



Arachnoiditis
Bulletin 5
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NEUROINFLAMMATION IS THE ROOT CAUSE OF ARACHNOIDITIS (ARC)

Inflammation comes from the Latin word, “inflammare”, which means to “set on fire”. Inflamed tissues are tissues that have become injured somehow, showing these signs: they turn red, become hot, swell, give off electricity, and become painful.

You have already most likely experienced inflammation during your lifetime. Ever had a bad pimple or boil? A sore throat, tooth ache, or ingrown toenail are also all examples of common painful conditions that are a result of inflammation.

Neuroinflammation is inflammation inside the central nervous system (CNS) which includes the brain, spinal cord covering, and cauda equina, nerve roots in the lower spinal regions (lumbar and sacral). The thin, soft, fragile arachnoid layer of the spinal cord covering is easily inflamed by injury, friction, or puncture. Arachnoid inflammation becomes the disease, arachnoiditis.

**BIGGEST MISTAKE MADE BY PATIENTS
AND PRACTITIONERS**

Too much focus placed on symptomatic pain control or search for the “magic bullet” like a stimulator or a stem cell. Be clearly advised: control of neuroinflammation must be the No. 1 goal and starting point in your protocol: otherwise, pain medications, stimulators, and other measures may not work very well or give relief that lasts for very long.

YOUR TAKE HOME MESSAGES

1. ARC and adhesions are caused by neuroinflammation.
2. If neuroinflammation and adhesions are visible on your MRI, you must urgently begin a treatment protocol specifically aimed at suppressing, controlling, and, hopefully, eliminating neuroinflammation.

MAJOR FACTS

1. Neuroinflammation may cause adhesions, glue-like films or membranes that stick or adhere to nerve roots and the arachnoid layer.
2. Neuroinflammation, once started, may be progressive and non-stop unless treated.

YOUR NO. 1 JOB

If you have ARC, learn the names, potency, and how to obtain all the known medications that control neuroinflammation.