

## seg

Every decade seems to have their own identity and crisis, this one is no exception. But on the Opioids here's how the plan/scheme works , first trick/con doctors who are greedy and easily corrupt into prescribing vast quantities of addictive opioids and then you have boatloads of "patients" who need your highly addictive substances - this is how they "create repeat "business.". These patients are not really addicts in the strict sense, they were conned by these crooked "doctors" who prescribed them these highly addictive drugs, repeatedly, while the pharmacists and treacherous "doctors" got richer and richer. They then over-prescribed the medications to the poor and elderly and billed the federal government.

Of course at the heart of the scheme are the pharmaceutical companies, who put up the initial bribes to get this model going, all this while producing crooked 3rd party data to support their theft. It might sound too horrific a plan to ever amount to anything, you may think, but there is no limit to this medical greed and corruption. The general mantra seems to be, so long as you get rich doing it, you are some kind of a hero. Raking in the billions of dollars is their ultimate goal regardless of the suffering and hell these patients go through.. One of those companies was Purdue, they has earned approx.\$35 billion dollars in "profit" from Oxycontin alone. The company's owners, the Sackler family, joined the Forbes 2015 list of America's Richest Families, with a net worth of \$14 billion and they are not the only one. The Hippocratic Oath means absolutely nothing to these lunatics.. [www.linkedin.com/pulse/opioid-crisis-creating-fresh-hell-americas-empl..](http://www.linkedin.com/pulse/opioid-crisis-creating-fresh-hell-americas-empl..)

Posted On 08/16/2017

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## iamblessediam

Responding to one known side effect - violence - is big business too! Be well! LBP!

Posted On 08/16/2017

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**seg**

Yam yeah, violence, wars, gigantic egotistic maniacs all significant con tributors ..Humor is good though [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 08/16/2017

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**badboy2**

I always find it interesting that the government says its going to do something about this or that, like start a committee to investigate, etc; but its people like Dr. Mercola who go out and do something worthwhile. Of course all of us com-mentors putting our 2 cents in is of value.

Posted On 08/16/2017

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## Almond

Women may be "the weaker sex" because they do not share the same size and muscle mass as the average man. Or what used to be the average man before the advent of the xeno-estrogenized male and generally out-of-shape individual in contemporary society. However, women have special attributes. A woman's stamina is generally greater than a mans. (Think of how a woman endures all those waking nights with a restless baby.)

As for self-protection, Mother Nature endows each of her children with special gifts. Women have intuition--that creepy little feeling you get when you know all is not right and you should remove yourself from a situation for your own safety. It is a feeling I often get when in proximity to standard medical care. Listening to my intuition has often saved my life and prevented me from doing stupid things. I am grateful, that as adults, we still have the option of refusing medical care in most cases.

The problem is when your life is filled with so many distractions , so much exhaustion and so much stress that you can no longer hear yourself think. Realize that most health decisions are not life-and-death situations and you an pause and take time to do some research and thing things through. Often you will find better solutions. Simply being in pain is not a reason to go against your better judgment if you can still read research and are mobile. I fond pain is often a good incentive to seek a real solution instead of a panacea. Because I want it fixed permanently, not just treating the symptoms. Hard to believe that so many doctors think patients have an opioid deficiency. If only they identified the actual deficiencies causing the patient malaise and remedied those instead.

Posted On 08/16/2017

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## Alldogsgotoheaven

Very well stated. The first problem is (at least it is with so many people that I know) is people do want a panacea. They do not want to read or research. Because they have never done this before so many do not even know where to start. It is so much easier to put their faith in another human being---their doctor---a take a pill for this and take a pill for that. I find it very frustrating to deal with people like this.

The second problem is that doctors just hand over these meds like candy. I went to a endocrinologist many years ago who ran all kinds of blood test only to tell me that he did not know why I was gaining weight but people should do what I do because I was so healthy (according to my blood work). Then he said he could prescribe prozac for me. Prozac? You just told me that I was so healthy and you want to prescribe prozac? He said well some people lose weight when on it. I said, no thank you. A few years ago I had a minor medical procedure. The doctor then prescribed Hydrocodone. I told her that I did not think I needed that. The good doctor said well get it filled because you might. I did as I was told but did not take one, in fact I did not even have to take an aspirin as I never had any pain but I have often wondered if that was how people start down that dark road---so innocently.

