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

UNBREAKABLE Strategies and Supplements for FAST Detox Success

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“7 Secrets To Quick and Easy At-Home Opiate Withdrawal Relief”

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Without question opiate withdrawal is the biggest roadblock to freedom from addiction. The agony suffered is devastating - intense body, bone and muscle aches, diarrhea, anxiety, insomnia, depression, chills and nausea all beating on you simultaneously at the intensity level of 10.

Add on the fact that you'll experience these symptoms for 5 – 30 days and getting clean can seem like a pipe dream. This very problem affects millions every single year. Prescription opioid abuse and addiction is now America’s fastest growing problem.

• 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 withdrawal symptoms 10 – 25 times!
And to make matters worse - no one (especially not your doctor) can tell you how to come off opioids without feeling like you’ve been run over by a bus. This probably leaves you with the following questions...

- How can you ease withdrawal pain quick and easy?
- Can you get off drugs at-home, without going to rehab?
- How can you shorten the duration of your withdrawal symptoms?
- How can you repair the opioid damage done to your body and mind?

If you need answers to these questions… you’re in luck. The report you’re holding CAN answer your questions. In this report you’ll find little-known strategies and supplements that ease and even erase withdrawal pain.

This quote is right on for dealing with withdrawal and 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”

#1: 5 Proven Over-The-Counter Supplements For Fast Withdrawal Relief

1. **Kratom** – I have found NOTHING more effective for withdrawal pain than Kratom. Kratom is a tree native to east Asia, (Thailand, Bali) whose leaves contain nearly 30 active alkaloids that effect how you feel.

   This makes it the ideal remedy for opiate detox because it’s a good temporary replacement to opioids. It’s been used successfully against nearly every single withdrawal symptom including, cravings, anxiety, insomnia, body & bone aches, depression and fatigue.

   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.

The trick to using kratom successfully for withdrawal, is as a tool to get you through your worst withdrawal symptoms (like 7 days max) - and then to get off it. If you use kratom for too long it can become habit forming and cause some withdrawal symptoms.

If you’d like to know a good retailer with quality kratom for low prices check out Bouncing Bear Botanicals.

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 how do you think it can help with your withdrawal symptoms?

Without question, marijuana works excellent for a nearly every single symptom including: anxiety, body aches, depression, insomnia and 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.

4. Valerian Root, Passionflower, Melatonin mixture – 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.

5. Imodium – When you stop taking opioids you start running back and forth to the bathroom… a lot. Imodium works great for reducing these constant restroom breaks.
#2: 3 Prescriptions Your Doctor Can Write You For Withdrawal Symptoms

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.

2. **Benzo’s – (Xanax, Valium, Klonipin any Benzo will work)** – Benzo’s help with anxiety, insomnia, stress, muscle aches and the general un-comfortableness of withdrawal. Please remember this point, taking benzo’s can be addicting. I’ve known a lot of people on benzo’s and I’m told benzo withdrawal is worse than opiate withdrawal. Another side effect I’ve noticed 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 eventually have to come off. I’ve heard from many that 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 refill from their doctor. I know a lot of people who’ve been on Suboxone and very few who’ve used the drug are drug free today. 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 manager your withdrawals without it, don’t take it.

Remember this point: It is POINTLESS to trade one drug for another. Only use these supplements as tools to get through your worst withdrawal pain (The first 7 – 10 days).
#3: Slow Taper For Near-Pain FREE Withdrawal

If you taper your opiate dose slow enough you can ERASE almost EVERY single withdrawal symptom. But the trick to tapering is to do it slow enough to not hurt, but fast enough that you get off drugs quick.

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.

Quick At-Home Tapering Tips:

1) Plan your taper ahead. How many pills will you need? How many days will you taper?
2) Do you have the self-control to taper? Most people don’t have the discipline to taper for very long. For most - the temptation to keep using is too great (it was for me).
3) If you don’t have the discipline- have someone you trust, keep your pills and taper you off as planned.

#4: Take Time Off Work For A Planned Withdrawal

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

Time Off Tips:

• It’s not a bad idea to 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?

• 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).

• Make sure you have plenty of 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.

• Get a massage(s) from a professional or a loved one. Massages are great for easing withdrawal symptom pain and feel awesome when you’re hurting.

#5: Feel Better Fast By Weight Training & Exercise

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

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.
Exercise Tips for Detox:

- Start to exercise NOW, as in TODAY! Even if that only means taking a short walk around the block. The important thing is you get outside and move! It might be hard to start, but stick with it.

