



## **ARTHRITIS (PSORIATIC) PROTOCOL**

### **Lifestyle Recommendations:**

1. Regular exercise as well as physical therapy including heat, cold, massage.
2. Take hot baths with Epsom salts and plain MSM powder.
3. Stool analysis recommended for food allergy testing.

### **Dietary Recommendations:**

1. Drink at least 8 glasses of purified water daily.
2. Avoid soda drinks.
3. Avoid Nightshades including tomatoes, potatoes, eggplant, peppers, tobacco, and paprika.
4. Avoid all sugars except for sugar alcohols such as Xylitol.
5. Avoid white flour and all refined carbohydrates.
6. Avoid safflower, corn, sunflower and soybean oils, which aggravate inflammation. Instead favor flax oil, fish oils and fresh fish.
7. Eat a Paleolithic diet low in grains and allergenic foods such as dairy products, citrus.
8. Avoid margarine, hydrogenated vegetable oils and fried foods.
9. Avoid junk food snacks. Snack on healthy protein bars such as PaleoBar.

### **Supplement Recommendations:**

The following supplements are in addition to **Twice Daily Essential Packets** to supply your core vitamins, minerals, antioxidants and essential fatty acids.

<b>MSM Raspberry Powder:</b>	2 T per day
<b>Grape Seed Supreme:</b>	2 to 4 per day
<b>Inflammatone:</b>	2 caps 1 hr before lunch and dinner, 4 per day
<b>GLA:</b>	2 per day
<b>B-Supreme:</b>	2 per day

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