I think that I may be one of the lucky ones. My grandfather was a pharmacist and as a child he drilled into my head that medicine is sometimes needed but it always has two sides and you need to find out what it is going to do that helps you and what it is going to do that harms you. He really was anti-drug way way way back then. I never forgot that lesson and now at 68 years old I only take an Omega 3 and a turmeric supplement. I honestly feel so sorry for people who have to take some sort of medicine for everything in their life. They seem to do it without even being aware of what they are doing to their bodies---especially as they age.

Posted On 08/16/2017

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## iamblessediam

Hormones rule the roost and how they work be gender-related - the "best" short video on that subject I've ever watched: [[organixx.com/interview-ty-bollinger-balance-hormones/?utm\\_campaign=int..](http://organixx.com/interview-ty-bollinger-balance-hormones/?utm_campaign=int..)]. Be well! LBP!

Posted On 08/16/2017

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## **Almond**

Alldogsgotoheaven... reminds me of an oncologist who told a patient he needed surgery. The patient refused and entered remission after curing himself. The doctor insisted it must have been a misdiagnosis. The patient responded, "Do you recommend surgery for all your misdiagnoses?"

Posted On 08/16/2017

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## **badboy2**

A woman's stamina is greater from the very start. X (female), sperm cells are slower, but have more stamina. While Y (male) sperm cells are quicker, but run out of energy sooner. Sound familiar? While on the subject and curious to me; is why (Y) male chromosomes are getting smaller each generation?

Posted On 08/16/2017

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## **forbiddenhealing**

So you know what yer up against from ALL corners...Propaganda primer; [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 08/16/2017

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## **stanleybecker**

try this one - [www.amazon.com/.../B00A2QMWW](http://www.amazon.com/.../B00A2QMWW)

Posted On 08/16/2017

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**jmiller739**

The Orthomolecular Treatment of Drug Addiction: Addicts can eliminate heroin or methadone intake without experiencing withdrawal symptoms, they lose their desire for the drugs, and should they take a 'fix' it is immediately detoxified and produces no 'high'. The orthomolecular treatment regimen is simple and non-toxic, may be administered orally, contains no narcotic drugs, is inexpensive and requires no hospitalization. It comprises administration of 25 to 75 or more grams of sodium ascorbate per day plus large doses of vitamins, essential mineral and amino acid supplements. After several days, appetite returns and they eat voraciously, they also have restful sleep. After about 6 days, the dosages are gradually reduced to holding dose levels (about 10 grams sodium ascorbate a day) and the ex-addict is now ready for rehabilitation or psychotherapy programs. [www.whale.to/.../kalokerinos2.html](http://www.whale.to/.../kalokerinos2.html)

Posted On 08/16/2017

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**forbiddenhealing**

j.....And the same protocol will prevent inflammation (dolor; Pain, one of the four classic signs of inflammation together with calor, rubor, and tumor (heat, redness, and swelling, respectively)) due to chronic disease and speed healing of physical injury.

Posted On 08/16/2017

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**lanceelliott**

I wonder, given the increase in suicide among the age group, if many aren't masked resignation with life. Pain is a great motivator. So is the state of the world, Anomie.

Posted On 08/16/2017

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## badboy2

There are so many vitamins, minerals, amino acids, and herbs out there that can do the same job that Opioids are prescribed for without all the side effects. One just needs to take the time to look. As an example; Astaxanthin has very potent anti-inflammatory properties and in many cases works far more effectively than anti-inflammatory drugs, as the article states, and Folate will rebuild the inner lining of the inflamed and blocked arteries, the same way mortar is used to build/rebuild a stone wall. B vitamins can help with stress and nervous system and Niacin (B-3), will relieve depression and cure schizophrenia, if taken in higher doses. There is so much more to good nutrition than drugs. In the news shows that the pharma trained medical profession is not always the best answer when Opioids are given out like candy.

