



Arthritis (Rheumatoid) Nutritional Support 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.
3. Order the DFH Comprehensive Metabolic Profile to check for IgG food sensitivities, gut dysbiosis and AA:EPA ratio.

Dietary Recommendations:

1. Drink at least 8 glasses of purified water daily.
2. Avoid soda drinks.
3. Avoid fumaric acid foods such as peanut, peanut products, mustard, cinnamon, all grape wines, black pepper.
4. Avoid all sugars except for sugar polyols 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, fresh fish, raw nuts and seeds.
7. Eat a Paleolithic diet low in grains and allergenic foods such as dairy products and citrus.
8. Avoid margarine, hydrogenated vegetable oils and fried foods.
9. Avoid damaged fats, including junk food.
10. Carry PaleoBars or EssentiaMeal single serving bottles with you throughout the day to prevent missing meals or snacks.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

ArthroSoothe: 2 capsules twice per day

ArthroSoothe Cream: Apply topically to affected area as needed

GI Microb-X: 1 to 3 capsules per day for 6-8 weeks

Probiotic Synergy Biospheres: 1 sphere daily with meals

OmegAvail Ultra: 2 softgels per day

Inflammatone: 1-2 caps twice daily on an empty stomach

GI Revive: 1/2 tsp per day

CelerEase: 1 capsule twice per day

UT Synergy: 2 capsules daily (to support urinary tract health due to association between RA and Proteus infection in upper urinary tract)

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