Pain

Description

Pain

To Jesus:

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You can save this to a â??Healthâ?• folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate. You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Nerve pain

Alpha lipoic acid 600mg 4x a day/1200mg every 12 hours or more as needed- migraines 1 hr, sciatica 1 day, neuropathy half a week

Chronic pain

Healing chronic injuries, lowering inflammation & pain-

Micro II microcurrent w/rechargeable lithium 9v batteries

Red incandescent/halogen 100-250watt (100-150watt is safer) bulb speeds healing 20 min 4x/day PEMF (preferably ICES)

Alpha lipoic acid 1200mg or more 2x a day (every 12 hours) after a meal

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Vitamin D3, 50k twice a week, significantly reduces pain & improves longevity

Topical DMSO 70% Aloe 30%, add water or organic oil after

Hypnosis & self hypnosis

Opiate substitutes & withdrawal symptom prevention-

Alpha lipoic acid

Low dose naltrexone (LDN) 3-5mg nightly before bed

Noni capsules (not liquid)

Corydalis

Conolidine, especially before sleep

CBD oil (also helps insomnia, anxiety, seizures) a couple drops under the tongue in the morning then a couple drops as needed through day

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My experience & what Iâ??ve researched In order of clinical effectiveness-

Foot & mouth main cause of most chronic pain

Foot/ankle/knee/hip/back/neck pain & falls-

Shoes with elevated heels, including athletic shoes, increase weight landing on the heel of the foot & sending 3000 lbs of impact through the foot, ankle, knee, hip, back & neck, causing chronic pain, falls, early death & disability.
Wearing shoes that have the ball of the foot at the same height as the heel increase weight landing on the ball of the foot (midfoot) & the impact absorbed by the calves & giving 20% of the energy back like a spring (think

kangaroo).

Heel Elevation In The Shoe: What The Literature Reveals Doug Richie Jr., DPM, FACFAS, FAAPSM Podiatry Today, November 2018

hmpgloballearningnetwork.com/site/podiatry/heel-elevation-shoe-what-literature-reveals mrfeelgood.com/articles/the-wisdom-of-the-barefoot-runner

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Gum infections

Cavitations, bacterial infections in the gums, are very common due to dangerous dental practices like root canals. Root canals leave dead tissue creating bacterial infections causing early onset Alzheimerâ??s, cancer, heart disease, chronic pain, & sometimes decades early mortality.

Root canals

The biggest hidden killer in dentistry are root canals & pulling a tooth without pulling the ligament. Both leave dead, rotting tissue that fills the brain & body with infection. The periodontal bacteria are found in large amount in the brains of people who die of early onset Alzheimerâ??s, many cancers (like pancreatic), & heart attacks where there were no clogged arteries or emotional event trigger.

When a tooth is pulled, if the ligament is not removed, it can become infected as well. The best dentists now use 3D cone xrays & dental microscopes, ozone and/or molecular elemental iodine to detect & kill all the tooth & gum infection & laser SWEEPS & BC sealer (antibiotic & increases bone growth), often in place of root canals as well as during new root canals if these new techniques canâ??t save the tooth.

myholisticdentist.com/2021/10/07/the-root-canal-cover-up-did-george-meinig-have-it-right/

https://www.wrigleyvilledental.com/

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https://holisticdental.org/find-a-holistic-dentist/?query=illinois&by=state&sort_order=desc&search=search

Holistic dentists

Look for dentists who donâ??t use amalgams (mercury) or flouride (kills neurons, drops IQ by over 10 points).

PS- elemental molecular iodine like Iorinse has made every person I knowâ??s tooth pain to go away for good the first day. We use a bit in our mouth then brush our gums (lightly) then our teeth & it stops the periodontal/gum disease infection as well after a week of usage.

Pessi T, Karhunen V, Karjalainen PP, Ylitalo A, Airaksinen JK, Niemi M, Pietila M, Lounatmaa K, Haapaniemi T, LehtimÃ¤ki T, Laaksonen R, Karhunen PJ, Mikkelsson J. Bacterial signatures in thrombus aspirates of patients with myocardial infarction. Circulation. 2013 Mar 19;127(11):1219-28, e1-6. doi: 10.1161/CIRCULATIONAHA.112.001254. Epub 2013 Feb 15. PMID: 23418311.