Posted On 08/16/2017

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## stanleybecker

.and, badboy, if I might be so bold as to add - ""candy is given out like opiates""

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Posted On 08/16/2017

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## Is4503

Recently I went to the funeral for a younger guy I grew up with, he was 35 and the only son of a childhood friend. The usual story... work injury, pain killers, heroin usage ....overdose. I grew up in a Gold Star family, but these situations are IMHO worse. My grandma had some closure...some, not much. The families of the OD's will never have any closure. The addicts can bypass the doctors and go right to the streets for the heroin. It's foolish to believe that they'll go for Yoga sessions....among other options. The war on drugs is - for the most part - ineffective. If not getting the desired, but twisted results. We support the countries that grow it and the Pharma Lobbyists have clout. Human nature is what it is too, we seem prone to addictive personalities. I don't have the answer...and if I did, those afflicted wouldn't listen. And those in charge wouldn't listen to me unless I could offer jobs or donate. Prayers and thoughts to all.

Posted On 08/16/2017

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## lemonchiffon

Say what you will, but the focus on opioids is just the latest cause celebre in the media to distract us from the shell of a healthcare system that doesn't give a flying leap for most people. It's a money-making racket that only serves the haves...NOT the have-nots. I have a daughter who lives in excruciating pain due to GCSF shots for chronic neutropenia and failing kidneys. She takes hydrocodone mixed with acetaminophen, 5mg once a day so she can get enough relief to sleep at night. She has to pee in a cup to show she is the one taking the drug and not selling them!? Since she takes so little, she is listed as a person who may be selling when it doesn't show up on the tests!?

She monthly goes round and round with the clowns in charge of her life and it is taking the little energy she has left to go on....and then people wonder why those in chronic pain sometimes give up and do themselves in! She has dealt with surgeries, excruciating pain, lack of care when she needs it, discrimination because she has lived with disability all of her life. Something has to change! But making draconian measures that further hurt people like my daughter are NOT the answer!!!!

Posted On 08/16/2017

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## njlady

I just have to put in my 2 cents..One of the worse pain I ever had was from sciatica..I couldn't sleep for 2 weeks, couldn't find a comfortable position, and was in pain all day..I ended up going to the ER 2 nights in a row. They gave me pain killers(oxytocin I believe) and it had no effect. The second day they gave me a shot of Demerol so I could sleep (after the 8 bouts of vomiting). I remembered I had an electronic device that I had bought years ago for my anxiety disorder. This device is also very effective for pain. I applied it and the pain was gone in 2 days. The website is [www.alpha-stim.com](http://www.alpha-stim.com) if anyone is interested..I have no connection with this company, just know I had excellent results with it..It is not for all pain, as I have fibro and lymes, and have 24/7 pain, which the device doesn't really help. But it is a very interesting product, and is effective for other types of pain

Posted On 08/16/2017

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Hi,

I have an old lumbar injury-ruptured disk-which required me to be off work for 6 weeks and which I had physical therapy for. Yes, sciatica is crippling pain. In the acute phase, I could not bend over to brush my teeth, and then could not straighten up afterward. Every change of position was painful. I slept on the floor for a long time because the firmness seemed to feel better for my back. Physical therapy taught me to sleep on my side, knees flexed, with a pillow between them. Fast forward 10 years, I was still an ICU nurse, and very occasionally my back would flare up-maybe once or twice a year. I wandered over to PT and asked them if I should do another round of PT for my back-they gave me a TENS unit-which I think is what you describe. It was amazing-I could put the electrodes on, slip the unit in my pocket, and adjust it so the pain was not noticeable and so avoid missing work. Today I have one of my own at home to use. I think that the electronic stimulus interrupts the pain signal, which then interrupts the muscle spasm so that it does not continually put pressure on the nerve. I also discovered Robaxin-which is a very old medication, costs ~10 cents/pill. It relaxes the muscle also and if my back acts up, taking 2 doses of it in one day basically stops the pain cycle for me. It is non-addictive and enables you to be functional while allowing your back to relax and heal. You have to ask for it though; it's odd to me that any physician would not try that before narcotics, which only mask the pain rather than stopping the cycle causing the pain. By the way, you can get one of these TENS units very reasonably from these folks:

[www.pulsetv.com/prodinfo.asp](http://www.pulsetv.com/prodinfo.asp). I got mine there and they have several different units to select from. It's worth a try.

Posted On 08/20/2017

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## tryingtobenlighted

Its amazing that anyone trusts doctors anymore. Now pediatricians refuse to accept a patient unless the parent agrees in writing to allow their precious child be vaccinated according to the standard which is 69 vaccines by age 18.. In return the pediatricians receive huge monetary kickbacks from the vaccine manufacturers. This is so wrong and illegal yet no one seems to be able to do anything about it and most parents don't even know this! What happened to doctors? What happened to parents? They even prescribed hydrocodone to a friend's baby because the baby needed a "revision" due to the doctor's botched circumcision. Its crazy!

