Avoid Overusing Pain Meds

by DONNA SCHWONTKOWSKI

Chronic Pain Medication Will Always Catch Up With You

“Dr. Donna, Hi, it’s Henry. Call me please…” he said in a very weak voice. The last time I heard from him, he was doing very well. I called immediately after I heard his message.

“Well, I’ve taken a turn for the worst. The doctor said the painkillers I was on for a long time have left my stomach riddled with lesions. I can’t eat much and already lost 20 pounds. Sometimes I throw up, too,” he shared.

“What’s your doctor doing for the situation?” I asked.

“He’s taken me off the painkiller that caused it and gave me two new medications that he said would heal the stomach…”

“Don’t count on it! You need real foods or herbs to do that,” I told him. “Let’s do this naturally.”

How to Heal Damage from Painkillers to the Stomach Lining

I then outlined an entire protocol for him to heal the body. Here’s the protocol that can help heal the stomach lining:

- George’s Aloe Vera Juice – ¼ cup 3x daily (natural healing agents for skin are found inside the aloe vera plant)
- Slippery elm powder, 1 tablespoon three times daily (acts as a bandage to cover up the lesions so they don’t get irritated any more, and then stimulates healing)
- 50,000 IU vitamin A – this vitamin is specific for healing the mucosal lining anywhere in the body.
- 400 IU vitamin E – another important vitamin for healing
- 2000 mg vitamin C daily – another excellent nutrient known to stimulate the production of collagen and the healing of wounds
- Cat’s claw herb, 1000 mg three or more times daily – this herb acts as an anti-inflammatory agent.
- An anti-inflammatory herbal formula from the health food store with curcumin in it as well as three to five other anti-inflammatory herbs taken at least three times daily

The protocol is taken daily for a minimum of two weeks and preferably as long as it takes for the stomach lining to heal.

Other Things to Add

Fresh juices are also quite healing; the standard in juice therapy is to use cabbage juice. This means you juice the cabbage until you get juice. The water content of cabbage is a far cry from the water content of watermelon so don’t expect much juice from the cabbage!

You can dilute the cabbage juice with apple and celery for a delicious healing beverage as well. Drink the equivalent of a quarter of a head of cabbage daily; add the apples and celery to improve the taste.

What’s the Lesson Learned?

The lesson we learned here is that when you have chronic pain, the pain medications should only be taken for a short time period. This is actually a rule of the medical profession, but it’s one that many people don’t know about.

The longer you stay on prescription medications, the more your mitochondria are going to be damaged – this was what Stephen Sinatra, M.D. said at a seminar not too long ago. And that’s just one of the problems from pain medications.

Don’t cause new problems in your body just because you have chronic pain. Heal the painful area instead.