



ARTHRITIS (RHEUMATOID) PROTOCOL

Supplement Recommendations:

Inflammatone:	2 caps 1 hr before lunch and dinner, 4 per day
Omega Marine Liquid:	2 to 3 teaspoons per day, with meals
PaleoMeal:	1 to 2 scoops per day
MSM Powder (Raspb, Lemon, or Plain):	1 to 2 grams MSM with each meal
Probiotic Synergy Caps:	1 with each meal

Also important:

EGCg 500:	2 or 3 with each meal - 6 to 9 per day
Grape Seed Supreme:	1 to 2 per day
OsteoForce:	4 per day with meals
PaleoGreens:	1 to 3 servings per day
Quercitin Ascorbate Powder:	1 teaspoon twice per day
SAMe:	2 to 6 per day
Three A Day Antiox:	1 with each meal

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.

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. Omega 6: Omega 3 ratio of 1:1 so avoid safflower oils, corn, sunflower and soybean oils. 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. Snack on vegetables, small amounts of nuts, olives or avocado, or healthy protein bars such as PaleoBar.

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