7 SECRETS TO QUICK AND EASY AT-HOME OPIATE WITHDRAWAL RELIEF!

UNBREAKABLE Strategies and Supplements for FAST Detox Success

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7 12 Secrets to Quick and Easy At-Home Opiate Withdrawal Relief!

Plus... How to End Addiction Fast Without Rehab

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Author: Reilly Johnson

Without question opiate withdrawal is one of the BIGGEST roadblocks to anyone searching for freedom from addiction. The agony suffered during withdrawal and detox is devastating. You can expect these symptoms and many more to batter you simultaneously at the max level of 10:

- Diarrhea / Nausea
- Anxiety / Tension
- Insomnia / Restlessness
- Depression / Lack of Motivation
- Hot / Cold Chills
- Body & Muscle Aches / Flu Like Symptoms

When you add on the fact that these symptoms can last up to 30 days... getting clean can seem like a pipe dream.

How many times have you promised yourself this was the last time, and it wasn’t? How many times has withdrawal-pain force a relapse? I can tell you this, You are not alone.

Opioid and more recently prescription pain killer addiction has become one of America’s biggest problems. Here’s the stats:

- In the year 2012, Vicodin (Hydrocodone) took the number 1 spot as America’s most prescribed medication. (Can you believe that?)
Doctors prescribe a scheduled NARCOTIC more often than any other medicine in America.

- In 2007, the number of overdose deaths from prescription opioids outnumbered deaths from heroin and cocaine combined.

- 15.9% of Americans (40.3 million people) have the disease of addiction – more than have heart conditions (27 million), diabetes (25.8 million) or cancer (19.4 million).

- Only 10.9 percent of those in need of addiction help receives it.

- Most people experience opiate withdrawal at least 10 – 25 times!

This makes withdrawal from opiates the very first step to recovery from addiction. But what makes matters worse, is no one (especially not your doctor) can tell you how to come off opioids without feeling like you’ve been run over by a Semi-Truck. This leaves you alone, in pain and without help searching for answers to these questions:

- **How can I ease opiate withdrawal pain quickly and easily?**
- **How can I shorten the length of my withdrawal symptoms?**
- **How can I repair the damage done to my body and mind by opioid abuse?**
- **How can I successfully quit drugs at-home, without going to rehab?**

During my own 2 year struggle with opiate addiction I discovered answers to these burning questions. And I’ve documented them below in the report you’re holding now.

Inside you’ll find little-known secrets, strategies and supplements that can ease withdrawal pain and help end opiate addiction once and for all. When I read the quote below I know it was perfect for your battle with addiction.

“**To live through an impossible situation, you don’t need the reflexes of a Grand Prix driver, the muscles of a Hercules, or the mind of an Einstein. You simply need to know what to do.**”

- Anthony Greenback, The Book of Survival
Secret #1: The Three Best Legal Supplements for Fast and Proven Withdrawal Relief

1. Kratom – Kratom is a tree native to east Asia, (Think Thailand, Bali). It’s leaves contain nearly 30 active alkaloids that can effect how you feel. Kratom can be very effective at relieving opiate withdrawal pain.

It’s been used successfully to combat nearly every single withdrawal symptom including, cravings, anxiety, insomnia, body & bone aches, depression, fatigue and more.

If you decide to take Kratom, be sure you test how it affects you first. Kratom can be funny and users often report less is more. A small dose will usually be quite stimulating – while a bigger dose is usually more sedating and opiate like. With that said, Kratom is totally different and no-where near as powerful as opioids.

2. Marijuana – Now medically legal in 19 states and recreationally legal in 2. Marijuana is used LEGITIMATELY (prescribed by thousands of doctors) to help people suffering from nearly every ailment you can think of. If it can help cancer patients, AIDS survivors and glaucoma sufferers- do you think it can help with your withdrawal symptoms?

I recently asked a 27 year old woman who suffers from SEVERE chronic pain what helped her pain most, prescription pain killers or weed? She didn’t hesitate, “Marijuana works much better for pain and carries almost none of the side effect.”