Pasqualini D, Bergandi L, Palumbo L, Borraccino A, Dambra V, Alovisi M, Migliaretti G, Ferraro G, Ghigo D, Bergerone S, Scotti N, Aimetti M, Berutti E. Association among oral health, apical periodontitis, CD14 polymorphisms, and coronary heart disease in middle-aged adults. J Endod. 2012 Dec;38(12):1570-7. doi: 10.1016/j.joen.2012.08.013. Epub 2012 Oct 12. PMID: 23146639.

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Willershausen I, Weyer V, Peter M, Weichert C, Kasaj A, MÃ¼nzel T, Willershausen B. Association between chronic periodontal and apical inflammation and acute myocardial infarction. Odontology. 2014 Jul;102(2):297-302. doi: 10.1007/s10266-013-0112-7. Epub 2013 Apr 21. PMID: 23604464.

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Kulacz, R. and T. Levy (2002) The Roots of Disease. Connecting Dentistry and Medicine. Philadelphia, PA: Xlibris Corporation

(http://bookstore.xlibris.com/Products/SKU-0014557002/The-Roots-of-Disease.aspx)

myholisticdentist.com/2019/04/30/3-truths-in-root-cause-movie-on-root-canals/

Flouride

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Flouride causes brain damage, chronic pain, osteoporosis, skeletal flourosis, fatigue & lowered join mobility. Few (and fewer every day) places in the world use flouride in their water, especially after the US government finally admitted flouride causes brain damage in infants. It is a major source of chronic pain as well.

Metal teeth

Metal on teeth & metal fillings & teeth can make teeth too cold or hot, make drinks taste metallic, cause allergic reactions & gum inflammation, fatigue, hair loss, tooth decay, & corrosion.

Stiff muscle/back pain

Stiff muscles & lower back pain may be increased in people with low vitamin D3, magnesium & boron. Magnesium & boron also enhance the effectiviness of vitamin D3 by over 2x. Dark leafy greens like organic kale or organic baby greens have a lot of the minerals needed & the vitamin K1 the body makes into K2 to take calcium away from arteries & into building bones & teeth., & if low taking 1.25mg/50k of vitamin D3 with a meal with fat (or under the tongue 2x faster/stronger/longer lasting) twice weekly or more can increase calcium absorption, & may reduce many cancers by over 80%, & viral infections by over 90%. Using a foam roller not just up & down the back (good for upper back pain) but also sitting on it rolling over the back & butt right to left appears to resolve much lower back pain. The McGill Big 3 lower back stretches on youtube may be help a lot. Hypnosis & self hypnosis Using hypnosis & self hypnosis to induce a relaxation state & do a posthypnotic suggestion for pain relief is often very effective with no side effects. One is to suggest a feeling of numbness in a hand & transfer that to the target area of the body. my.clevelandclinic.org/health/treatments/22676-hypnosis healthline.com/health/mental-health/self-hypnosis health.clevelandclinic.org/self-hypnosis/ Topical DMSO DMSO is a wood extract that is the strongest topical anti-inflammatory & also takes medications into the body through the skin. It helps to heal skin & tissue, it congregates in the body at cancer sites so works well when mixed with anticancer medications, and it brings other anti-inflammatories & painkillers to internal tissues. DMSO store has 70% DMSO 30% aloe pharma grade rollon or suave that doesnâ??t smell like garlic after use. If the other topical medicine is used first, DMSO will take it in through the skin to get much higher levels in the body. Noni (Morinda citrofolia) Noni is a cheesy tasting fruit that is as effective as tramadol & hydrocodone

