



## **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 PaleoMeal Packets and/or PaleoBars 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:

<b>ArthroSoothe:</b>	2 capsules twice per day
<b>ArthroSoothe Cream:</b>	Apply topically to affected area as needed
<b>GI Microb-x:</b>	1 to 3 capsules per day for 6-8 weeks
<b>Probiotic Synergy Probiospheres:</b>	1 sphere daily with meals
<b>OmegAvail Marine TG Liquid:</b>	2 to 3 teaspoons per day, with meals
<b>Inflammatone:</b>	1-2 caps twice daily on an empty stomach
<b>CelerEase:</b>	1 capsule twice per day
<b>TRF150™:</b>	1 capsule 3 times per day

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