

REPORT

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HOW TO GET MORE PAIN RELIEF FROM YOUR OPIOIDS

Prepared By

Forest Tennant, DrPH, MPH, MD
Martin J. Porcelli, DO, MHPE, PhD
Scott Guess, PharmD

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Arachnoiditis Hope
Tennant Foundation
336 ½ S. Glendora Ave.
West Covina, CA 91790
Email: tennantfoundation92@gmail.com
Website: www.arachnoiditishope.com

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Introduction

Due to a multitude of legal restrictions and biases, many persons who take opioids can't get enough relief to function, be comfortable, and have a quality of life. Summarized here are some of the ways we have found that boost or enhance the pain-relieving effect of your prescription opioids.

Take a Booster (Potentiator) With Your Opioid

Opioids trigger the endorphin receptor to relieve pain. If you simultaneously take a medicine that triggers a different receptor or suppresses inflammation, pain relief is enhanced. This is the reason acetaminophen, and aspirin are often combined with an opioid (i.e., Percocet®). Pictured here is a Table of boosters. You may have to experiment to find one or two that boosts your opioid. You can swallow the booster with your oral opioid or take it within 15 minutes after taking your opioid.

Table of Non-Prescription "Boosters"

Taurine 1000 mg
Glutamine 1000 mg
Lion's mane mushroom
Quercetin
Benadryl
St. John's wort
White willow bark
Aspirin
CBD
KAVA
Palmitoylethanolamide (PEA) 300 to 600 mg

Under the Tongue (Sublingual) Versus Swallowing

A medication dissolved under the tongue is always more potent than if you swallow it. Gastrointestinal metabolism may, for example, wipe out as much as 50% of an oral opioid's pain relief capability. Try dissolving your opioid under the tongue. You may find it much more effective. We recommend starting with ½ your usual dose and increase as needed, not to exceed your usual dose. Discuss this practice with your medical practitioner.

Don't Forget Aspirin

Aspirin has been disparaged ("bad mouthed") to the point that people are afraid to take it. It is still one of the very best opioid boosters. Dissolve it under your tongue to avoid stomach upset or bleeding.

Receptor Health

The central nervous system has receptors (“action points”) that relieve pain. They need to stay healthy and active to provide maximal pain relief. A basic nutrition program consisting of daily protein, vitamin D, and magnesium helps keep receptors healthy and maximize opioid pain relief.

Bedtime Preparation

Some medicinals taken at bedtime have the effect of making the next day’s opioids more effective. Here are some suggestions:

<u>Table</u>
<u>Bedtime Boosters</u>
Metformin 500 mg + L-Theanine 200 mg
Tryptophan 500 to 1000 mg
Amitriptyline
Pentoxifylline

Marijuana

Some persons find that marijuana provides significant relief. Others experience zero relief. Do not take marijuana within four hours before or after an opioid dosage to avoid over-sedation, muscle incoordination, and mental deficiency.

Kratom

This is the only non-prescription opioid. It comes in a variety of forms. It can be simultaneously taken with opioids. All persons who take opioids for pain relief should find a kratom form and dosage that relieves pain. Given today’s adverse attitude and restrictions of opioids, a person relying on prescription opioids must face the fact that their medical practitioners may shut off or reduce their opioids at any time. When this happens, you may have to rely on kratom.

Prescription Boosters

Today most physicians prescribe ancillary pain relief medications. Some popular agents are gabapentin, clonidine, tizanidine, baclofen, and pregabalin (Lyrica®). Take these medications within four hours before or after your opioid dose.