Posted On 08/16/2017

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## rrealrose

Found this recent article yesterday, suspect may be more to money being paid to prescribe these pain pills, than what initially meets the eye: [www.marketwatch.com/story/harvard-educated-doctors-prescribe-fewer-opi..](http://www.marketwatch.com/story/harvard-educated-doctors-prescribe-fewer-opi..)

Posted On 08/16/2017

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## stanleybecker

hi rose - "still the best?" - read the headline - [www.marketwatch.com/story/opioids-are-still-the-best-pain-drug-weve-go..](http://www.marketwatch.com/story/opioids-are-still-the-best-pain-drug-weve-go..)

Posted On 08/16/2017

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## Krofter

THCa - [www.leafly.com/news/cannabis-101/what-is-thca-and-what-are-the-benefit..](http://www.leafly.com/news/cannabis-101/what-is-thca-and-what-are-the-benefit..)

Posted On 08/16/2017

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**stanleybecker**

although, friend Krofter, the ferment presumes a transformation - is THCa an antecedent of THC or not?

Posted On 08/16/2017

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**Krofter**

Depends on how you define transformation... and it need not be.

Posted On 08/16/2017

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Yeah, as a retired ICU nurse, I agree with much of what is said in the article. Opiates obviously have a role in post-op care; chronic pain is another story and all avenues should be explored so addiction does not become an iatrogenic problem caused by lazy doctors who suffer from lack of imagination. I suspect that many who abuse opiates are trying to mask psychic pain (many, not all). Personally, about 10 years ago I tore a medial meniscus in my knee-had bad swelling, fluid in the joint, severe pain, etc. The MD I saw said I would need surgery-he offered to aspirate the fluid and inject me with anesthetic and cortisone, which he said would keep me comfortable so I could work up until the surgery. I recoil at the thought of sticking a needle into my joint blind, so I opted not to do that. I told him I'd like to try physical therapy first. He laughed at me, but ordered 4 weeks of PT, 3 x/week. I could not take the Tylenol #3 before I drove to PT, so when I got there, I was always in pain. They did "cold laser" therapy for ~ 5 min on my knee, then put me on a stationary bike. I noted after 5 min on the bike, my pain went away-totally. So I bought one for home, which I still ride today. I did not require surgery, my knee evidently healed itself? It does not require any pain med, just to keep the joint moving. When I went back to the MD for followup, he said I have arthritis on xray, to just keep the joint moving. He was amazed when I came back after the PT and was pain free. I also started swimming laps-he said to use swim fins to increase the resistance in the water and that would further exercise my knees. I think many good doctors will be less inclined to just give us drugs if we express that we want a non-drug alternative. I appreciate very much that Dr. Mercola is willing to think outside the box, because doctors stuck in the proverbial box have gotten us into the health-care mess we have today, as above.

Posted On 08/16/2017

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## Alldogsgotoheaven

I had almost the exact same experience with an orthopedic doctor. He wanted to do surgery on my knee but he could not tell me what he would do in the surgery. I said that I wanted pt. We went back and forth and he finally said ok well at least your knee will be stronger for the surgery. I went to the PT who after a consultation actually told me what was wrong with my knee. I had a few weeks of therapy and the pain was gone. Now granted that knee always looks a little swollen but it never hurts. The therapist told me to continue to exercise and I would not have a problem. That was years ago and I have never had pain in it again. When i went back to the doctor it was obvious that he had not even read the report from the therapist and walked in and said well it was just bruised---which was not the diagnosis.

Posted On 08/17/2017

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## JOEL\_WS

[Opioid Deaths Now Leading Cause of Death for People Under 50] This is astounding, but were opioids the single reason for these deaths? Combining other substances with opioids multiplies the effects. Given that many are already over-dosing oxycodone to begin with, I must say that they are creating their own problems. Unfortunately their problems tend to cross multiple lanes to become other people's problems.

One of those 'problems' is that people who need heavy-duty pain relief now are generally barred from getting opioids like oxycodone, simply because Primary Care Physicians, et. al., don't want the red tape and hassles from the DEA. Doctors in my neck of the woods don't seem to give a damn about a patient's pain. LDN is basically an unknown or so expensive and experimental for pain mitigation that insurance won't cover it even if you could convince a doctor to prescribe it.

