

Name: _____
Date: _____

OSTEOARTHRITIS AND JOINT INFLAMMATION HEALING HOME CARE INSTRUCTIONS

- 1 _____ You may find you are stiffer and feel achy in the early morning, loosen up through the day and then become stiff again in the evening.
- 2 _____ A hot shower and gentle range of motion exercises will help you to loosen up and feel relaxed. (See attached exercise instructions)
- 3 _____ With active swelling and aggravation of joints you need to apply an ice pack to the area of pain for 20 minutes (no more). (Wrap a moist hot wash cloth around the ice pack to make the initial application more tolerable.) The area will feel cool, achy, and then numb--the desired effect.
- 4 _____ Many people in pain tend to over-utilize over-the-counter pain medications which damages the stomach, intestinal tract, kidneys, liver, causes further joint destruction, and allows you to over do it because your "safety alarm", pain, has been turned off.
- 5 _____ **Glucosamine Sulfate** 1000mg 2 times per day. This will reduce inflammation and provide nourishment for the joints to heal without side effects. **MSM** (methylsulfonylmethane) 1000mg 2 times daily for chronic pain
- 6 _____ Eat plenty of fresh fruits and vegetables, especially fresh pineapple which has natural enzymes that reduce inflammation.
- 7 _____ Taking a good quality **multi vitamin** such as ActivNutrients is very important because most people with arthritis are deficient of several trace minerals and vitamins
- 8 _____ If you are unsure, or you have any questions concerning any of the above instructions, make sure you talk to me BEFORE proceeding.
- 9 _____ If your condition changes, or you are at all concerned about it, call the office immediately. After hours, my home number is: 676-7151
- 10 _____ **Biofreeze** is a deep penetrating, long lasting topical lotion or spray that can be applied to muscles and joints for pain relief. (Do not apply Biofreeze more than 4 times daily.)

MSM (methylsulfonylmethane)

MSM makes cell walls permeable, allowing water and nutrients to freely flow into cells and allowing wastes and toxins to properly flow out. The building blocks of the body, amino acids, are all sulfur binders and play a major role in the production of hormones and enzymes which regulate the body's activities. MSM and vitamin C are used by the body together to build healthy new cells. MSM provides the flexible bond between the cells. Without MSM, the new cell is not permeable, and osmosis is hampered. These cells lose their flexibility, like scar tissue, wrinkles, varicose veins, hardened arteries or the damaged lung tissues of a person with emphysema.

Conditions aggravated by MSM deficiency: allergies, arthritis, sore joints and muscles, chronic fatigue, elevated cholesterol, Candida "Yeast" infections, constipation, soft and chipping nails, hair loss, wrinkles, scar tissue, lung dysfunction, diabetes, ulcers, migraine headaches, Alzheimers and diverticulosis.