

NSAID Alternatives

DIET – 3-Step Detox diet: This diet is anti-inflammatory in nature. The diet is designed to reduce the major allergens and begin the process of alkalizing one's pH. According to some experts, 80% of the people consuming the Standard American Diet have an acidic chemistry which by nature will increase inflammation and the promotion of free radicals.

Ranges of dosages below are given based to the size of the patient and the intensity of pain. A larger patient in extreme pain would use the maximum dose. A smaller person with less pain may use the lower dose. Personally, I use higher doses and reduce as the patient is out of pain.

BIOMEGA-3™ LIQUID - Each tablespoon provides 4,200 mg of omega-3 fatty acids. **Biomega-3™** is flavored with natural lemon flavoring and comes from anchovies and sardines. Use 1 tablespoons of the liquid twice a day for 15 days then switch to **Optimal EFAs®** 2 three times a day or 1 tablespoon of the liquid for a balance blend. If liquids are offensive and capsules are preferred, **EFA-Sirt Supreme™** could be used at 6 capsules, twice a day reducing the dose as soon as pain is reduced. If results are not significant in 30 days, schedule appropriate time and utilize neurolingual taste testing to determine which oil will yield optimal results. I suggest the following order: **Sesame Seed Oil**, **Mixed EFAs™**, **Black Current Seed Oil** and then **Evening Primrose Oil**. If oils cause nausea or burping address gallbladder function and fat digestion via **BETA -TCP™** or **BETA PLUS™**.

BIO-D-MULSION FORTE® (vitamin D) - Each drop provides 2,000 of emulsified vitamin D3 for optimal absorption. 2 - 3 drops per day if lab testing is not accessible or as much as needed to achieve 50 ng/ml.

SCULACIA™ - 1 - 2 capsules, four times a day until pain is managed and then reduce to patient's level of comfort. In a randomized, double-blind, controlled study, using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC), a protocol reviewed and approved by an IRB from the University of Montreal, significant improvement was documented for pain, stiffness and function as compared to placebo.

Each capsule provides a 250 mg of a proprietary blend of *Scutellaria baicalensis* and *Arcadia catechu*. These botanical components provide an all natural patented blend of two classes of Free-B-Ring Flavanoids and flavins. **Sculacia™** inhibits both Cox-2 and 5-LO enzymatic activity, thereby decreasing the metabolism of arachidonic acid to prostaglandins, thromboxanes and leukotrienes; however, the product does not block Cox-1, the anti-inflammatory enzyme. **Sculacia™** is our premier product for the joint pain associated with osteoarthritis. Not recommended during pregnancy or lactation.

INTENZYME FORTE™ - With acute injury use 10 tablets immediately and then 5 tablets, four times a day on an empty stomach for 3 days and then reduce to 4 tablets, three times a day on an empty stomach until the inflammation and swelling abates. With chronic inflammation, arthritis, etc., use 3 - 4 tablets, three times a day on an empty stomach. I have personally used up to 20 tablets and then 8 - 10 tablets, three times a day on an empty stomach in some crisis situations. It is critical that Intenzyme is not taken with food as it will digest the meal and will not have the therapeutic value intended.

Proteolytic enzymes are an outstanding and highly effective remedy for systemic or localized inflammation and discomfort such as muscle soreness. **Intenzyme Forte™** is a broad spectrum nutritional supplement capable of exerting influence over a variety of physiological and biochemical mechanisms including: inflammatory processes, numerous pathways of protein metabolism, hormone processing, digestive processes, food sensitivities, immune system support and healthy circulatory system support.

PROMUTI-PLUS® - 2, three times a day, a broad spectrum multivitamin mineral, providing cofactors and minerals for pain reduction and neurotransmitter health. **ProMulti-Plus®** was also designed to provide the vitamin mineral cofactors necessary to inhibit NF-kappa B.

NSAIDS INHIBIT GLYCOSAMINOGLYCAN SYNTHESIS; therefore, if patients have been on NSAIDs for prolonged periods of time, add **Chondro-Plus™** which is a source of manganese (10 mg), purified chondroitin sulfates (200 mg) and vitamin B₁₂ (synergist to manganese). Excellent for ligament, disc and cartilage support, athletic injuries, long-term preventive support for athletes or people engaged in strenuous activity. 1 - 2 tablets, three times per day with meals; increase to 4 tablets, four times a day in acute situations, and with disc lesions add **Intenzyme Forte™** and **Carbamide Plus™** (addresses inflammation and helps to disperse edematous fluid normally present with disc injury).

CONTINUAL NSAID USE: Until you can find answers, consider treating the GI tract for micro bleeding by using **GASTRAZYME™** a source of vitamin U and other nutrients known to oppose inflammation and assist with healing in the gastrointestinal tract. Use with ulcers, hiatal hernia, acid-reflux, excess hydrochloric acid production, heartburn, sour stomach and as a source of chlorophyll. 2 - 3 tablets, three times a day just before meals. For ulcers use 6 tablets, three times a day with meals for 30 days or until the inflammation is resolved and the lesion(s) begin to heal.

FOR CHRONIC CASES THAT ARE NOT RESPONDING AS FAST AS YOU WOULD LIKE ...
address the gut. Consider doing a trial of **ADP®**, 4 tablets, four times a day for 6 weeks to reduce small intestinal bacterial overgrowth and other fungal forms that may be creating excess cytokines and ultimately fanning the flames of inflammation via the immune system. Also consider a comprehensive stool digestive analysis. Often parasites, ameba, fungi or small intestinal bacterial overgrowth will create a leaky gut with excess cytokine production which will deplete antioxidants and intensify pain.