

# Tapering Guide

This guide is designed to help patients decrease or stop their use of pain meds entirely with the help of plant-based treatment. Find other helpful guides and information at [KindlyMD.com/guides](https://www.KindlyMD.com/guides).



# Pros of including plant-based medicine in your pain regimen:



Enhances pain pill  
effectiveness



Helps withdrawal  
symptoms



Decreases long-  
term side effects



Assists in pain pill  
reduction

## Cautions:



Work closely with your pain medication prescriber before adjusting your dosage & be honest about your plans to use “herbal medicine.” Serious side effects and withdrawal may occur during this process.

If taking a medication similar to a pain pill (suboxone, etc.) for addiction, do not attempt to adjust your medication without speaking with your prescriber.

“Herbal medicine” is an intoxicating substance at moderate-to-high doses – treat with caution.

**SIDE EFFECTS ARE COMMON.**

Commonly reported side effects include dizziness, sleepiness, increased anxiety, dry mouth, dry eyes, poor balance, short-term memory issues, and reduced motor skills.

Coming from a surgical background, I have seen firsthand the turmoil that addiction to pain medication can cause. It's very dear to my heart and a powerful reason why I made the switch to switch to alternative therapies. While there is no one-size-fits-all approach, I encourage patients to use this guide to taper down or even eliminate prescription pain medication use entirely, ultimately helping them feel better.

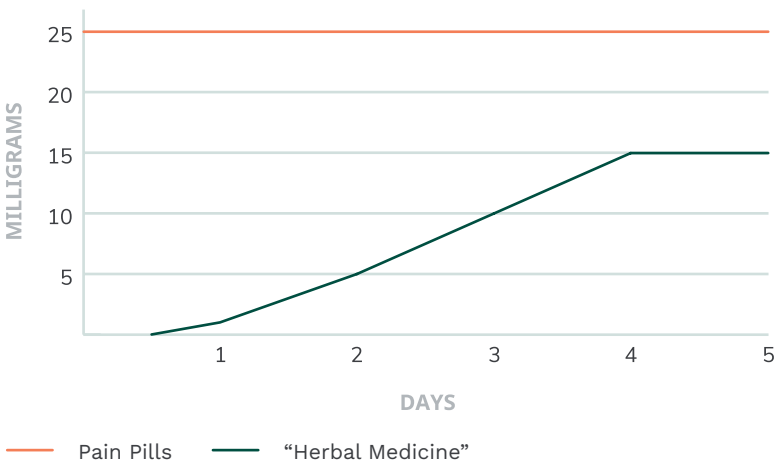
– Tim Pickett PA-C, Founder

Many patients successfully use this method to reduce pain prescription use by 50%-80% within a few weeks. For help dialing in your most therapeutic dose, refer to our Find Your “Just Right” Dose guide at [KindlyMD.com/guides](http://KindlyMD.com/guides). Follow the 5 Day Introduction and continue to take your current dosage of pain medication. Once you've found your

perfect “herbal” dose, then move on to reducing your pain medication dose.

If you have trouble finding relief from 2-15mg in addition to your pain meds, try switching delivery methods from a tincture to something more potent, or layering small edible doses with inhaled methods for breakthrough pain.

## Find your “just right” dose



# Dosing Notes:



## How will I know when I reach my “just right” dose?

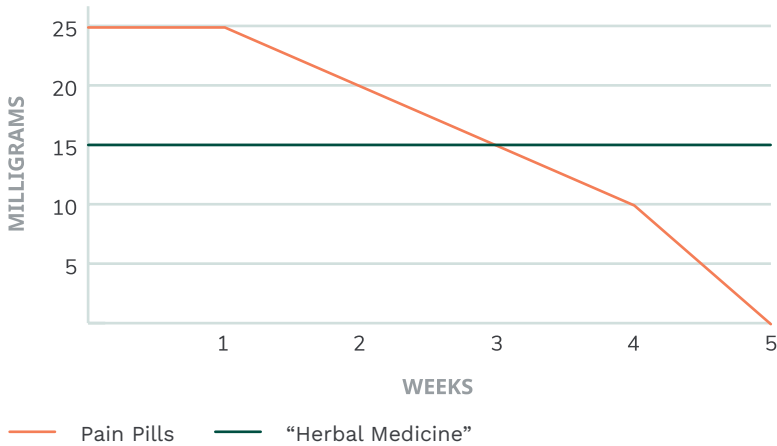
Combination of the two treatments make the effects of pain medication stronger/last longer.

## How do I know when I’ve exceeded my “just right” dose?

You notice an increase in unwanted side effects.

# Reduce your pain medication use

Start by reducing your daily pain pill intake by ~10% for one week. If you find that this isn’t tolerable, try a gentler reduction of ~10% each month. Listen to your body.



# Nora’s Taper Plan (30mg /day for 3 months)

Nora’s “just right” plant-based dosage is 15mg/dose, adding inhaled methods as needed for breakthrough pain.

With the help of “herbal medicine,” Nora was able to quickly lower her dose until she was able to stop pain medication use completely after 1 month with no withdrawal symptoms.

Week	Pain Med Dose
One	25mg / day
Two	20mg / day
Three	15mg / day
Four	10mg / day
Five	None

# Oscar's Taper Plan (80mg /day for 3 years)

Week	Pain Med Dose
One	70mg /day
Two	60mg /day
Three	50mg /day
Four	40mg /day
Five	30mg /day
Six	20mg /day
Seven	10mg /day
Eight	None

Oscar's "just right" plant-based dosage is 20mg /dose, adding inhaled methods as needed for breakthrough pain.

With the help of "herbal medicine," Oscar was able to gradually lower his dose until he was able to stop pain medication use completely after 7 months with tolerable withdrawal symptoms.

## Fight breakthrough symptoms:

- Inhaled methods help give fast relief.
- Take a 2-second sip of your inhaled method, wait 10-20 minutes & repeat if needed.
- Stay away from concentrates or high-potency "herbal" oil at first unless you find you require higher doses to feel relief.

\*Note: concentrates can build a patient's tolerance to "herbal medicine" much faster than other delivery methods. Check out our Reset Your Tolerance guide on [utmmj.org/guides](http://utmmj.org/guides) for help keeping your tolerance and dispensary costs low.