



Arachnoiditis Bulletin 21 August, 2018

SELF-HELP PROTOCOL FOR ARACHNOIDITIS AND EDS WITH NON-PRESCRIPTION AGENTS

(All the medications listed here are available, without a prescription, in health food stores or on the internet.)

**You must take supplements for both
neuroinflammation and neurodegeneration!**

NEUROINFLAMMATION (Take 1 or both each day)

1. Curcumin/turmeric, 1500 to 2000 mg a day
2. Serrapeptase – 10 to 60 mg a day

NEURODEGENERATION (Take one or both each day)

1. DHEA – start with 25 to 50 mg- Raise, over time, to 200 mg per day
2. Pregnenolone – start with 25 to 50 mg – Raise, over time, to 100 mg per day

This protocol is published because we daily receive inquiries from persons who can't find medical help, wish to avoid complications of prescription drugs, or are contemplating suicide.

PAIN RELIEF

Best results may be obtained if you take 2 together at the same time.

1. Taurine – 2000 mg every 4 to 8 hours
2. Kratom – see label (check for legal status in your State)
3. CBD oils – see label
4. Palmitoylethanolamide (PEA) – see label
5. Valerian root – 400 to 800 mg

You can use this protocol before or with any medical assistance you may obtain.

BEDTIME (Take one or both with melatonin at bedtime)

1. Tryptophan - 500 to 1000 mg
2. 5-HTP - 50 to 100 mg
3. Melatonin – 5 to 20 mg

This protocol is provided as a public service by the Arachnoiditis & Ehlers-Danlos Education Project of the Tennant Foundation.

Contact Information:

334 S. Glendora Ave., West Covina, CA 91790-3043 Phone: 626-919-7476 Fax: 626-919-7497
www.arachnoiditishope.com www.edsmedicalcare.com www.hormonesandpaincare.com

TOPICALS: (apply to areas that are painful-choose one or two)

1. SalonPas® Lidocaine patch
2. Biofreeze® Topical gel
3. ZEEL® Topical Ointment
4. Traumeel® Topical Ointment
4. Topricin® Topical Ointment
5. Castor Oil Pack-see label

GENERAL NUTRITIONAL SUPPORT:

Eat a good quality high protein diet, with lots of fresh vegetables and fruits. Fish, turkey, chicken, eggs, and grass-fed beef are all good. Use whole grains and avoid excess refined carbohydrates and gluten. Shop the outer edges of the store. Cook with olive oil and clarified butter (ghee).

ADDITIONAL SUPPLEMENTS THAT MAY HELP:

1. Vitamin B-12 sublingual plus B-complex daily
2. Vitamin C- 1,000 mg daily
3. Vitamin D-see label
4. Quercetin- 300-500 mg a day
5. Co-Q-10 100mg daily
6. Probiotic-see label
7. Triphala-see label
8. Collagen supplements-see label or 2 cups bone broth daily
9. Ginseng-see label
10. Colostrum-see label
11. Fish oil, flax seed oil or evening primrose oil

These are natural agents that some patients report to be helpful. We do not yet have enough patient reports to highly recommend any of these.

How these supplements may help:

Vitamin C, supplemental collagen (or bone broth) quercetin, Vitamin D, fish oil, and colostrum help build healthy tissues, reduce inflammation and improve immunity. Probiotics and triphala help heal the intestinal tract and keep it moving properly. B vitamins help with stress and healing the nervous system. Ginseng is strengthening and re-vitalizing.

LET US KNOW WHAT HAS HELPED FOR YOU!

We will update this protocol as we gain information as to which agents are most effective.

ARE YOU THINKING OF SUICIDE? IF SO, DON'T! USE THIS PROTOCOL TO START FEELING BETTER AND HOPEFUL. WE ARE WITH YOU!!

This protocol is provided as a public service by the Arachnoiditis & Ehlers-Danlos Education Project of the Tennant Foundation.

Contact Information:

334 S. Glendora Ave., West Covina, CA 91790-3043 Phone: 626-919-7476 Fax: 626-919-7497
www.arachnoiditishope.com www.edsmedicalcare.com www.hormonesandpaincare.com