Without question, marijuana works excellent for nearly every single withdrawal symptom including anxiety, body aches, depression, insomnia and many others.

3. Phenibut – Is a Russian root first discovered in the Soviet Union, and is a derivative of GABA. It was first used as a prescription supplement in Europe to alleviate symptoms of anxiety and post-traumatic stress disorder (PTSD), and to help with sleep issues.

Phenibut is almost the perfect legal alternative to benzodiazepine’s like Valium or Xanax. It works best against bothersome symptoms like anxiety and insomnia. It’s a very effective, perfectly legal relaxation aid. Click here if you’d
like to learn more about phenibut. WARNING: Some people DO have negative effects from phenibut, so at first, test small.

Get Phenibut At The Opiate Freedom Center Store.

WARNING: Only use Kratom, Marijuana & Phenibut as tools. Use these supplements to get you through your worst symptoms and then get off and get used to being sober (you’ll like it). You can become addicted to anything (anyone else seen the TV show, My Strange Addiction?). So if you need these try to only use the first 5-10 days of withdrawal as they can be habit forming.

Secret #2 - Four Surprisingly Effective Over-The-Counter Withdrawal Products You Can Get at the Grocery Store

1. Imodium AD – When you stop taking opioids you start running back and forth to the bathroom… a lot. Imodium works great to stop diarrhea and reduce the constant restroom breaks.

2. Benedryl - This can help relieve itchy watery eyes and runny nose. It can also help you sleep when you can’t.

3. Ibuprofen - This can help with muscle aches, body aches and headaches. Don’t underestimate old fashioned Ibuprofen, because it CAN help you.

4. Vicks Cough and Cold Nighttime Formula - Opiate withdrawal can feel a lot like the flu. Which is part of the reason a nighttime flu formula’s can ease many symptoms and help you sleep.

Secret #3: Five Fantastic Supplements That Can Reduce Withdrawal Pain and Shorten Withdrawal Length

These supplements can restore depleted serotonin, dopamine, and endorphin levels.
1. **5-HTP (hydroxyryptopan)** – 5-HTP is the precursor to serotonin and helps your brain manufacture more serotonin. It is also the precursor for melatonin, the hormone involved in sleep patterns of the human body. When you supplement with 5-HTP it can improve mood, help you sleep, and instill feelings of relaxation and calmness.

2. **Mucuna Pruriens (extract)** – A deficiency of norepinephrine and dopamine in the brain can result in depression, sadness, lack of focus and low motivation. Mucuna Pruriens can rapidly replenish depleted dopamine stores and help rebuild neurotransmitters. These chemical messengers act in the brain to produce mental alertness, improved mood and more energy.

Instructions: Mucuna Pruriens should be taken in the morning on an empty stomach or at bedtime so that it does not have to compete for absorption with other amino acids.

3. **GABA** – In a healthy, well-nourished person, the brain produces sufficient amounts of GABA and supplementation may not be needed. However, since many people abuse opiates and other drugs, eat poor diets and are over-exposed to environmental toxins, GABA levels can easily fall below optimum amounts. Low GABA levels are associated with a range of problems, including anxiety, depression, irritability and sleeplessness.

4. **St. John’s Wort** – St. John’s Wort is known as nature’s natural anti-depressant. It improves outlook, mood, and motivation. This one might take a short time before you feel its effects so make sure you give it at least two-weeks to kick in.

WARNING: Avoid St. John’s Wort, 5-HTP if you're on an SSRI (selective serotonin reuptake inhibitor) such as Prozac, Effexor, Paxil, or another psychiatric mood elevators, etc.

5. **L-Theanine, Chamomile, Melatonin** – These three all-natural herbs work well for tension, anxiety, stress, restless leg syndrome and insomnia. If you start by taking all three 2 – 4 days before your withdrawal (which allows them to build in your system) you will experience very good withdrawal relief.
To learn more about The Opiate Freedom Center’s supplement line for opiate withdrawal and lasting recovery. As they contain many of these ingredients listed above.

>> Click Here to Learn About The OFC’s Opiate Recovery Stack <<

Use the coupon code: OPIATEFREEDOM for $10 Off ANY product.

