

Nalmefene

Posted by togetheratlast - 06 Mar 2016 19:51

Hi- my psychiatrist prescribed a not so well known medication called nalmefene for lust (in Israel the brand name is selincro). You take it on an as-needed basis, as many times as you need it and it lasts for 18 hours a pill. I find it cuts lust craving completely for a few days. Its an amazing medication and almost noone knows about it. It is not used in america so much yet, but it is used in Europe a lot. It is known mainly as a drug to cut alcohol craving, but it works amazing for lust. I just feel I have somewhat of an achryus to at least let people know it exists- and I realize that Guardyoureyes is really the proper hishtadlus. ANYWAYS- if you could look into it MAYBE it could be another great tool in this battle. Please look into it before discarding the idea. Thanks, Tizku Lmitzvos. Here is a few internet links about it. en.wikipedia.org/wiki/Nalmefene www.addiction.com/6619/nalmefene-first-alcohol-treatment-drug-in-15-years/

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Re: Nalmefene

Posted by markz - 06 Mar 2016 19:55

Welcome!!!

Hey Watson we have another Doc on board

By the way if we would all take antidepressants it could also help

Does this new med have any side effects?

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Re: Nalmefene

Posted by cordnoy - 06 Mar 2016 20:11

Now we know another one of the 48 methods.

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Re: Nalmefene

Posted by togetheratlast - 07 Mar 2016 20:41

you have to check with your doc, depends on the other meds youre taking. I experience tiredness, so I would take it at night- i also sometimes get nauseous and weakish for a few hours.

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Re: Nalmefene

Posted by togetheratlast - 07 Mar 2016 20:42

the difference between this and antidepressants my good man- if you read my post like a proper dude- is that this is not an ongoing medication- you take it when overwhelmed by lust.

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Re: Nalmefene

Posted by markz - 07 Mar 2016 20:47

Sorry I'm not a proper dude

I prefer a sledgehammer for a lust attack - it's quicker, and you don't feel any side attacks

Ok - no laughing allowed its not yet Adar II

Man if it works for you ODAAT

Great

one dose at a time

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Re: Nalmefene

Posted by Mesayin - 07 Mar 2016 21:01

Thank you [togetheratlast](#).

IT could be a good idea but it shouldn't be the primary solution, the primary solution should be working hard until you get there.

Chazak V'emutz

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Re: Nalmefene

Posted by xyxorwa - 07 Mar 2016 21:22

Wow-- sounds very interesting. I know about (and am taking) naltrexone, which is also generally for alcohol abuse. I wonder if "nalmefene" is related to "naltrexone".

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Re: Nalmefene

Posted by yiraishamaim - 07 Mar 2016 21:26

[Mesayin wrote on 07 Mar 2016 21:01:](#)

Thank you [togetheratlast](#).

IT could be a good idea but it shouldn't be the primary solution, the primary solution should be working hard until you get there.

Chazak V'emutz

Right! Remember Rabbi Dr. Twerski's lobster mashal- on how it grows a new shell?

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Re: Nalmefene

Posted by Gevura Shebyesod - 07 Mar 2016 21:35

They are very similar. Check out the Wikipedia link in the first post.

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