores, or online. Unfortunately, when swallowed pure GABA may be digested like food, or fail to cross the blood-brain barrier, and be rendered ineffective. Under-the-tongue (sublingual) GABA is well absorbed by the body and should be given a thorough trial by every person with IPS.

There are 2 uses for sublingual GABA:

- #1- Take 100 to 300mg. for flares.
- #2- Take 100 to 200mg. simultaneously with your opioid or GABA surrogate for added pain relief.

*Published as a public service by the
Intractable Pain Syndrome Research & Education Project of the **Tennant Foundation**
4931 W. Central, Wichita, KS, 67212 Phone: 626-716-2689 Fax: 316-260-4077*

E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.