



ARTHRITIS (OSTEO)

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. Replace sugar with the polyol sugar 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 with you to prevent missing snacks throughout the day.

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 Capsules:	2 capsules twice per day
ArthroSoothe Cream:	Apply topically to affected area as needed
OmegAvail Synergy:	1 softgel per day (or as directed by fatty acid recommendations on CMP)
SAMe:	2 capsules per day
C3 Curcumin Complex:	2 capsules per day
<i>(If still needed for pain)</i>	
MSM Capsules or Powder:	As needed up to 10 or more grams daily in divided doses
CelerEase:	1 capsule twice per day
TRF150™:	1 capsule 3 times per day

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