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in studies. It works both as an anti-inflammatory painkiller that helps our stem cells heal our injuries (when on a low inflammatory diet) & on the mu receptors as an opiate painkiller but without the addiction/tolerance/withdrawal. It is used for pain & to help people wean off opiates. Noni is available in liquid form (often highly sweetened), as a dried fruit, as a topical lotion, and as a capsule like from Now Foods. In capsule form it can be taken at higher doses without the taste problems or high sugar content of the liquid versions. Basar, S., Uhlenhut, K., HÃ¶gger, P., SchÃ¶ne, F. and Westendorf, J. (2010), Analgesic and antiinflammatory activity of Morinda citrifolia L. (Noni) fruit. Phytother. Res., 24: 38-42. https://doi.org/10.1002/ptr.2863 Wang MY, West BJ, Jensen CJ, Nowicki D, Su C, Palu AK, Anderson G. Morinda citrifolia (Noni): a literature review and recent advances in Noni research. Acta Pharmacol Sin. 2002 Dec;23(12):1127-41. PMID: 12466051. Low dose naltrexone (LDN) by prescription Full dose naltrexone is 50mg and used for opiate & alcohol addiction. LDN is 3-5mg (based on body weight) and taken right at bedtime or in the middle of the night or anytime if forgotten the night before. LDN appears to significantly reduce pain, chronic pain levels, & opiate addiction by resetting opiate receptors nightly. It is so effective its benefits for opiate addiction withdrawal extend even to microdoses (0.1 mg) Low dose naltrexone (LDN), used at less than 1/10th the normal dosage, is extremely effective against chronic pain because it upregulates dopamine receptors. It makes our own natural painkillers, endorphins, more effective. People take full dose naltrexone at 50mg for other things and it doesnâ??t have a high level of side effects at that dosage. At 3.5 â?? 4 mg people often donâ??t notice any side effects. LDN appears to significantly improve mood by creating more dopamine receptors, reduce cancer, inflammation, autoimmune disorders like rheumatoid arthritis, sometimes with an 80% symptom relief, & social understanding in autism. Younger J, Parkitny L, McLain D. The use of low-dose naltrexone (LDN) as a novel anti-inflammatory treatment for chronic pain. Clin Rheumatol. 2014 Apr;33(4):451-9. doi: 10.1007/s10067-014-2517-2. Epub 2014 Feb

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15. PMID: 24526250; PMCID: PMC3962576. https://ldnresearchtrust.org/conditions https://barrcenter.com/low-dose-naltrexone/ Alpha lipoic acid (ALA) Wee make lipoic acid in our bodies to turn sugar into ATP energy. When taken as a supplement it appears to be the strongest & fastest nerve pain reliever known & a strong anti-inflammatory & reliever of other pains as well. At high doses of ALA (over 3g daily) or if B vitamiin deficient taking sustained release vitamin B complex after breakfast should prevent lowered biotin levels. R-LA is 2x more effective but much more than 2x as expensive as ALA. The study that used the most was 1200mg of ALA 2x a day with a meal 12 hours apart. Perhaps better is 600 mg of ALA before each meal or snack. It lasted six months & had no dropouts to side effects. The Mayo clinic has done studies on lipoic acid & recommends it for neuropathy. At these doses after a month it has helped people with type 2 diabetes get to normal blood sugar levels, after three months high blood pressure, heart disease & congestive heart failure symptoms can normalize & reduce cancer by 1/3rd â?? 2/3rds by mimicking the benefits of intermittent fasting & a ketogenic diet by keeping blood sugars low even while eating a high carbohydrate diet. Lipoic acid is used in thousands of skin products as a topical anti-inflammatory. Papanas N, Ziegler D. Efficacy of Î±-lipoic acid in diabetic n europathy. Expert Opin Pharmacother. 2014 Dec;15(18):2721-31. doi: 10.1517/14656566.2014.972935. Epub 2014 Nov 10. PMID: 25381809. Int J Endocrinol. 2012; 2012: 456279. Published online 2012 Jan 26. doi: 10.1155/2012/456279 PMCID: PMC3272801 DOI:10.1016/j.tiv.2014.06.003 DOI: 10.1155/2012/456279 DOI: 10.1155/2015/620581 DOI: 10.1517/14656566.2014.972935 DOI: 10.1016/j.tiv.2014.06.003 https://www.mayoclinic.org/ https://mayoclinic.pure. https://nutritionreview.org/ A review of 30 studies- https://explore.globalhealing. Corydalis (yanhusuo) Corydalis appears to help acute, inflammatory & neuropathic pain without tolerance & stops the tolerance & withdrawal symptoms from opiates. It also helps sleep, blood clots, heart disease & heart attack damage, liver

