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Gabapentin (Neurontin) Withdrawal with Magnesium

Carolyn Dean MD ND | Wednesday, May 13, 2015

I've become very concerned about drug withdrawal lately. First it was Cipro, now it's Gabapentin. Most of my clients come to me on a handful of medications that are giving them a lot of side effects. But they are afraid to stop taking them – mostly because their doctors say they will get worse without them. Unfortunately doctors rarely see people get better – especially when they are on a host of drugs – that's because the drugs deplete magnesium and you end up having magnesium deficiency symptoms that the doctors think are more diseases requiring more medication.

I usually tell my clients to work with their doctors to slowly wean off their drugs but most doctors want them to stay on their drugs. That leaves patients in a terrible bind. In this blog, I'm not telling you to get off your drugs, I'm just outlining the most logical way that I would do it.

The best way to start weaning from drugs is to get healthy! I know, it's easy for me to say but you can get healthy by using my [Completement Formulas](#). Seriously! Taking ReAline, ReMag, ReMyte and RnA Drops allows the body to remineralize, gently detox and make new perfect cells.

Another step in getting healthy is dietary: avoid sugar, gluten and dairy. It's really a yeast-free diet to which you can add antifungal herbs and foods like:

Cayenne, Coriander, Turmeric, Ginger and Cumin, Garlic, Ghee (clarified butter with water and solids removed), Lemons and limes, Onions, Daikon (large white radish), Seeds (pumpkin, sunflower, sesame), Apple cider vinegar, Almonds, Seaweed, Vegetables high in vitamin C – broccoli, Brussels sprouts, cabbage, cauliflower.

I also recommend a probiotic; the best one for treating yeast overgrowth is [Prescript Assist](#).

After several weeks you will begin to feel better – even while remaining on your drugs. You will soon feel good enough that you may find the drugs either not working or making you feel worse so that you don't feel you need to take so much and you can slowly begin to decrease your dosage.

Weaning from drugs is a very delicate process and you want to feel as good as



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you can before you begin. But most people seem to decide to quit taking their drugs when they feel at their worst – and then the withdrawal effects seem insurmountable.

I'll give the example of a 50-year old woman who is weaning off Gabapentin. She was given this drug to help her get off benzodiazepines, which she was prescribed after becoming severely depressed following a surgical procedure 5 years ago.

Many people tell me that they have been unwell since surgery. I think that can occur because a commonly used anesthetic, Desflurane, has 6 fluoride molecules that can bind up magnesium. I think this woman was very magnesium-deficient and probably needed ReMag and ReMyte to balance her biochemistry.

It was very hard for her to get off the benzos and she was afraid of Gabapentin withdrawal. She consulted me and I started her slowly on the Completement Formulas and told her to wait until she felt better before going off the drug. But, in the meantime, she saw her doctor who told her she could drop from 1,200 to 900mg of Gabapentin immediately. He also put her on Vitamin D, 2,000iu.

She immediately began having severe headaches and mental fogginess that were debilitating and didn't know what to do.

I told her there were several factors that could explain what was happening. Gabapentine should be reduced 100mg at a time because it has a short half-life in the blood of 5-7 hours. Dropping 300mg so suddenly put her into immediate withdrawal. Also ReMag can detoxify the cells and cause symptoms. That's why I tell people to begin ReMag very slowly. The Vitamin D she was given can cause magnesium deficiency. And, she has yeast overgrowth and the antifungal foods she was eating would cause yeast die off.

Knowing these facts greatly relieved her worries. She felt confident enough about what was happening to remain at 900mg of Gabapentin and not go back up to 1200. She began to slowly increase her ReMag and added ReMyte and continued with her ReAline. She did wonder if the ReAline could be too stimulating for her with the B vitamins and sulfur amino acids – so, she took it with meals to slow down its absorption.

Within a week my client was feeling at least 50% better and when she looked back a month she was amazed at her overall progress.

There are blogs and forums that mention the importance of magnesium in Gabapentin withdrawal but the information is confusing and inaccurate. Medical sites even say to not take magnesium within two hours of Gabapentin. As far as I can make out they are talking about the laxative forms of magnesium that can cause diarrhea and deplete your drugs. Some say to wait until you are entirely off Gabapentin before taking magnesium because the two will compete. That does not make any sense. Magnesium is like food to the body and you need a lot of it even when you are healthy and when you are sick, you need more. Read my blog [When Magnesium Makes Me Worse](#) to learn why you might feel worse when taking magnesium but it's not magnesium's fault.

Even more important is the fact that Gabapentin blocks the flow of calcium into neurons. Apparently it's not quite like the calcium channel blocking drugs for the heart but the effect is similar: stop calcium from entering neurons and triggering them to fire. I talk about magnesium being a natural calcium channel blocker and it does the same for neurons as it does for muscle cells. Gabapentin is licensed as an anticonvulsant, analgesic, for seizures, nerve pain and restless leg syndrome. If only patients could be offered magnesium first because it can treat all these conditions. But the form of magnesium that you take is of vital importance; it must be non laxative and highly absorbed like [ReMag](#). Using magnesium that causes the laxative effect before the therapeutic effect will not be effective.

Again, I'm not telling you to stop your medications, I'm saying that the best way to wean off your meds is to take the [Completement Formulas](#) and then work out a strategy with you doctor to slowly taper off your drugs.

SUMMITS:

1. [Beautiful, Sexy, Badass Over 40](#) Telesummit is ongoing until May 15. So you



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have two more days to enjoy free interviews with over 20 health experts, lifestyle and business experts, fitness gurus, holistic living specialists, and best-selling authors.

- 2. Kristi Paskit's [Family Wellness Summit](#) begins May 18, 2015. It's free, it's informative and it hits at the heart of the matter – the health of our children.
- 3. The Power of Detox Summit is so new that I don't even have a website for it. But stay tuned. It begins on May 26, 2015 and will feature 2 experts a day for 11 days.
- 4. My topic for the [Global Health Summit 2015](#) is "The Miracle Of Minerals In A Depleted World." The Summit launches June 1, 2015. My interview is on Sat, June 6th 9am PST/12pm EST. You know the drill by now. Click on the link and sign up for free during the days of the interviews.

Carolyn Dean MD ND

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NOTE: Only you can know if something is helping you. If you don't feel well on a supposed beneficial product, listen to your body and stop taking it! Knowing when to Not take something is a big part of taking responsibility for your health. WARNING: This blog is not to be misconstrued as medical advice. It's up to you to make the decisions about your own health. I have zero staff and I cannot answer personal health questions by email. However, please send general questions that I may be able to answer in my blog. But first, google my name with the condition you are inquiring about and see if I've already addressed it somewhere on the web.



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