



## NON-OPIOID PAIN RELIEVERS

The availability of opioids for pain relief has been restricted in many locales. Furthermore, it is unknown if physicians will, in the future, prescribe opioids in a truly effective manner. Thankfully, this situation has caused identification of some non-opioid pain relievers. Presented here are our best recommendations on non-opioid pain relievers for immediate (within 1 to 2 hours) relief after intake.

### MAIN MESSAGE

We recommend that persons with adhesive arachnoiditis (AA), CRPS, pudendal neuropathy, and other causes of severe chronic pain obtain whatever opioids their physicians will prescribe and simultaneously use non-opioid pain relievers to find comfort.

### DRUGS WITH OPIOID POTENCY:

We have found only 2 drugs that have opioid potency: (1) ketorolac (Toradol®) and (2) ketamine.

Ketorolac once or twice a week is effective and safe. A nasal or sublingual dosage of ketamine (e.g. 20 to 30 mg) can be taken as an opioid substitute or between opioid doses.

### BEST NON-OPIOID HERBAL/NATURAL PAIN RELIEVERS

1. TH-1 Support™ - A source is Pure Encapsulations: contains Chinese skull cap, berberine, zinc plus others.
2. Mirica™ - A source is Young Neuroceuticals: contains palmitoylethanolamide and luteolin.

These two pain relievers contain agents also known to prevent Epstein-Barr Virus (EBV) reactivation.

### BEST HORMONES

1. Oxytocin - A source is Project Biohacker
2. Human chorionic gonadotropin (HCG) – Obtain from a compounding pharmacy

MEDICINALS REPORTED TO US THAT RELIEVE PAIN: Lion's mane, marijuana, KAVA, CBD, kratom

### SPECIAL NOTES:

1. All the medicinals listed here achieve pain relief within 1 to 2 hours after intake. Medicinals that may, over time, suppress pain such as some peptides and hormones are not included.
2. Sources are listed for convenience. The Tennant Foundation neither produces or sells any product nor has a financial interest in any company that sells medical products or services.
3. We are vitally interested in receiving reports and experiences with non-opioid pain relievers. Send us your experiences. Hopefully, more non-opioid pain relievers will be identified. We will keep you informed.