Secret #4: Three Prescriptions Your Doctor Can Write For Immediate Opiate Withdrawal Symptom Relief

There are a select few prescriptions that your doctor can write that will help you deal with opiate withdrawal symptoms. They are:

1. Clonidine – Clonidine is a blood pressure medication that works well for withdrawal symptoms – and doctors often prescribe this specifically for opiate withdrawal. It’s completely non-addicting and fast acting. It works for sleep, body aches and anxiety. Clonidine is probably the best non-addictive prescription your doctor can give you. I suggest it, if your doctors willing.

2. Benzodiazepine’s – (Xanax, Valium, Klonipin, Soma, almost any Benzo will work) – Benzo’s help with anxiety, insomnia, stress, muscle aches and the general un-comfortableness of withdrawal. Please remember, benzo’s can and are addicting. And most people agree benzo withdrawal is worse than heroin withdrawal and it’s longer. Another prominent side effect or pro longed Benzo use is forgetfulness and stupidity. Benzo’s are not a good alternative to opiates. If you decide to use them, only use them long enough to get thru your worst withdrawal symptoms and DO NOT become dependent on them.

3. Suboxone (naxalone) – The ultimate ‘come off drugs quick and feel no pain’ medication. Suboxone is the hands-down king for coming off opiates and not hurting. But the problem is, it’s very expensive, doctor prescribed and it’s ALSO a
powerful opioid that you will ALSO eventually have to wean yourself off. I’ve heard suboxone withdrawal is longer and tougher than heroin withdrawal.

A lot of people also use Suboxone as a crutch so they don’t have to hurt while waiting for their next script from their doctor. I know a lot of people who’ve been on Suboxone and very few became drug free because of it. It’s fair to say Suboxone is often used for the wrong reasons.

With that said… Suboxone therapy can absolutely be a life saving fix, especially if you’re drug usage is out of control and/ or you’re using needles. But if you can manage your withdrawals without it, don’t take it.

**Remember this:** It’s POINTLESS to trade one drug for another. Only use these as tools to get through your worst withdrawal symptoms, for the first 5 – 10 days.

**Secret #5: You Can Slow Taper to PAIN-FREE Opiate Withdrawal and a Successful Detox**

If you taper your opiate dose slow enough you erase nearly every single withdrawal symptoms you will face. The trick to tapering is to do it slow enough to not hurt but fast enough that you’re off drugs in 2 - 4 weeks.

A very conservative decrease of 10% the original dose per week is usually well tolerated with minimal negative physiological effects. However you should consider tapering as fast as you can stand, aim for 1- 4 weeks. The longer you drag out your taper the greater your risk of continued use.

**Three Questions to Ask Yourself BEFORE You Begin Tapering:**

1) How many pills will you need? How many days will you taper for? What supplements will help your recovery most?

2) Do you have the self-control to taper? Most people don’t have the discipline to taper themselves. For most - the temptation to keep using is too great (it was for me). If you don’t have the discipline- have someone you trust keep your pills and help taper you off. In most cases tapering

3) What difficulties have you dealt with while trying this in the past? How will you plan a head now for those difficulties?
The trick to tapering is simply planning ahead.

**Secret #6: Take Time Off Work For A Planned Withdrawal**

Trying to put on a straight face at work can be damn near impossible during opiate withdrawal. That’s why it’s a good idea to take 2-4 days off when it’s time to quit. The best way to do this is to take Thursday and Friday off, that way you’ll also get Saturday and Sunday to recover as well. This gives you a 4-day head start on the hardest part of your detox. Here’s some recovery tips for your time off:

- **Use this time for self-evaluation**, ask yourself tough questions like: Are you happy with where you’re at in life? Are you happy with your work? Have you accomplished what you thought you would? What changes can you make to improve your circumstances now and in future? Get a pen and a pad and just start writing. Writing can be therapeutic and provide much needed clarity for difficult situations.

- **Surround yourself with positive, uplifting things**. Buy some motivational CD’s like Tony Robbins or Brian Tracy. Watch upbeat movies like comedy’s that make you laugh (when you’re laughing your brain is releasing feel-good chemicals).

