

## **Treatment for Cramps, Aches, Paresthesia, & Pain (Sept 2023)**

(Recommended Website for supplements: [Puritan.com](http://Puritan.com) - Phone: **800-645-1030**)

1. Optimize Nutrition & Exercise – see Diet Handout

### **Muscle Aches & Cramps:**

1. **CoQ10** 200 to 400 mg daily (helpful in fibromyalgia)
2. **L-Carnitine** 500 mg: 3-4 capsules daily (helpful in fibromyalgia)
3. **Mag Glycinate** 120 mg or **Citrate** 200 mg once daily; increase as tolerated; side-effect is diarrhea
4. **Topical Magnesium** (Life-Flo, Epsom Salt) apply as needed
5. **Creatine** 5 to 20 grams daily: mix powder with protein shakes or use capsules
6. **Quinine** 324 mg\* (tonic water)

### **Neuropathy:**

1. **Inositol** 1,000 mg twice daily (animal studies – diabetics with high sugars only)
2. **Borage Oil** 1,000 mg - 3 caps daily → GLA ~570 mg daily (prevents & treats)
3. **alpha Lipoic Acid** 600 mg – 1 capsule twice daily (prevents & treats)
4. **Benfotiamine** (Vitamin B1) 300 mg daily, **Vitamin B6** 50 mg daily, **Vitamin B12** 2,000 mcg daily
5. **Folic Acid** 800 mcg – 3 to 6 daily or prescription 1 mg, 5 tabs daily

**Use the above supplements for at least 2 months before deciding that they are not working**

### **Pain:**

1. **Capsaicin** cream (weakest strength) 2-3 times daily to painful area  
Use latex gloves: Hot pepper juice – use smallest amount that works
2. **Lidocaine** cream 4% (2.7 oz for \$5.12 at Walmart) & patches (\$1.19 each) → apply to painful area
3. **Diclofenac** 1% topical gel (NSAID) – apply 4 times daily
4. **Tylenol** 500 mg 2 tablets every 6 hours – maximum 4,000 mg daily
5. **Naproxen** (Aleve) 220 mg 2 tablets every 12 hours as needed (anti-inflammatory) → limit 2 weeks
6. **Aspirin** 325 mg 3 tabs every 6 hours as needed (anti-inflammatory)
7. **L-Arginine** (nitric oxide) 5 grams daily and advance to 15 grams daily to improve blood flow
8. **Melatonin, Benadryl (Diphenhydramine), Magnesium, Progesterone\*, Amitriptyline\* - SLEEP**  
\*prescription

### **Prescriptions:**

1. **Tadalafil** (Cialis – PDE5-I) 5-20 mg daily – vasodilator  
Headache, GERD, nausea, diarrhea, flushing, cough
2. **Duloxetine** (SSNRI) 30 mg twice daily → 60 mg twice daily  
Drowsiness, nausea, constipation, anorexia, dry mouth, sweating  
Rare: palpitations, lightheadedness, low sodium, bruising, vision, manic, jaundice
3. **Pentoxifylline** (Trental – PDE-I) 400 mg 2-3 times daily – reduces blood viscosity
4. **Amitriptyline** 25 mg at bedtime → 50 → 75 → 100 → 125 → 150 mg (use 50 mg tabs)  
Advance every 1-2 weeks as tolerated → Low Blood Pressure, drowsiness, irregular heart beat, abnormal muscle movements, low blood counts, fever, hallucinations
5. **Topamax** (topiramate) 25 mg bedtime → 25 → 50 → 75 → 100 mg twice daily; advance weekly  
Regenerates nerve fibers in 4 months  
Causes reduction in weight, BP, and triglycerides; increases HDL  
High dose (400 mg) causes difficulty in remembering words and names  
Other: fever, kidney stones, anemia, osteoporosis, fainting, liver damage

### **Controlled Substances:**

1. **Gabapentin** 1<sup>st</sup> day: 300 mg → 2<sup>nd</sup> day: 300 mg twice → 3<sup>rd</sup> day: 300 mg three times →  
Add 300 mg every 3 days up to 3,600 mg daily (split into 3 doses daily)  
Side Effects: Low BP, drowsiness, fever, nausea, diarrhea, tremor, swelling, poor coordination, abnormal vision, fatigue, low white cells & platelets
2. Other anti-depressants, benzodiazepines, & narcotics

(**Hair & Nails:** Biotin 10,000 mcg, Zinc 50 mg, & alpha Lipoic Acid 600 mg)