



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
 - Vit C: 1000-3,000mg-15,000mg per day (to bowel tolerance) + L-lysine: 3,000 mg daily (divided in three equal doses,) + L-proline: 3000 mg, divided in three equal doses
 - Manganese 10-15mg daily
 - Magnesium 200-500mg
 - Zinc: 15-30
 - Chondroitin sulphate: 800mg
 - Fish Oils (omega 3)
 - Vitamin/mineral formulas
 - MSM – inflammation
 - Shark cartilage / sea cucumbers / green tea extract
 - Hyaluronic acid
 - Beef Bone Broth (google recipe)
 - ALORGANIC TRACE MINERALS B_12 & Ligaplex II by Standard Process