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damage & cancer. It may help withdrawal symptoms from cocaine & other addictive drugs. Alhassen L, Dabbous T, Ha A, Dang LHL, Civelli O. The Analgesic Properties of Corydalis yanhusuo. Molecules. 2021 Dec 10;26(24):7498. doi: 10.3390/molecules26247498. PMID: 34946576; PMCID: PMC8704877. ncbi.nlm.nih.gov/pmc/articles/PMC8704877 Alhassen L, Nuseir K, Ha A, Phan W, Marmouzi I, Shah S, Civelli O. The Extract of Corydalis yanhusuo Prevents Morphine Tolerance and Dependence. Pharmaceuticals (Basel). 2021 Oct 12;14(10):1034. doi: 10.3390/ph14101034. PMID: 34681258; PMCID: PMC8540887. ncbi.nlm.nih.gov/pmc/articles/PMC8540887/ Li J, Wu J, Huang J, Cheng Y, Wang D, Liu Z. Uncovering the Effect and Mechanism of Rhizoma Corydalis on Myocardial Infarction Through an Integrated Network Pharmacology Approach and Experimental Verification. Front Pharmacol. 2022 Jul 22;13:927488. doi: 10.3389/fphar.2022.927488. PMID: 35935870; PMCID: PMC9355031. pubmed.ncbi.nlm.nih.gov/35935870/ Conolidine Conolidine, from the shrub Tabernaemontana divaricate (Crepe Jasmine, pinwheel flower), appears to be a stronger painkiller & anti-inflammatory than opiates with no addiction. It appears to help people wean off of opiates with less withdrawal pains & cravings. It has been used for pain safely for centuries in China, Thailand & India. Edinoff AN, Patel AS, Baker MW, Lawson J, Wolcott C, Cornett EM, Sadegi K, Kaye AM, Kaye AD. Conolidine: A Novel Plant Extract for Chronic Pain. Anesth Pain Med. 2021 Dec 8;11(6):e121438. doi: 10.5812/aapm.121438. PMID: 35291410; PMCID: PMC8908788. ncbi.nlm.nih.gov/pmc/articles/PMC8908788/ medicalnewstoday.com/articles/plant-derived-compound-may-help-treat-chronic-pain Mannitol cream One of the best topical pain reliever in studies is mannitol cream. It beat out opiates & other traditional painkillers. Bertrand, Helene. (2019). Mannitol Cream for Pain Control, a Chart Review. Canadian Journal of Pain. 10.1080/24740527.2019.1591907. researchgate.net/publication/331637138_Mannitol_Cream_for_Pain_Control_

Wild lettuce Wild lettuce appears to work as a painkiller, sedative for sleep, & antitussive to reduce coughing & is available in loose leaf form or

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in capsules or liquid mixes. It appears to be a strong antimicrobial against bacteria, viruses & fungi. It is best likely used at night to help sleep in somone with pain &/or infectious cough. botanicalinstitute.org/wild-lettuce/ verywellhealth.com/the-benefits-of-wild-lettuce-88661 Wild Lettuce Alcohol-Free Liquid Extract, Organic Wild Lettuce (Lactuca Virosa) Dried Herb Glycerite Natural Herbal Supplement, Hawaii Pharm, USA 2 fl.oz Tens/microcurrent/differential/electric muscle stimulation (around $90) A TMDE unit can help heal injuries & also reduce pain greatly. Three help healing & pain & one pain (TENS). Microcurrent by itself can help full healing at 55%, and partially help heal another 30% for 85% benefit. Inferential can help heal soft tissue injuries. Electric muscle stimulation (EMS) can help exercise when someone is weakened. https://tensunits.com/products/intensity-select-combo-digital-tens-ems-interferential-microcurrent-unit T his one has a waveform & Russian EMS as well- https://www.toneamatic.com/products/electronic-muscle-stimulator-tamtec-sport-2 Russian Denas $200+ Russian microcurrent is effective for healing & can work on things American microcurrent doesnâ??t, & is much cheaper for the range of problems it treats than the full spectrum US microcurrent devices at $3000-$9000. Here are studies of microcurrent used succesfully after knee, hip & shoulder surgeries & or replacements- Rockstroh G, Schleicher W, Krummenauer F. Der Nutzen der wÃ¤hrend einer stationÃ¤ren Anschlussheilbehandlung applizierten Mikrostromtherapie bei Patienten nach Implantation einer Knie-Totalendoprothese â?? eine randomisierte, klinische Studie [Effectiveness of microcurrent therapy as a constituent of post-hospital rehabilitative treatment in patients after total knee alloarthroplasty â?? a randomized clinical trial]. Rehabilitation (Stuttg). 2010 Jun;49(3):173-9. German. El-Husseini T, El-Kawy S, Shalaby H, El-Sebai M. Microcurrent skin patches for postoperative pain control in total knee arthroplasty: a pilot study. Int Orthop. 2007 Apr;31(2):229-33. doi: 10.1007/s00264-006-0149-0. Sarhan TM, Doghem MA. Effect of microcurrent skin patch on the epidural fentanyl requirements for post operative pain relief of total hip arthroplasty.