- **Eat healthy, nutritious food and drink a lot of water**. Eat a lot of vegetables and avoid processed foods and caffeine - as they often make symptoms worse. It’s very important to replenish your body with whole foods and essential nutrients.

- **Get a massage(s) from a professional or a loved one**. Massages feel great when you’re hurting and can definitely ease opiate withdrawal pain during your detox.

**Secret #7: Start Weight Training and Exercising and You Will Multiply Your Chance for Lasting Recovery**

If I could recommend only one thing to you for addiction, it would be
EXERCISE. NOTHING WILL BUILD YOUR SELF-CONFIDENCE QUICKER THAN WEIGHT TRAINING. Exercise really is one of the very best things you can do for addiction.

Something special happens when you exercise consistently. Your body starts to make subtle changes… and the harder you lift, the more changes you see. Over only 1-2 months you can literally transform yourself into a better looking, stronger and more confident person.

Plus when you exercise vigorously your body releases the stress hormone, endorphins (your body’s own opioids). This gives you a “natural high”, also known as “runner’s high.” When this happens you’ll walk out the gym feeling like you can bench press the world.

Secret #8: Try Alternative Treatments to Pain Killers Like Hydrocodone and Oxycodone for Chronic Pain

It’s not going to do you a lot of good if you quit prescription pain killers to only continue to suffer from severe pain. This leaves many in a tough spot. How do I quit pain killers if I’m still in constant pain. Here’s how:

1) TENS Therapy - These are now commercially available. They send electrically impulses into the muscles and pain areas.

2) Physical Therapy - A lot of the reason people feel pain is because their injury never healed right. This can cause tension to other parts of the body.

3) Natureopathic Doctors - Natureopath’s treat ailments MUCH differently than traditional medical doctors. The difference is conventional medicine typically doesn’t cure anything. For example The top 5 prescription drugs in America DON’T cure anything, they are treatments that MUST be taken every month for forever i guess. Modern medicine is not in the business of curing disease, they are in the business of treating it. It’s set up solely for PROFIT. Natureopathic doctors do it differently and they’re goal is fix problems fast and forever.
4) **REIKI** - In Reiki energy channels are cleared of obstructions, thereby increasing connection to Life's Energy for healing and spiritual development. You might want to check it out.

5) **Essential Oils** - These are simple and natural solutions for illness, allergies, depression, sore muscles and more. Essential oil therapy is also known to help detoxify your body.

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**Secret #9: ACUPUNCTURE Can Be AWESOME During Withdrawal & Detox**

China has a long history of opiate use beginning in the early 18th century during the British invasion. In 1949, there were thought to be 20 million opiate addicts in China. In 1972 in Hong Kong acupuncture treatment began to be known as a very effective treatment for acute narcotic withdrawal symptoms.

What is it? Acupuncture is an ancient Chinese therapy used to relieve pain and treat stress-related health conditions. According to its own theory, energy known as chi flows through the body along pathways called meridians - and any blockage of this energy causes illness. These illnesses can show up as any number of physical or emotional symptoms or maladies. Acupuncture treatment unblocks energy and balances the flow of energy (chi) to restore health.

**How it works:**
During acupuncture, very thin needles are inserted into the skin at specific points or meridians on the body to increase circulation and stimulate the release of endorphins (which are the body’s own opiates.)

- Acts directly on the central nervous system and stimulates the immune system.
- Systematic studies have shown that acupuncture decreases stress-related muscular pain.
- Functional MRI studies have found that acupuncture modulates brain regions regulating pain and emotion.
- Studies clearly prove acupuncture treatment boosts levels of endorphins and other brain chemicals.
Secret #10: Replenish Vital Neurotransmitters and Brain Chemicals Severely Depleted Over Time by Opiate Abuse

Opioid abuse suppresses your brain’s natural chemical levels and pumps it full of artificial chemicals to provide pain relief. This makes it so that when you stop abusing opiates your brains natural chemical balance is completely off. This results in feelings of depression, anxiety, lack of focus and dozens of other symptoms.

