



ARACHNOIDITIS
Bulletin 24
September, 2018

ANABOLISM AND CATABOLISM – YOU MUST KNOW THE DIFFERENCE

WHAT DO THESE TERMS MEAN?

ANABOLISM and CATABOLISM are age-old medical terms that you don't hear much about anymore. Why? In regular medical practice they don't mean much – BUT they are CRITICAL with AA, EDS, Tarlov, and related disorders.

ANABOLISM is constructive metabolism. CATABOLISM is destructive metabolism.

EDS, Marfan and some other genetic disorders patients have a “built-in” gene(s) that causes catabolism. Simply put, metabolism in some tissues periodically or continually shift from anabolism into catabolism and cause tissue destruction. (e.g. microtears)

AA in advanced stages may create an autoimmune disorder that shifts some tissues from anabolism to catabolism. This is why some AA patients may develop symptoms of fibromyalgia, arthritis, or lupus.

Until recently, it was not well-appreciated that EDS is a catabolic disease. When catabolism gets in a given anatomic spot or organ such as the uterus or spine, tissue is destroyed, microtears, ruptures, prolapses, and detachments may occur with production of severe pain, and disability.

ANABOLIC MEASURES

All EDS and most AA patients must constantly practice anabolic measures which are fundamentally of three types:

<u>DIET</u>	<u>PHYSICAL MEASURES</u>	<u>HORMONES</u>
Amino Acids B-12 (Examples)	Weight Lifting (Examples)	Testosterone DHEA (Examples)

Neuroregeneration is the term that means anabolism for nerve tissue.

Published as a public service by the
Arachnoiditis Education Project of the Tennant Foundation
 336½ S. Glendora Ave., West Covina, CA 91790-3043
 Phone: 626-919-7476 Fax: 626-919-7497
 E-mail: veractinc@msn.com
www.arachnoiditishope.com www.foresttennant.com