

various things any comments

Posted by Aly - 01 Aug 2008 18:54

From my pain clinic which does research and is excellent-

Take it or leave these ideas

Vitamin D helps the absorption of narcotics

Omega 3 well known fact when taken at proper dose cuts down inflammation.

Neuropathic pain now this is up for debate in the medical field and has to be done in hospital, monitored ect., but helps me lidocaine and magnesium infusions every 2 weeks.

Sativex helping with the burning in my feet, but it is soooooooooo expensive, thankfully I have insurance.

Take care all, Aly

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