I write from both experience and authority as a former, responsible, and legally prescribed user of opioid medication who easily took myself off the 25mg/day maximum dose (spread out over the day) which helped intractable pain for seven years. My pain is worse now than before going off the med about two years ago. My former physician wouldn't re-prescribe and basically told me to 'rub some dirt on it'. So where is to be found affordable, safe and effective pain relief for those of us who need it and find most all other remedies ineffective, unavailable or highly inconvenient?

Posted On 08/16/2017

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## **gym654**

Among possible non-drug, non-invasive alternative therapies, the gammacore device ( <https://gammacore.com> ) from electroCore ( [www.electrocore.com](http://www.electrocore.com) ) should be considered.

It is currently FDA approved for cluster headaches, but off-label prescriptions are being written by doctors for several other conditions, with encouraging results.

Posted On 08/24/2017

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## **CocoaCin**

"The Ending Federal Marijuana Prohibition Act of 2017, HR 1227, eliminates federal criminal penalties for possessing and growing the plant. This legislation gives states the power and flexibility to establish their own marijuana policies free from federal interference."

[norml.org/action-center/item/federal-bill-introduced-to-end-federal-ma..](http://norml.org/action-center/item/federal-bill-introduced-to-end-federal-ma..)

Posted On 08/16/2017

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## **CocoaCin**

"Add your name to the Marijuana Justice Act, which will remove marijuana from the list of controlled substances"

[pac.petitions.moveon.org/sign/its-time-to-reverse-decades?source=mo&am..](http://pac.petitions.moveon.org/sign/its-time-to-reverse-decades?source=mo&am..)

Posted On 08/16/2017

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## **happywifehappylife**

We are now making the solution to this opioid problem and it is not expensive, but highly effective. Anyone interested in the solution, contact me. Drugs are not the answer and because medical is only interested in symptom treatment, they will not be able to easily deal with this issue as everyone can see. Taking a drug to stop a drug is ridiculous. The solution in Australia that requires hospitalization for a couple days works, but is expensive and very invasive. Not a good solution.

Posted On 08/16/2017

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## **rethole7gmail.com**

And no one is holding the pharmaceutical companies responsible first for producing this drug and then bribing doctors to prescribe it??? Sometimes I think I need to move out of this country to a remote place in South America!

Posted On 08/16/2017

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## **bnbauer**

If I have a headache I take one aspirin and lay down in a dark room. It goes away. If I have aches or pains, at 76 there are many aches and pains, I just ride through them. A good night's sleep does wonders. Worst pain I ever had was a 'dry socket' after a tooth was pulled. Made it through that with only aspirin. Guess I'm lucky I have a high tolerance for pain. Can't see taking pill for every little ache and pain.

Posted On 08/16/2017

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## Guillermou

The pharmaceutical industry in the US spends millions on lobbying, finances political campaigns, 'buys' doctors to promote and prescribe certain drugs and, with the taxpayer's own money, subsidizes preparations that will later serve to deteriorate the health of the population. US. Pharmaceutical industry, doctors, rulers, all play the revolving doors that money makes possible, they corrupt institutions, in order to defend drugs, but most outrageously, to combat those who fight against drugs. As Dr. Mercola has reported, the growth in deaths and overdoses in the US due to drug use is a heartbreaking problem. Over five million people in the US experience a physical dependence on these painkillers.

Doctors prescribe opiate drugs for the treatment of chronic pain, but they must be aware of the serious illnesses they cause. Gtzsche has compared the pharmaceutical industry to organized crime. The effect of drugs is chained. Drug consumption causes young people to abandon their studies and not train. On the other hand, addicts withdraw from the labor market, causing a high rate of suicide, depression and overdose deaths. The epidemic especially hits communities that already suffer serious economic problems. It is a vicious circle, since economic problems are also a source of despair and depression, prostitution and drug abuse, which lead to medical treatment.

It is necessary that your professional ethics lead you to advise patients on natural means to minimize chronic pain. What's more, your medical practice should lead to preventing pain, in a holistic way. Dirty money from the pharmaceutical industry finances politicians' campaigns, buys doctors to promote and prescribe opiates. The most serious thing is that with taxpayer money, it subsidizes drugs that will later serve to deteriorate health, and to oppress those who fight against drugs.