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Middle East J Anaesthesiol. 2009 Oct;20(3):411-5. Yi D, Lim H, Yim J. Effect of Microcurrent Stimulation on Pain, Shoulder Function, and Grip Strength in Early Post-Operative Phase after Rotator Cuff Repair. Medicina (Kaunas). 2021 May 13;57(5):491. CBD oil CBD oil is made from help & appears to reduce pain, insomnia, anxiety, seizures & hallucinations/schizophrenia symptoms. Pulsed electromagnetic frequency (PEMF) devices PEMF appears to be improving the healing of injuries by increasing chondrocyte, osteoblast, fibrocyte and endothelial mitosis in cells and to lower inflammatory cytokines to speed up healing of bone fractures (as well as surgery & far safer), traumatic brain injury, cartilage tears, venous ulcers, stress, muscles, skin wounds, ligaments, nerves, capillaries, damaged tissue, wounds, diabetes, grafts, heart attacks, and strokes. My Experience ICES PEMF is made by the inventor of PEMF. Using ICES M1 PEMF with its sleep setting works as well for me as a free Binaural Beats Builder app in getting me into delta sleep. They both take away the anxiety that I wonâ??t get back to sleep, and both deepen my sleep. Used together, they work stronger than either one individually. Getting the ICES PEMF for its injury healing is great just for that. ICES also has a transcranial magnetic stimulation (TMS) setting. That standalone machine usually costs $50,000, so if you have depression or autism & want to see if TMS works for you, ICES may be the best option after TDCS. The inventor is the creator of PEMF originally, and his ICES is his continued & refined version. All other versions of PEMF devices are based on his original PEMF machines. The ICES M1 is $629, C5 is $1600. ICES has the fastest & most complete healing frequency combinations tested. Out of warranty repair is $75 for M1, $175 for C5, & worth every penny! Research â?¢ The Biologic Effects and the Therapeutic Mechanism of Action of Electric and Electromagnetic Field Stimulation on Bone and Cartilage: New Findings and a Review of Earlier Work Jack B. Haddad, Alexis Guy Obolensky, and Phillip Shinnick. The Journal of Alternative and Complementary Medicine. June 2007, 13(5): 485-490. https://doi.org/10.1089/acm.2007.5270 â?¢ Brett Wade. A Review of

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Pulsed Electromagnetic Field (PEMF) Mechanisms at a Cellular Level: A Rationale for Clinical Use. American Journal of Health Research. Vol. 1, No. 3, 2013, pp. 51-55. doi: 10.11648/j.ajhr.20130103.13 â?¢ Therapeutic uses of pulsed magnetic-field exposure: A review Naomi M. Shupak, Frank S. Prato, and Alex W. Thomas URSI Radio Science Bulletin (Volume: 2003, Issue: 307, Dec. 2003) 10.23919/URSIRSB.2003.7909506 â?¢ A portable pulsed electromagnetic field (PEMF) device to enhance healing of recalcitrant venous ulcers: a double-blind, placebo-controlled clinical trial. STILLER, M.J., PAK, G. H., SHUPACK, J.L., THALER, S., KENNY, C. and JONDREAU, L. (1992) British Journal of Dermatology, 127: 147â??154. doi:10.1111/j.1365-2133.1992.tb08047.x â?¢ Walker NA, Denegar CR, Preische J. Low-Intensity Pulsed Ultrasound and Pulsed Electromagnetic Field in the Treatment of Tibial Fractures: A Systematic Review. Journal of Athletic Training. 2007;42(4):530-535. â?¢ TREATMENT OF UNUNITED TIBIAL FRACTURES: A COMPARISON OF SURGERY AND PULSED ELECTROMAGNETIC FIELDS (PEMF) Harry R Gossling, Richard A Bernstein, Joan Abbott Orthopedics. 1992;15(6):711-719https://doi.org/10.3928/0147-7447-19920601-08 â?¢ The effects of low-intensity pulsed ultrasound and pulsed electromagnetic fields bone growth stimulation in acute fractures: a systematic review and meta-analysis of randomized controlled trials Hannemann, P.F.W., Mommers, E.H.H., Schots, J.P.M. et al. Arch Orthop Trauma Surg (2014) 134: 1093. https://doi.org/10.1007/s00402-014-2014-8 â?¢ Mol Brain. 2014; 7: 11. â?¢ Deep-brain magnetic stimulation promotes adult hippocampal neurogenesis and alleviates stress-related behaviors in mouse models for neuropsychiatric disorders Yan Zhang et al. http://www.ondamed.net/us/biological-effects-of-pulsed-electromagnetic-field-pemf-therapy â?¢ What is PEMF Therapy? https://www.pemfadvisor.com/what-is-pemf-therapy/ Which one to buy? â?? a review of a dozen or so PEMF devices â?¢ http://healthvibed.com/pemf-devices-sale-sleep-healing/ â?¢ https://www.well-beingsecrets.com/best-pemf-mats-reviews/ â?¢