- Make exercise a part of your daily program. Do everything you can to not miss even one day, especially in the beginning. Do 40 minutes per day and in 2 weeks I guarantee you'll look forward to your exercise time each day.

- Do NOT just walk on the treadmill or do the elliptical for an hour. Start lifting weights whether you’re a girl or a guy! Start with small weights and focus on your form. You don’t have to go crazy but if you incorporate weight lifting into your daily routine you will transform your body wayyyyy faster than cardio alone can.

- Exercise is the ultimate weapon against addiction. Many former drug users put their new-found energy and focus into athletic endeavors like running, cycling, weight lifting, swimming, golfing, triathlons, soccer, softball and hoops.

#6: Acupuncture Treatment Can Work Wonders for Withdrawal-Pain Relief

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

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 withdrawal treatment unblocks energy and balances the flow of energy (chi) to restore health.** 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.)

How it works in the body:

- 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.

To learn more about acupuncture for opiate detox, you can find a great case study here. So if you’re in pain, why not give a local acupuncturist in your city a call?

**#7: Repair & Rebuild Depleted Neurotransmitters - Serotonin & Dopamine**

Opioid abuse lowers your brain’s natural neurotransmitter levels. So when you stop abusing opiates your brains natural chemical balance is way off. This results in feelings of depression, anxiety, lack of focus and dozens of other symptoms.

In order to feel good again you need to rebuild your brain’s neurotransmitter systems and reset your natural opiate production (dopamine, serotonin).
So how do you do that? Through “Amino Acid Therapy”. This is when you use natural vitamins and supplements to rebuild your depleted dopamine and serotonin levels. Doing this will ease some symptoms but more importantly it will REDUCE the number of days you go through this hell.

3 great supplements that restore serotonin and dopamine:

1. **5-HTP (hydroxytryptophan)** – 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. It can improve mood, help you sleep, and instill feelings of relaxation and calmness.

2. **L-Tyrosine** – L-Tyrosine is an important amino acid and it's a precursor of the neurotransmitters norepinephrine and dopamine. A deficiency of norepinephrine in the brain can result in depression, sadness, lack of focus and low motivation. L-Tyrosine improves mood and makes chemical messengers that act in the brain to produce mental alertness and energy. Supplement with Tyrosine to rapidly replenish depleted dopamine stores.

   **Instructions**: L-Tyrosine 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. **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 & L-Tyrosine if you're on an SSRI (selective serotonin reuptake inhibitor) such as Prozac, Effexor, Paxil, or another psychiatric mood elevators, etc. Persons taking monoamine oxidase (MAO) inhibitors, often prescribed for depression, should not take any supplements containing L-Tyrosine. Persons with multiple sclerosis should not use supplemental Tyrosine.
Bonus #1:

#8: Create and Follow Your Own Master Plan
And You GUARANTEE Your Success

Your Success Boils Down to Two Fundamental Things:

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

If you can do those two things, you guarantee your success. I grew up watching Michael Jordan dominate professional basketball. 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 COMPLETELY prepared. He said during those critical moments his reactions were pure INSTINCT and came completely natural. And the real reason he excelled in those moments was because he’d already practiced every possible scenario he would encounter thousands of times before.

“Be like Mike”

You need to do the same – if you prepare BEFORE you withdrawal your chance of success skyrockets. If your goal is fast, easy withdrawal, ‘Game-Plan’ exactly how you will make that happen and commit to doing WHATEVER it takes to succeed.

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 chances of success skyrockets._

**Bonus #2:**

**“9 principles for lasting addiction success”**

1. Do activities that build and promote self-confidence.
2. **Do things the best way they can be done. Always improve methods and skills.**
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.**
5. Knowledge is power. Increase your knowledge by reading books and listening to CD’s that teach useful skills that will serve you well in life. Turn off the radio and start to 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 in the past. It does not matter anymore - the future is all that matters. Ask forgiveness, forgive yourself, and move FORWARD!
8. **The reason WHY you started doesn’t matter much – It’s WHAT you do about it now.**
9. Resolve to quit no matter what, no matter how long it takes.
It’s your choice to decide what you do from this point on. So be smart and take positive steps towards your recovery. My hope is that this information moves you towards a healthy life, free from drugs, I know you can have.

Best,

Reilly Johnson
Founder
The Opiate Freedom Center

Do you have any advice, information or a success 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

About the Author:

Reilly Johnson is founder of the Opiate Freedom Center, where he teaches at-home withdrawal and addiction success strategies. You can connect with Reilly on Twitter, Facebook and his website.