Posted On 03/30/2024

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## Guillermou

One way is that we do not allow ourselves to be deceived by materialism, nor by the science of researchers manipulated by the corruption of said materialism, by the men who are poisoning humanity. Let us develop critical thinking, to be able to choose what is best for us, and let us fight for the freedom of the oppressed, among whom are those who feed on deception. True healthcare reform begins in your kitchen. "Our bodies are our gardens, our decisions our gardeners." William Shakespeare, The problem is that our will is dominated by the media governed by the power of corrupt money and by a society dominated by the lack of ethical principles and education, increased frustration, narcissism, lack of empathy.

We must work with protective values such as self-esteem, self-control, empathy or denial skills, which can be one of the most effective strategies to prevent problematic behaviors such as drug abuse from manifesting in the future. Drug consumption is a consequence of the failure of society, irresponsible parents, the media, educational establishments, politicians and, in short, the corruption of institutions dominated by the money market that despises the principles of solidarity, equality and I respect ethics, We must train people, future adolescents and young people, with critical capacity who can face the pressure of drugs, fashions or social stereotypes, seeking to be able to maintain their own criteria.

To achieve this, it is necessary that the family and school begin to work with them from a very early age and that independent experts from the power of corruption The combination of severe chronic pain and treatment with opioids is accompanied by a powerful desire Eating mainly sugars and starches, with little protein or fat, leads to serious long-term diseases.

Posted On 03/30/2024

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## kayceecat

I suffer with chronic pain and I have found that Kratom works wonders. It's not addicting like prescription opiates in fact many people take Kratom to get off of the opiates. You can buy it legally in the United States although some states are trying to outlaw it and it's all because the pharmaceutical is losing money , we've been in a fight with the FDA and big Pharma over this herb for years. I wouldn't however buy it at a gas station because you don't know what you're buying there.

Posted On 03/30/2024

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**lam31576**

I too have been using kratom to manage arthritis and fibromyalgia pain for almost 4 years now with no side affects for me. It has actually replaced several prescription drugs for me with none of the side bad affects of them. There is much going on to outlaw it because it is so effective and a big threat to pharma. More people are finding out about the benefits of using kratom and LE is misinformed so I encourage anyone to fully do the homework and definitely don't purchase from a gas station. The American Kratom Association provides a plethora of information including GMP Qualified vendors who comply with manufacturing standards to assure safe and consistent products.

[www.amerikratom.org/gmp-qualified-vendors](http://www.amerikratom.org/gmp-qualified-vendors)

Posted On 03/30/2024

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**juststeve**

Here in what is left of this once thriving Rural Area, gutted long before the Industrial Areas to follow. Here, one of the places where in the 60s, 70s people moved too to get away from drugs and crime today are devastated with a rising tide of death delivering drugs. Between the drug overdoses and the death from unknown causes the obituaries are having the young people dying catching up with the oldest of our population dying. So much of it all brought to you by Trust Us, We Are the Science. Profit\$ at the \$peed of \$cience.

Posted On 03/30/2024

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## Guillermou

How sad, Just!!!!. Though often perceived to be a problem of the inner city, substance use and misuse have long been prevalent in rural areas. Rural adults have higher rates of use for tobacco and methamphetamines, while opioid use has grown in towns of every size. Rural adolescents and young adults use alcohol at higher rates and are more likely to engage in high-risk behaviors, like binge drinking or driving under the influence, than their urban counterparts. Substance use can be especially hard to combat in rural communities due to limited resources for prevention, treatment, and recovery.

According to The 2014 Update of the Rural-Urban Chartbook, the substance use treatment admission rate for nonmetropolitan counties was highest for alcohol as the primary substance, followed by marijuana, stimulants, opiates, and cocaine. Factors contributing to substance use in rural America include: 1)Low educational attainment----- 2)Poverty---- 3)Unemployment---- 4)Lack of access to mental healthcare--- 5)Isolation and hopelessness--- 6)A greater sense of stigma---

[www.ruralhealthinfo.org/.../substance-use](http://www.ruralhealthinfo.org/.../substance-use)