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https://selfhacked.com/blog/ices-the-closest-thing-to-a-fatigue-and-inflammation-cure-upgraded-pemf/ Using PEMF for sleep â?¢ http://healthvibed.com/earthpulse-sleep-machine-v5-reviews/ Additional PEMF Device Reviews â?¢ https://www.pemfadvisor.com/pemf-machines-reviews/ Rife machines A Rife machine healed my knee when nothing else did. They have been used for a century effectively for healing. Benfotiamine Benfotiamine is a derivative of vitamin B1 thiamine & fat soluble, leading to much higher levels of B1 after use. It may reduce peripheral neuropathy pain. verywellhealth.com/benfotiamine-89417 Ibudilast Ibudilast is a major anti-inflammatory used in Japan that appears to help MS, stroke, asthma/allergies/hay fever as well as neuropathic pain & neural damage. Ibudilast appears to reduce tolerance, withdrawal symptoms & cravings from opiate painkillers, alcohol & stimulants like methamphetamine. Ibudilast appears to make opiate painkillers more effective without an need to increase dosage. Role of Inflammation in Environmental Neurotoxicity https://www.sciencedirect.com/topics/neuroscience/ibudilast https://en.wikipedia.org/wiki/Ibudilast Grodin, E.N., Bujarski, S., Towns, B. et al. Ibudilast, a neuroimmune modulator, reduces heavy drinking and alcohol cue-elicited neural activation: a randomized trial. Transl Psychiatry 11, 355 (2021). https://doi.org/10.1038/s41398-021-01478-5 Serrapeptase Serrapeptase is an enzyme that appears to take away dead tissue & have strong anti-inflammatory benefit that speeds healing of injuries. https://www.ebodyfusion.com/serrapeptase-benefits/ Infrared/red light therapy A 100-125 watt red coated incandescent bulb used as close as comfortable for four minutes every eight hours immediately helps pain & swelling & doubles healing speed of an injury by tripling ATP energy production. Using it on both sides of the head then four hours later front & back & so on gives the mental energy of a stimulant without the side effects & in studies has helped recovery from dementia. NAC 2 studies- https://stopskinpickingcoach. Green light therapy The above link has the best explanation & links to research on green light at 520nm in reducing

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migraine pain by 60%. https://allaylamp.com/blogs/light-reading/green-light-therapy Acetyl-l-carnitine (ALC) ALC is an amino acid that increases energy, concentration, & mood, and helps stop nerve pain. It works with R-lipoic acid & serves to help RLA absorption like with eye drops for improving vision. https://www.mayoclinic.org/diseases-conditions/diabetic-neuropathy/in-depth/diabetic-neuropathy Turmeric Turmeric with ginger or black pepper or both is a major anti-inflammatory (more effective than curcumin extracts) that helps heal up injuries as far back as childhood & protects against blood clots. It is cheap in organic powder form by the pound. The pepper (a small amount) or ginger helps make the turmeric many times more effective. Astaxanthin Astaxanthin is an algae extract that is a great anti-inflammatory but also protects against sunburn. High dose vitamin D3 50k vitamin D3 (or half) under tongue weekly helps pain in multiple ways. It is much more effective than swallowing. vitaminDwiki.com Very high dose vitamin D3 helped neuropathy in one study. Hgh blood levels of vitamin D3 are associated with low or no viral infections & the greatest life extension. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4800070/ Basit A, Basit KA, Fawwad A, et al. Vitamin D for the treatment of painful diabetic neuropathy. BMJ Open Diabetes Research & Care. 2016;4(1):e000148. DOI: 10.1136/bmjdrc-2015-000148 People with high vitamin D3 levels have much lower reported pain & migraines. vitaminDwiki.com Magnesium makes vitamin D3 up to 2.5x more effective and helps prevent pain throughout the body. Vitamin K2 Vitamin K2 helps direct calcium away from the heart & to strengthen bones, lower rheumatoid arthritis, remove painful calcium deposits from joints & help knee pain Dark leafy greens like organic kale have magnesium, boron, and vitamin K1 which the body can make into K2. Natto is the primary source for K2 in extracts. Vitamin K2 https://losethebackpain.com/vitamin-k2/ https://primalsourcenews.com/is-vitamin-k2-the-answer-to-joint-pain/ healthnewsdisclosure.wordpress.com https://www.healthline.com/nutrition/vitamin-k2#bottom-line Methyl Bs

