



ARTHRITIS (OSTEO) PROTOCOL

Lifestyle Recommendations:

1. Get regular exercise as recommended by your health care practitioner 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 polyols 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 or 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.

Glucosamine Sulfate:	1 capsule twice per day
Inflammatone:	2 caps 1 hr before lunch and dinner, 4 per day
Omega Synergy:	1 softgel twice per day
MSM:	1 capsule twice per day
SAME:	2 to 6 per day

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