Posted On 03/30/2024

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## DoorlessCarp

Substack pending, but magnesium is extremely useful as its a natural antagonist of the NDMA receptors: Oral application of magnesium-L-threonate enhances analgesia and reduces the dosage of opioids needed in advanced cancer patients-A randomized, double-blind, placebo-controlled trial Siyin Wu et al. Cancer Med. 2023 Feb. [www.ncbi.nlm.nih.gov/.../PMC9972038](http://www.ncbi.nlm.nih.gov/.../PMC9972038)

Posted On 03/30/2024

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## aminahyaquin

In decades of cogent, compelling , timely and critically needed reads ,fully documented and brilliantly composed, this article , to me, is one of your absolutely most important. God Bless you and Thank You. Opioids hit Appalachia like a nuclear bomb. This article, in a sane and sound world would ring out from the rooftops and church steeples and every media publicaiton and the schools.

Posted On 03/31/2024

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## BevRatlover

This is so easy to prevent. Make all opioids legal and available so people know what they are taking. No one dies from prescription opioids unless it's deliberate suicide. People who are desperate and in pain end up buying illegal drugs and they have no idea what is in them. That is what killed Prince and so many others. Even people dying of cancer are denied pain relief. And please do not recommend cannabis, which does not work for pain and which causes brain damage.

[keepingreallesbianfeminismsimple.wordpress.com/2018/05/03/the-opioid-c..](https://keepingreallesbianfeminismsimple.wordpress.com/2018/05/03/the-opioid-c..)

Posted On 03/30/2024

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## aminahyaquin

Absolutely not. That is the single worst thing that vcan be done. The drgs like Oxy-Contin have been researched and carefully developed to ensure addiction in as many people as possible. They work by increasing the pain factor to unbearable even after one use until more and more is imbibed and an addict is made for Big Pharma profits from the cradle to the grave. If the addict turns to heroin, the black market organized crime cartels that have sent their white collar seeming kids to pharmacy and research biology schools profit by renting their turf to gangsters local or foreign invaders, fhungry or money money money at any cost to humanity and target the most vulnerable and elderly.

But the addicts also then turn to speed for daytime use so they can function, and then use the opiods at night, at least until they become comotose vegetables lying aorund wating for their next hit. This is a slavery unlike any previous and affects millions more people than any salve traders of the past. On this case fentanyl has become a upper-downer drug on which people can function for a time but ot dinhibitd your villence precention cognitive "buttons; and pushes murderous rages and evil thoughts upon which disinhibited people often act. Fentanyl is deadly and disgusting but adazines are worst and coming soon.

WE NEED TO ABOLISH SLAVERY NOT ENABLE IT ! Most addicts do not give up drugs til jailed in most jails and prisons a few rotten guards can get you all you need. Big Pharma then prescribes so called medically managed tx to keepyondruggles dependent on them for profit , from the cradle to the grave.making toxic drugs "legal"which impair your rational mind is not the answer. Making walk-in treatment availble and making supported living at discharge from the effective programs like Hazledon used to be, in CLEAN communiy housing is the answer. AND stoopping the direct to consumer advertising of all BP drugs is part of it too

Posted On 03/31/2024

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**neff124**

I just want to say that Percocet has been a life saver for me at times when my damaged spine causes severe muscle spasms when the spinal cord is pinched. No other drug I've tried gives me relief. My wife had knee replacement surgery, was on oxycodone for ten weeks, went off the drug for two weeks, then had a second knee replacement surgery and was on oxycodone for ten more weeks. Never a sign of addiction because she followed the surgeon's orders and never doubled up on the dosage. In my opinion, the only way one can get addicted to oxycodone is if that person abuses the usage and takes way more than they should. That's on them, not the drug. It's too bad that oxycodone has been given a bad stigma; it is a lifesaver when nothing else works for debilitating pain.

Posted On 03/30/2024

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**LSquare**

Same here, Neff. 15 major leg surgeries over the past 3.5 years, and prescribed 5-10mg of oxy every 4-6 hours for a finite amount of time after each surgery. Tylenol by itself was of no help, and is probably a worse drug than oxy, overall. I have an addictive personality, and had no problems. However, my serious pain was only temporary, so I can't speak to someone that is suffering chronic, debilitating pain, so I don't know what may happen in those situations. But, for those getting addicted after suffering only short term pain, well, I'm inclined to think that that person was already involved with addictive drugs, or abused them so badly within a short amount of time that they became addicted. 5-10mg per prescribed dosing interval for 2 weeks is not causing deadly addictions.

Posted On 03/30/2024

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