

# Osteoarthritis Protocol

## Lifestyle Recommendations

- Get regular exercise 3 - 4 times a week minimum
- Maintain muscle strength and flexibility.
- Incorporate weight reduction program, if needed, to lose any excess weight.
- Consult with a physical therapist or other licensed health provider about exercise recommendations.

## Healthy Dietary Patterns

- Avoid refined and processed foods and partially hydrogenated oils which may contribute to inflammation.
- Avoid foods and beverages high in sugar.
- Eat foods rich in healthy omega-3 fats such as salmon, raw nuts, avocado and ground flaxseeds or chia seeds.
- Eat plenty of vegetables and fruits high in vitamin C and preferably organic.
- Drink anti-inflammatory teas such as ginger and turmeric teas.
- Consider 3 food elimination of gluten, dairy, sugar.
- Nightshade elimination based on IgG testing
- Consider meal replacement shake for weight loss and healthy blood sugar regulation.

## Supportive Supplement Recommendations

- 2000-3000 mg omega-3 fatty acids (EPA and DHA)
- 1000 mg Curcumin
- Collagen 7 grams daily
- Glucosamine 1500mg
- Meal replacement shake in morning
- Osteoarthritis approved medical food

# Rheumatoid Arthritis Protocol

## Lifestyle Recommendations

- Check for IgG food sensitivities and have patient avoid problematic foods.
- Test for cortisol and DHEA.
- Check for stealth infections such as EBV, Lyme or Klebsiella.
- Engage in aerobic exercise such as swimming, walking and biking, along with moderate exercises for strengthening.
- Maintain a healthy weight and work to lose any excess weight to relieve pressure on joints.
- Reduce stress; engage in activities that are enjoyable and stress-relieving.

## Healthy Dietary Patterns

- Eliminate sugar.
- Trial of dairy, gluten, corn, soy and egg elimination.
- Avoid safflower, corn, sunflower and soybean oils, which may promote inflammation.
- Choose olive oil, flax oil, fish oils, fresh fish, olives raw nuts and seeds.
- Avoid nightshades of peppers, potatoes, tomatoes, and eggplant if necessary based on IgG testing.
- Eat an anti-inflammatory diet of unprocessed whole foods, abundant in vegetables and fruits (preferably organic).
- Include healthy drinks such as ginger tea and fresh pineapple juice.

## Supportive Supplement Recommendations

- 1-3 grams of L-glutamine twice a day on an empty stomach (morning/evening)
- 50-100 billion probiotic
- 2000-3000 mg Omega-3 fatty acids
- 1000-2000 mg Curcumin
- 200 mg liposomal Glutathione

## According to Testing and Monitoring

- Vitamin D 2000-5000 IU daily
- DHEA 1-5 mg

# Leaky Gut Protocol

## Lifestyle Recommendations

- Address microbiome imbalances.
- Avoid NSAIDs, alcohol sugar, and processed food consumption during the healing phase of the gastrointestinal tract.
- Test for food intolerances and avoid foods that trigger a response for a specified amount of time according to an IgG food sensitivity test.
- Resolve constipation by adding fiber rich foods and drink plenty water daily.
- Chew all food thoroughly and apply principles of mindful eating (handout).
- Get moderate exercise daily - start with 30 minutes to improve gut motility.
- Buffer daily stress (deep breathing, recreation, meditation, yoga, prayer, sleep hygiene).

## Healthy Dietary Patterns

- Trial of basic 3 food elimination diet to remove main triggers such as gluten, dairy, sugar, HFCS.
- Eliminate the specific food for 30-days and then reintroduce one food at a time on every 4 days.
- Record the reactions in a food journal to pinpoint foods that personally cause responses like intestinal pain, fatigue and gas.
- Avoid excessive consumption of coffee and black tea
- Consume organic fruits and vegetables and free range, hormone and antibiotic-free meat and poultry.
- Use digestive enzyme to help digest meals.
- Avoid sugar and artificially sweetened products. Replace sugar with with organic stevia.
- Concentrate on fish and foods high in omega-3 fatty acids and low in mercury, such as salmon, mackerel, and sardines.
- Avoid hydrogenated oils, fried foods, and plant oils such as corn oil, soybean oil, safflower oil and sunflower oil high in linoleic acid.
- Avoid foods to which you are allergic or sensitive; avoid exposure to environmental allergens.
- Eat 5-9 servings of fresh fruits and vegetables daily, preferably organic, OR add greens powder to supplement diet.

