

Endorphins

Nature's pain killers

Endorphins are natural pain killing substances found in the human [brain](#). The name comes from endogenous (meaning within) and **morphine** (morphine being a pain killer). Endorphins are one of the neurotransmitters in the brain. Levels of endorphins in the brain may be changed by taking a number of drugs including [alcohol](#), [anabolic steroids](#) and [heroin](#) and other opiates.

Electro-acupuncture has been used to stimulate the production of endorphins to help reduce [withdrawal symptoms](#) in heroin users. The theory is that by stimulating the body's natural opiates, they take over as the heroin leaves the body making withdrawal less traumatic.