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Dr  
Common  
Sense MD

## Dr Common Sense MD Powder Medicine Dispensers

Help you to discover then take Your Exact Personal Best Size Doses of medicines

Medicines are first produced as low cost bulk powder and making powder into tablets or capsules is costly. Tablets & Capsules also make getting Your Exact Personal Best Size Doses more difficult, which gives poorer results & more side effects.

**So why not just leave medicines in their low cost Powder Form & take them through a low cost Powder Dispenser?**

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### TABLETS & CAPSULES ARE MADE IN SIZES THAT SUIT AVERAGE PEOPLE - BUT ARE YOU AVERAGE?

**We're all different!** Your Exact Personal Best Size Doses of every medicine depend on how big you are (how much you weigh), how well you absorb that medicine, how sensitive you are to that medicine, how bad your health is & how quickly you excrete & use up that medicine.

Also you never know whether or not a medicine will work well for you unless you get Your Exact Personal Best Doses.

And tablets take 1/2 to 1 hour to start helping you as they must first pass down your gut, be broken up, absorbed through the lining of your gut, then be broken up, then pass through your Portal Veins, then your Liver, then your Blood Stream to get to your unhealthy parts.

But Powder Medicines start helping you in 5 minutes. Powder on your tongue is absorbed straight through the thin lining of your mouth & tongue into your Blood Stream, so quickly reaches your unhealthy parts.

Also powder medicines made into tablets usually pass through many hands to get to you – tablet makers – packagers – exporters – importers – wholesalers – retailers – each adding cost, while Powder Dispensers shorten the pipeline, which cuts costs.

And Compounding Pharmacists can fill Dr Common Sense Powder Medicine Dispensers in a few minutes instead of the hour it takes them to put powder into a batch of capsules. So you don't have to wait a day or two until the Pharmacist has time to make up your capsules, and the Pharmacy labour cost is much less.

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## GENERAL HEALTH

We all have a **HAPPINESS & HEALTH DEFENCE SYSTEM** made up of over 20 Morphine Type Chemicals produced in our Brain & Glands called Endorphins + an Immune System of Cells & Antibodies in every part of us.

Endorphins 1) cut Physical & Mental Distress & Pain & 2) manage our Immune System.

A well managed Immune System then effectively fights Infections Allergies & Autoimmune Diseases & produces Killer Cells that find & kill Cancer Cells.

Boost your **COMFORT & HEALTH DEFENCE SYSTEM** with Fresh Natural Unprocessed “nothing out of a packet or a can” Foods, Pure Water, Muscular Activity (Exercise Laughing Orgasms), Clean Air, Sunlight, Good Relationships & Satisfying Work. Without those things, to which our Genes adapted over 10's of 1000's of years, we develop screwed up Chemistry, suffer Obesity, Diabetes, Blood Pressure, Heart Diseases, Strokes, Infections, Allergies,

Autoimmune Diseases, Cancers, Mental Health Disorders, Chemical Cravings & Addictions.

To more quickly get your Chemistry working well kick-start it with Exact Personal Best Size evening doses of Low Dose Naltrexone (LDN). Each dose of LDN blocks all Endorphin effects for 3hours, which shocks your Endorphin Producing System into fighting back with a 250 to 300% increase in Endorphin Production. What ever size evening dose of LDN helps you wake next day feeling & performing best is Your Exact Personal Best Size Dose, usually between 2¼mg & 6mg but in heavy Opiate/Opioid & Alcohol consumers, it is sometimes more at first.

If you are on strong Painkillers or Heroin, to find how to switch to LDN without suffering any rapid detox go to YouTube Dr Common Sense MD Beating Heroin at [https://www.youtube.com/watch?v=\\_OGjnOVLErQ&t=10s](https://www.youtube.com/watch?v=_OGjnOVLErQ&t=10s) & Email questions to [DrCommonSenseMD@gmail.com](mailto:DrCommonSenseMD@gmail.com)



## MENTAL HEALTH & ADDICTIONS

People with low Endorphins & a weak Immune System suffer much more Mental & Physical Distress & Pain and many more Health Disorders than other people, so may try to get relief from Medicines and/or Drugs.

But because Dealers always boost their profits by selling the most addictive Drugs possible people with Low Endorphins often become addicts.

And many Pharmaceutical Companies & Clinics are not much better, pushing addictive medicines like Benzodiazepines (Xanax) Dexamphetamine Adderall Ritalin Methadone Suboxone & addictive Painkillers. Addictive prescribed Painkillers now kill even more people than are killed by Heroin.

Pharmaceutical Companies also heavily push far more costly newer patented medicines that often aren't any better than the older out of patent Generic medicines.

The whole fight against addiction is bogged down by all the Regulations & Policing required to manage dangerous powerfully Addictive Medicines, by the high cost of keeping people on addictive medicines for many years, & by the high cost of new Patented Medicines. In my work not one of the 15 most helpful medicines is addictive & 14 out of those 15 are out of patent so low cost. You won't have heard of most of them as it is the profitable addictive medicines & newly patented high priced medicines that are promoted.