## Supportive Supplement Recommendations

- 1-3 grams of L-glutamine twice a day on an empty stomach (morning/evening)
- 50-100 billion probiotic
- 3000 mg Omega-3 fatty acids
- Digestive enzyme at all meals
- 200 mg liposomal Glutathione

# Chronic Pain and Inflammation Protocol

## Lifestyle Recommendations

- Avoid aspirin, ibuprofen, opioids acetaminophen if possible to avoid interference with gut function and healing.
- Consult with a physical therapist who integrates movement, nutrition, sleep hygiene and ACT, MBSR, PIPT.
- Avoid dehydration, alcohol consumption, and smoking.
- Avoid environmental chemicals in living and work spaces.
- Avoid sedentary lifestyle; begin a mild exercise program 2-3x per week (walking, yoga, Pilates)
- Prioritize restorative sleep habits and sleep hygiene

## Healthy Dietary Patterns

- Eat a whole foods, anti-inflammatory diet that is rich in essential fatty acids; include omega-3 cold-water fish such as salmon, mackerel, sardines, cod, low to no mercury tuna, trout and herring. Also include seeds of flax, chia, and hemp.
- Emphasize herbs and spices that contain anti-inflammatory agents, such as cinnamon, cloves, rosemary, turmeric, ginger, oregano, garlic.
- Emphasize fruits and vegetables that prevent systemic inflammation, such as blueberries, cherries, pineapples, oranges, strawberries and tomatoes, as well as Swiss chard, kale, spinach, collard greens, bok choy and celery.
- Support the gut with fermented foods, including cabbage, sauerkraut, miso, tempeh, kefir, natto, pickles, and olives.
- Eat raw nuts (walnuts, almonds, pecans, Brazil nuts – soak and roast them if preferred) avocados, fish, and lean proteins such as chicken & turkey.
- Limit red meat consumption to two meals per week.
- Avoid hydrogenated oils from corn, cottonseed, soybean, safflower and sunflower. An excess of omega-6 oils can aggravate inflammation.
- Avoid inflammatory agents such as hydrogenated vegetable oils, fried foods, white breads, pastries and pastas, and sugary snacks and drinks.
- Avoid white flour & refined carbohydrates including cereals, pasta, bread, bagels and muffins. Replace with quinoa, brown rice, sweet potatoes, oats.
- Try a gut healing protocol and 3-5 food elimination diet (sugar, gluten, dairy, corn, soy, eggs)

## Supportive Supplement Recommendations

- 1-3 grams of L-glutamine twice a day on an empty stomach (morning/evening)
- 50-100 billion probiotic
- 1000 mg Curcumin
- 200 mg liposomal Glutathione
- 2000 - 3000 mg Omega-3 fatty acids (EPA & DHA)
- Consider anti-inflammatory nutraceuticals that include (ALA, Ginger, Resveratrol, EGCG, Boswellia)
- Consider calming nutraceuticals to support CNS (GABA, Theanine, 5-HTP, Phosphatidylserine, Inositol, Taurine)

# IBS Protocol

## Lifestyle Recommendations

- Keep a food journal and track response and symptoms.
- Avoid antibiotics and non-steroidal anti-inflammatory drugs (NSAIDs) as much as possible.
- Prioritize relaxation and acquiring help to deal with stress.
- Address anxiety and depression through cognitive behavioral therapies (MBSR to possible referral to licensed mental health counselor)
- Consider herbs and nutrients to buffer the stress response in order to help calm the body.
- Exercise at least 3 days per week, mild to moderate activity.
- Women should have hormone panel performed to rule out or determine hormonally-driven IBS.
- Perform food sensitivity and gut dysbiosis testing along with testing for Small Intestinal Bowel Overgrowth (SIBO).

## Healthy Dietary Patterns

- Soups, stews and purees may aid difficult to digest foods.
- Avoid allergenic or intolerant foods; for foods to which there is a mild intolerance rotate every fourth day; avoid gluten and dairy.
- Avoid coffee, alcohol, diet drinks, artificial sweeteners and spicy foods.
- Trial of Avoid low FODMAPs diet (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols).
- Helps to chop vegetables into small pieces or chose cooking methods such as boiling or steaming to soften. Salads and raw vegetables may be difficult to tolerate.

## Supplement Recommendations

- Fiber supplement
- Magnesium 500 mg afternoon and evening
- Oregano oil or berberine one capsule daily
- 1-3 grams of L-glutamine twice a day on an empty stomach (morning/evening)
- 50-100 billion probiotic
- 2000 3000 mg Omega-3 fatty acids

# MS Protocol

## Lifestyle Recommendations

- Try to expose most of the body to the sun between 11-2 pm for at least 20 min. on each side. This may result in the production of 10,000 IU vitamin D per day. Sun exposure has additional benefits for the immune system aside from stimulating vitamin D production. Measure blood levels of 25(OH)D3 (optimal range 60-70mg/mL).
- Check for IgG food sensitivities, gut dysbiosis, and AA:EPA ratio.
- Test hormones. Based on hormone levels and hormonal balance, consider DHEA if necessary, which shifts immune balance towards tolerance (TH1/TH2). Progesterone or pregnenolone may support myelin sheaths and have a neuronal regenerative effect.
- Consult with a physical therapist who integrates movement, nutrition, sleep hygiene and stress reduction techniques.

