

# RHEUMATOID ARTHRITIS/PSORIASIS PROTOCOL

The initial approach is to assess the patients' Gastro Intestinal (GI) health. Many times in the case of autoimmune disorders there is a GI component (intestinal permeability) that leads to an immune system reaction. It is then important to implement the **GI Restoration Program**. The first approach is to **remove any pathogens or allergic food components** that may be causing a systemic inflammatory response. At the same time, any reduction in GI or systemic inflammation will be important, since only marginal success will be met if there is a constant inflammatory condition, especially in the GI tract. This GI inflammation can lead to intestinal permeability, which continues in a feed-forward cycle of inflammation/permeability.

At this time, the state of digestion is very important. An assessment should be made of the patients' ability to digest and assimilate food components with a health assessment questionnaire or targeted laboratory testing. Any lacking HCL, digestive enzymes and bile flow should be corrected to permit the proper breaking down of food to its smallest components for proper assimilation. When food is not properly broken down, larger than normal molecular food particles can get through the intestinal barrier, particularly if there is an intestinal permeability factor present. This also continues the feed-forward cycle of inflammation/permeability.

Once digestion and inflammation is stabilized, it is very important to restore the GI ecology. The use of probiotics will set up a healthy eco-system in the GI tract and allow for healing. Finally, the use of nutrients to heal the GI tract is important. This will help improve the GI mucosal barrier, reduce altered permeability, and promote proper absorption.

For more information, please refer to the GI Restoration Program.

## **Nutritional Recommendations:**

- Follow the Elimination Diet. Reduce/eliminate most animal fat.
- Drink at least 64 oz. of water/day, or 1 oz. for every 2 lbs of body weight. You may want to perform lab tests to determine the nature of dysbiosis and potential allergenic foods.

## **Tests:**

- Upper GI Dysbiosis Breath Test
- Urine/Stool Dysbiosis Metabolic Markers Test
- IgG/IgE Food Allergy Test
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## **Products recommended for GI Restoration:**

## **Eliminating pathogens:**

- Homeopathics:
  - Yeast Free – 2 sprays BID 30 days



- Herbals:
  - Anti-fungal, parasitic, microbial
  - MFP-Herbal 1 capsule BID for 30 days
  - Candi-Trol 1 tablet TID for 30 days

### **Reduce Inflammation:**

- Ayur-Boswellia Serrata 1 capsule TID for 15 – 30 days, then as needed
- EPA/DHA 2 capsules BID with meals for 30 days, then 1 capsule/day with meal
- Niacinamide 500 mg QID for 15 – 30 days, then as needed
- N-acetyl Cysteine 100 mg. BID for 15 – 30 days, then as needed
- Use Vitamin E 400 IU/day when using therapeutic dosage of EPA/DHA

### **Improve Digestion:**

- Betaine Plus (for HCL replacement) 1 capsule with meals for 15 – 30 days, then 1 capsule with largest meal for 15 days, then discontinue.  
CAUTION: Do not use with ulcer or gastritis.
- Ultrazyme (digestive enzyme) 1 – 2 tablets with meals for 15 – 30 days, then 1 tablet with largest meal for 15 days, then discontinue.  
CAUTION: Do not use with ulcer or gastritis.
- Bilex (improve bile flow) 1 – 2 tablets with each meal for 30 – 60 days if used with Ultrazyme, lower Ultrazyme dosage.
- Vegetarian Enzyme (mild digestive enzyme) 1 – 2 tablets with each meal

### **Restore GI Ecology:**

- SignaBiotic 1 – 2 capsules BID between meals for 30 days, then 1 – 2 capsules 3X/week ongoing.
- ColostOferrin 2 capsules/day away from meals 15 – 30 days
- Fiber-Plex 1-2 capsules BID with 8 oz. of water ongoing. Fiber product, for more sensitive individuals, contains no psyllium.

### **Heal the Digestive Tract:**

- Intestinall 1 scoop BID between meals for 15 – 30 days, then as needed. Provide healing nutrients and high levels of L-Glutamine.
- Aloe-Vera Juice Tablets 1 –2 tablets/day as needed. Promotes regularity and helps heal the mucosal lining.
- Licorice (deglycyrrhizinated) 1 –2 capsules/day between meals as needed. Promotes healing of the mucosal lining and supports SIgA.

### **Promote Joint Healing :**

- Glucosamine Sulfate: 500 mg. TID away from meals (mild to moderate RA).
- Chondroitin Sulfate: 400 mg. TID away from meals (In addition to Glucosamine Sulfate for moderate to severe RA)

