



## Nutrition

Necessary!!!

Control:

- Inflammation
  - Arnica Montana
  - Pineapple (bromelain) and/or Papaya (papain)
  - Turmeric-combined with coconut milk and a pinch of black pepper
  - Vitamin C- ester C (type 2 cartilage)
  - Boswella
  - Antioxidants
    - B1 or vit B complex.
  - Chondroitin sulphate
  - White willow
  - Fish Oil (omega-3) (chronic inflammation: takes 3 weeks to work)
  - Quercetin (apples and red onions)
- Repair disc
  - Manganese 10-15mg daily
  - Magnesium 200-500mg
  - Vit C: 1000-2000mg
  - Zinc: 15-30
  - Chondroitin sulphate: 800mg
  - Fish Oils (omega 3)
  - Vitamin/mineral formulas
  - MSM
  - Shark cartilage / sea cucumbers / green tea extract
  - Hyaluronic acid
  - Beef Bone Broth (google recipe)
  - ALORGANIC TRACE MINERALS B\_12 & Ligaplex II by Standard Process