## Healthy Dietary Patterns

- The primary goal is to remove all foods that may be triggering the body to attack its own tissues. Maintain a diet mostly free from grains, dairy, legumes and yeast. Researchers believe autoimmune ailments, such as MS may be associated with the consumption of certain foods that are new to human food supply (grain products, dairy products, beans, and yeasted foods) which have only appeared in the past 40,000 years.
- Consume a diet rich in organic fruits and vegetables, including brightly colored varieties and cruciferous vegetables.
- Reduce sugar in the diet; avoid white flour products, refined carbohydrates and other high glycemic foods such as white potatoes.
- Shift to a diet high in essential fatty acids such as flax oil, fish oils, fresh fish, and raw nuts and seeds. Avoid safflower, corn, sunflower and soybean oils, which aggravate inflammation, as well as fried foods, trans fats and partially hydrogenated oils.
- Avoid nightshades such as peppers, potatoes, tomatoes, and eggplant only if necessary and coincides with IgG testing.
- Add gut-healing bone broth and fermented foods to the diet.
- Include healthy spices and herbs.
- Current research supports low carbohydrate/higher fat or a modified MCT based ketogenic diet.

## Supplement Recommendations

2000 - 3000 mg Omega-3 fatty acids (EPA & DHA)

200 mg liposomal Glutathione

200 mg Phosphatidylserine

Multi B Vitamin

Vitamin D 2000-5000 IU daily

Mitochondrial support blends that include (CoQ10, Mg, Ribose, Creatine, Carnitine, Succinic Acid, B's)

# Neuropathy Protocol

## Lifestyle Recommendations

- Avoid smoking.
- Avoid excessive alcohol consumption and caffeine dependency which can lead to nutrient deficiencies.
- Rule out other metabolic disorders such as, diabetes, cancer, autoimmune disease and other inflammatory conditions
- Avoid sitting for long periods of time or a generally sedentary life; participate in a regular, balanced exercise program that includes wearing a pedometer or FitBit tracker to encourage increased movement and biofeedback.
- Consult with a physical therapist or other licensed health provider about exercise recommendations.
- Maintaining normal insulin levels is vitally important, dysregulation of insulin and glucose metabolism exacerbates symptoms.

## Healthy Dietary Patterns

- Avoid gluten and high glycemic grains, including refined carbohydrates such as cereals and pastas.
- Avoid sugars and artificial sweeteners.
- Get a balance of omega-3 fats (salmon, mackerel, herring, sardines) and omega-9 fats (olive oil, olives, almonds, hazelnuts, avocados); avoid hydrogenated vegetable oils and fried foods.
- Cook with olive oil, coconut oil, or macadamia nut oil at low heat.
- Eat high quality protein at every meal including fish, hormone and antibiotic-free chicken and lean meat.
- Snack on vegetables, anti-inflammatory berries and small amounts of raw nuts, olives or avocado.
- Incorporate fiber into the diet.

## Supplement Recommendations

2000 - 3000 mg Omega-3 fatty acids (EPH & DHA)

ALA 800 mg

CoQ-10 50-100 mg

200 mg liposomal glutathione

Mitochondrial support blends that include (CoQ10, Mg, Ribose, Creatine, Carnitine, Succinic Acid, B's)

Chose a multivitamin with a blend antioxidants including (Taurine, Inositol, EGCG, Carnosine)



# Fibromyalgia Protocol



INTEGRATIVE PAIN  
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## Lifestyle Recommendations

- Consult with a licensed physical therapist who integrates nutrition and other lifestyle interventions.
- Begin a mild exercise program 2-3x per week (walking, yoga, Pilates)
- Prioritize restorative sleep habits and sleep hygiene
- Avoid caffeine, alcohol and large meals 4 hours before bed
- Limit afternoon naps to <20-minutes
- Avoid having lights from computers, TV and cell phones in the bedroom during sleeping hours.
- Go to bed at the same time every night and wake up at the same time each morning.
- Spend time around supportive friends and family.
- Manage pain through MBSR techniques, prayer and meditation, deep breathing exercises, and more.
- Avoid stress and extra obligations.

## Healthy Dietary Patterns

- Make organic fruits and vegetables the diet's foundation for the antioxidant support they provide against inflammation.
- Focus fiber from flaxseed meal or ground chia seeds and from complex, unrefined carbohydrates such as the whole grains quinoa, brown/black rice.
- Emphasize omega-3 fatty acids (salmon, mackerel, trout, herring, sardines) and omega-9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil) to help control inflammation
- Choose lean, clean, quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs.
- Avoid dairy if it causes flare-ups.
- Avoid nightshades such as eggplant, tomatoes, potatoes, peppers and tobacco.
- Limit caffeine and other potentially neurotoxic compounds like aspartame, nitrates and MSG.
- Use herbs and spices high in antioxidant and anti-inflammatory properties such as turmeric, rosemary, ginger and basil.
- Strive to keep blood sugar optimal and snack on healthy fats such as coconut, nuts, seeds, avocados.
- Stay well hydrated.

## Supplement Recommendations

- 5-HTP 5—100 mg 2/day
- Magnesium 500 mg 1-2x/day
- 200 mg liposomal glutathione

Mitochondrial support blends that include (CoQ10, Mg, Ribose, Creatine, Carnitine, Succinic Acid, B's)  
Consider calming nutraceuticals for CNS (GABA, Theanine, 5-HTP, Phosphatidylserine, Inositol, Taurine)