

IMMEDIATE PAIN RELIEF WITH GABA

Part 4 of 5

There is one neurotransmitter (NT) that can be taken that will give most IPS patients some immediate pain relief. It is gamma aminobutyric acid (GABA). It can be simultaneously taken with an opioid or a benzodiazepine to provide more pain relief or eliminate the need to take as much opioid or benzodiazepine.

BIOLOGIC FACT

Unfortunately, science hasn't yet figured out how to formulate endorphin, serotonin, and most other NTs for maximal effectiveness. They are either digested and rendered ineffective by the stomach acid, or they are too short acting (minutes) to be effective. One exception is the NT, GABA.

GABA- A MUST FOR MORE PAIN RELIEF

If an IPS patient needs more pain relief and comfort, some intake of GABA will probably be necessary. Why? GABA is the natural neurotransmitter that restricts or hinders the electrical charges that cause pain. GABA substitutes or surrogates include gabapentin, pregabalin (Lyrica®), baclofen, diazepam (Valium®), carisoprodol (SOMA®), lorazepam (Ativan®), topiramate (Topamax®), and alprazolam (Xanax®). GABA substitutes or surrogates usually decrease pain in IPS patients because they activate damaged GABA receptors and retard electrical conduction. The intake of GABA will ensure that the nervous system's major electrical control system will function at it's best.

HOW TO TAKE GABA

First, oral capsules or tablets may not work, because stomach acid may digest GABA, or it will not cross the blood brain barrier. GABA is to be taken under-the-tongue (sublingually). The typical dose is 100 to 300 mg. Take GABA to either see if it will calm a flare or take it simultaneously with your opioid or GABA substitute.

HOW OFTEN SHOULD GABA BE TAKEN?

We recommend that at least 100 to 300 mg. of GABA be taken each week to ensure that you maximize the ability of your CNS to suppress pain. You can safely take GABA every day if you feel you benefit from it. Think of GABA as the oil in your car. Keep some in your "crankcase" at all times if you want to keep the engine running smooth!

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