Sadly Addiction Clinics & Governments mostly just go along with whatever Pharmaceutical Companies promote, which is whatever they can sell most of, at high profit margins, for the longest time e.g. 80 year old Dexamphetamine & Methadone. Low cost medicines that really fix problems so people can get off medicines altogether are not promoted.

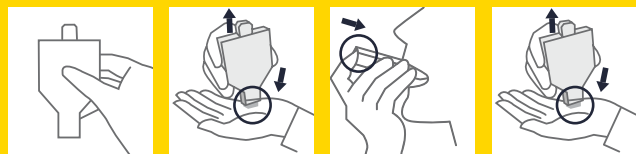
The medicines I use are now all available as Powder in Dispensers to enable you to quickly find Your Exact Personal Best Doses, to maximise convenience & speed of effect, & to minimise delays, suffering & costs.

### THE 6 "HIGH/UPPER" MENTAL HEALTH DISORDERS

are Poor Sleep, Anxiety, ADHD, Bipolar Highs, Post Trauma PTSD & Paranoia/Hallucinations (Psychosis).

**THE 5 ADDICTIVE STREET "DOWNER" DRUGS** that people with "Upper Disorders" often take to get relief but then become addicted to are Alcohol, Benzodiazepines (Xanax etc), Marijuana, strong Painkillers & Heroin.

Load the Dispenser Plunger before every dose by holding the Dispenser vertical & tapping its outlet firmly twice on the other hand. To make sure all the powder drops down onto the tongue push Plunger Button down fully & tap outlet end on upper front teeth. Then push plunger back in by tapping outlet end gently on other hand.



**THE 7 MOST HELPFUL "DOWNER" MEDICINES** 1) replace the Addictive Street "Downer" Drugs AND ALSO 2) fix the "Upper" Mental Health Disorders that originally led to taking those Addictive Street "Downers" AND ALSO 3) prevent Relapses.

These 7 medicines are Endorphin Boosting RMN/LDN, especially for Heroin & Strong Painkillers, Baclofen a very effective Muscle & Mind Relaxer that also cuts most Drug Craving, especially for Alcohol Benzodiazepines & Cocaine, Clonidine often best for calming ADHD & very good for Opiate withdrawal distress, CarbamazepineCR & Lamotrigine Mood Stabilizers that are often the most helpful for Over intense Emotions Irritability Anger Violence Racing Thoughts & Hypomania, & Aripiprazole & Amisulpride Major Tranquilizers/Antipsychotics that are often the best for calming severe Anxiety & Sleep Disorders, Paranoia & Hallucinations.

### NEVER TAKE BENZOS.

### THE 7 "LOW/DOWNER" MENTAL HEALTH DISORDERS

are "Straight" Major Depression, "Mood Swings" Bipolar Disorder Depression, ADD, Serious Low Self Esteem/Low Self Confidence with risk of Street "Upper" use, Daytime Drowsiness, Chronic Fatigue Syndrome & Narcolepsy.

**THE 4 HIGHLY ADDICTIVE "STREET UPPERS"** that People with "Downer" Disorders often take to get relief but quickly become addicted to are Nicotine, Crystal Meth, Cocaine & Ecstasy/MDMA.

**THE 3 PRESCRIBED MODERATELY ADDICTIVE MODERATE STIMULANTS** are Dexamphetamine, Adderall & Ritalin.

**THE 5 MOST HELPFUL "UPPER" MEDICINES** 1) replace the "Upper" Addictive Street Drugs AND ALSO 2) fix the "Downer" Mental Health Disorders that originally led to taking those Addictive Street "Uppers" AND ALSO 3) prevent Relapses. These 5 medicines are RMN/LDN, which boost energising Endorphins, Modafinil a non-addictive prescribed Moderate Stimulant that is safe so all

Doctors can prescribe it, making it simpler to get & lower cost than the addictive Moderate Stimulants Adderall Dexamphetamine & Ritalin, which can only be prescribed by Paediatricians & Psychiatrists who are scarce & costly, Mirtazapine an evening Antidepressant & Desvenlafaxine a morning Stimulant Antidepressant, and Varenicline an effective Nicotine Mimicker/Blocker that is occasionally associated with suicidal thoughts in people quitting tobacco. To make Varenicline safe & affordable we supply it in small doses mixed with a Mood Stabilizer & the relaxing calming Baclofen.

### BIPOLAR DISORDER IS THE COMMONEST CAUSE OF SUICIDE.

Suicides often occur when Bipolar Depression is misdiagnosed as Major Depression & Anxiety. Antidepressants are then given without a Bipolar Mood Stabilizer. Antidepressants with no Mood Stabilizer may then swing a Bipolar Low into a Bipolar High Unstable Impulsive State with risk of impulsive suicide attempts.

Best Wishes, **Dr Common Sense MD**  
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