That's why in order for you to feel good again you need to rebuild and replenish these systems. So how do you do rebuild neurotransmitters and replenish brain chemicals depleted by opiates fast?

The answer is thru proper supplementation. Which means replenishment through vitamins, minerals, herbs and amino acids. Supplements can speed up healing and replenish depleted dopamine, serotonin and endorphin levels.

>> Our NEW Supplement ATTITUDE was designed for this purpose <<

Use the coupon code: OPIATEFREEDOM for $10 Off ANY purchase.

Secret #11: Create A Custom Tailored Game-Plan and GUARANTEE Your Own Success

Your Success from Addiction will Boils Down to Two Very Fundamental Things That Will Determine if you fail or achieve. They are:

1. How Well You Plan
2. How Well You Execute Your Plan

I grew up watching Michael Jordan dominate professional basketball like no one before him. I was only 13 when I remember an announcer asked Jordan, “Do you get nervous before these big games or before taking the final shot?”
MJ’s response was classic, “Work ethic eliminates fear.”

Jordan went on to explain that he never got nervous before big moments because he was always made sure he was COMPLETELY prepared. He said during the critical moments of the game his reactions were pure instinct and came completely natural. And that’s because he’d already practiced every possible scenario thousands of times before, which left him always totally prepared and never afraid.

In order to beat addiction you need to be, “Be like Mike,” and be totally prepared.

How you ask?

You need to game plan for your opponent. Much like a college football coach might game-plan for an opponent. You account for every possible scenario and make your day by day plans carefully, BEFORE you withdrawal. If you will do this simple thing your chances of success will skyrocket.

A few examples of what your ‘withdrawal game-plan’ should consist of is:

- Why do you want to quit? Will your reasons motivate you enough to see it all the way through?
- What specifically will you do differently this time to STAY sober long term?
- How many days do you plan your withdrawal symptoms lasting?
- Do you plan to taper your opioid dose to help reduce withdrawal symptoms?
- What natural and/or doctor prescribed supplements will you use to ease painful withdrawal symptoms?
- Will you take time off work to go through withdrawal?
- Do you have a good support team that can help during detox? Do you have medical help?
- Do you have the proper vitamins and minerals to help you heal the quickest way possible?

If you prepare properly your chance of success skyrockets. Game-plan for every scenario and commit to doing WHATEVER it takes to succeed, and you will succeed.
Secret #12: The OFC’s 10 Rock Solid Principles for Freedom Opiates

1. Do activities that build and promote self-confidence.

2. Do things the best way they can be done. Always improve methods and skills in your life.

3. Work ethic eliminates fear. Put in the work and you’ll be confident when it’s game time because you’ll be completely prepared.

4. Be proud of who you are and what you do with your time. So don’t waste time, stay busy.

5. Knowledge is power. Increase your knowledge by reading books and listening to books on CD that teach useful skills that will serve you well in life. Turn off the radio and learn in your car!

6. Develop integrity. Be honest in your daily dealings with people. Don’t lie, cheat, or steal.

7. Let the past go! Don’t get hung up on bad things that happened. It does not matter anymore - the future is all that matters! Ask forgiveness, forgive yourself, forgive and move FORWARD!

8. The reason WHY you started doesn’t matter much – It’s WHAT you do about it now that matters.

9. Resolve to quit no matter what, no matter how long it takes.

It’s your choice what you do from this point on. But I know that if you follow these principles and “put in the work”, you will get clean. Never give up and keep trying. Remember this,

“Small hinges swing big doors”

Take small, smart, positive steps forward each day and freedom will be yours.

Best,
Reilly Johnson  
Founder  
The Opiate Freedom Center  

P.S. - Do you have any advice, information or a story readers at the Opiate Freedom Center would find useful? If so, I want to hear about it! Please email me at reilly@opiate-freedom-center.com.

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About the Author:  
Reilly Johnson is an author, speaker and founder of DIY website The Opiate Freedom Center. He teaches how to ease opiate withdrawal symptoms and recover from addiction fast at-home. He enjoys hiking, snow sports and weight lifting. He’s married with two young children who keep him very busy and happy.