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Methyl B vitamin complex appears to help pain significantly. The B vitamins work in synergy & vitamins B2, B7 (if taking ALA) , B9 & B12 all have shown significant pain relief, 40% of people canâ??t absorb B vitamins well unless methylated. Now Foods have a sustained release vitamin B complex that would appear to be much more effective than most water soluble versions that have much more limited time exposure. vitB2 methyl https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4920840/ vitB9 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6263007/

Spirulina

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Spirulina is the source of all omega3 EPA & DHA fatty acids in fish oil. Just like with fish oil, taking it in a meal with a vegetable is essential to breaking it down in the body. It improves mood, concentration, liver recovery, heart health & chronic pain. It increases neural growth & increases calmness & self control, helping people with brain injury & dementia. It lowers some heavy metals by over 50% within a month in studies. It doubles the effectiveness of vitamin D3.

Caffeine

Caffeine raises dopamine which is lowered by 50% when in pain.

Mucuna pruriens (MP)

MP raises dopamine which is lowered by 50% when in pain. Dr Axe- â??Mucuna pruriens is a creeping vine that can be found growing in India, the Caribbean and tropical areas of Africa. This plant is also often referred to as â??velvet beanâ?• due to the velvet-like coating of hairs that cover its seedpods, but you donâ??t want to consume or touch its seed pods and young foliage since they can cause severe itching and irritation of your skin. The seeds of the Mucuna pruriens plant are known to naturally contain levodopa, also known as L-dopa, at high concentrations of four to seven percent. L-dopa is a precursor to dopamine, a key neurotransmitter in the brain that is necessary for not only coordinating proper body movements, but also things like learning, increasing motivation and regulating moods. Mucuna pruriens can be found at health stores or online in powder, tincture or capsule form. Mucuna pruriens benefits may include: Help for Parkinsonâ??s disease symptoms Improvement in male infertility, semen quality and sexual function Mood lifting Stress reducing Natural Ayurvedic aphrodisiacâ?• https://draxe.com/nutrition/mucuna-pruriens-velvet-bean/ https://examine.com/supplements/mucuna-pruriens Grounding We are hit with multiple levels of electromagnetic radiation that disrupts biological processes. Research shows these are mitigated by touching bare skin to ground or connecting to a ground on an electric plug (if the house is grounded). People report their inflammation & pain levels go down significantly when grounding. They also report their sleep is much better & deeper when grounded. Cost is $1 at the hardware store for over 100ft of wire that can be connected to the grounding screw in between the electric plugs in an electric outlet & then touch the skin. Research: https://www.doctorkiltz.com/earthing-grounding/

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Clove oil- teeth & gum pain, parasite eggs

Clonidine

Clonidine, a blood pressure drug, appears to be effective against chronic pain. As it often causes temporary sedation, it may help chronic pain caused insomnia.

Kumar A, Maitra S, Khanna P, Baidya DK. Clonidine for management of chronic pain: A brief review of the current evidences. Saudi J Anaesth. 2014 Jan;8(1):92-6. doi: 10.4103/1658-354X.125955. PMID: 24665248; PMCID: PMC3950462. ncbi.nlm.nih.gov/pmc/articles/PMC3950462/

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Gabapentin (Neurontin)

Gabapentin, used for neuropathic pain, appears to be addictive and increases opioid, alcohol & benzodiazepine overdoses & suicide. It causes can increase falls & crashes.

citizen.org/news/dangerously-overprescribed-gabapentin-should-be-classified-as-a-controlled-substance

citizen.org/news/gabapentin-and-the-criminal-manipulation-of-science-a-decade-later

Category

1. Uncategorized

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