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## Fibromyalgia, autism, and opioid addiction as natural and induced disorders of the endogenous opioid hormonal system.

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#### Abstract

**INTRODUCTION:** Because of their circulation through the blood, the multiplicity of receptor sites, and the diversity of functions, opioids may most accurately be designated as a hormone. Opioids modulate the intensity of pain. In mammals, the opioid system has been modified to modulate social interactions as well (Panksepp and Watt, 2011).

**METHODS:** Over 10,000 patient encounters were observed on a neuropsychanalytic addiction medicine service. Cold pressor times (CPT) were recorded before and after stimulation of the opioid system with low-dose **naltrexone** (LDN) for patients after opioid detoxification and for **fibromyalgia** patients.

**RESULTS:** Patients maintained on opioids relate autistically. The cold, unrelated nature of their human interactions was reversed by detoxification from opioids. **Fibromyalgia** patients have difficulty participating in human relationships, as if they lack an ability to respond interpersonally, as do post-detoxification patients. LDN improved pain tolerance as shown by a significant increase on CPT for post detoxification patients from 16 seconds to 55 seconds and in **fibromyalgia** patients from 21 seconds to 42 seconds, and improved relatedness. The correlation of opioid prescribing increasing over time and autism prevalence increasing over time is highly significant.

**CONCLUSIONS:** 1. Opioid-maintained patients relate autistically. 2. Autism is a hyperopioidergic disorder. 3. Fibromyalgia is a hypopioidergic disorder. 4. Low opioid tone caused by opioid maintenance or **fibromyalgia** can usually be reversed with low-dose **naltrexone**. 5. The increase in the incidence of autism may have been caused by the increase in use of opioids for analgesia during childbirth.

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