

# ARTHRITIS AND RHEUMATIC CONDITIONS PROTOCOL

## Arthritis and Rheumatic Conditions

- SOLIDAGO** indicated to support elimination of the inflammatory build-up in the joints.  
**Dosage:** 40 drops in water three times daily.
- AESCULUS** indicated to improve peripheral arterial circulation and strengthen the vascular system.  
**Dosage:** 20 drops in water three times daily.
- POLYGONUM** indicated to relieve symptoms associated with arthritis and rheumatism by increasing excretion of uric acid and has an anti-inflammatory effect.  
**Dosage:** 15 to 25 drops in water three to five times daily.

The three remedies listed above may be taken together by combining them in a 236 ml (8 oz.) cobalt blue bottle (bottle available from Biomed).

**Combined Dosage:** take 1 teaspoon (5ml) of combination remedy in 8 oz of pure water three times daily between or after meals. In severe (acute) cases, patient can start with 2 teaspoons (10ml) five times daily until improvement is experienced, then reduce to combined dosage.

- ALLERNEST** indicated for rheumatic conditions by addressing swelling and inflammation due to hyper-allergic reaction of the immune system.  
**Dosage:** 10 drops in water three times daily or add to combined dosage.

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## Inflammation and Pain Management

**FLEXIZYME** indicated for acute and chronic inflammation by using a powerful combination of proteolytic enzymes.

**Dosage:** 2-4 capsules three times daily between meals.

OR

**SERRANATTO** indicated as a fibrinolytic, anti-inflammatory and anti-edemic using a blend of Nattokinase and enteric-coated Serrapeptidase.

**Dosage:** 1-2 capsules three times a day between meals.

**NPF** Natural Pain Formula with natural herbs, vitamins and minerals.

**Dosage:** 2 capsules three times a day between meals for acute pain

## Acid/Alkaline Regulation

To re-establish Acid/Base Balance and to support excretion of acid accumulation from the connective tissue (see Acid/Base (Alkalizing) Balance Protocol).

**BASIC POWDER** ½ to 1 teaspoon in warm water twice daily away from food (at 10:00 am and 4:00 pm).

OR

**BASICTAB** 2 to 4 tablets with warm water twice daily away from food (at 10:00 am and 4:00 pm).

**BIORELLA** five tablets, three times daily.