



# ADHESIVE ARACHNOIDITIS

## Bulletin 6

### January 2020

### Anabolic Measures for Persons with Adhesive Arachnoiditis and a Genetic Connective Tissue/Collagen Disorder

#### Explanation and Background

Persons with a genetic connective tissue/collagen disorder of the Ehlers-Danlos type (hereafter EDS) often develop spinal canal complications including adhesive arachnoiditis (AA), spinal fluid leaks, Tarlov cysts, tethered cord, and Chiari conditions among others. These serious problems are caused by collagen dissolution of the soft and fragile tissues that are in the spinal canal including the spinal cord, coverings, linings, nerve roots, and discs. Collagen dissolution leads to microtears and inflammation, followed by adhesions, leaks, and herniations. Currently, there is no specific treatment for EDS, consequently we recommend a program of anabolic (tissue growth) measures to help regrow damaged tissues and prevent further tissue deterioration. Anabolic measures provide the best option known at this time to counter the constant breakdown of tissue that occurs with EDS. The measures recommended are to compliment physician-ordered treatments for inflammation and pain and not be a substitute. Also, no guarantees are made for success of treatment and unknown (at this time) complications that could develop. To date anecdotal reports have been very positive.

#### Measures

##### 1. Dietary

- A. High protein/anti-inflammatory diet (meat, fish, poultry, eggs, cottage cheese, vegetables, fruits). Restrict sugars and starches.
- B. Supplements of collagen, amino acids.
- C. Vitamins B<sub>12</sub>, folic acid, vitamin C.

##### 2. Exercises – Do Some Daily

- A. Walks
- B. Water soaking
- C. Stretch, extend, and flex arms, hands, legs, feet
- D. Straight leg raising while reclining
- E. Light weightlifting – 10-15 pound maximum
- F. Rocking in a chair

##### 3. Non-Prescription Anabolic/Growth Hormone Supplements

- A. Colostrum (Dosage is on label)
- B. Pregnenolone, 200 mg a day on 3 to 5 days a week

Plus – Options: 1. DHEA (dose is 200-300 mg a day), 2. gonadal extract, 3. deer antler velvet.

*Published as a public service by the Arachnoiditis Research and Education Project of the Tennant Foundation*

*336-338 S. Glendora Ave., West Covina, CA 91790-3043*

*Phone: 626-919-7476 Fax: 626-919-7497*

*E-mail: veractinc@msn.com www.arachnoiditishope.com*

4. Have a Hormone Blood Panel of: cortisol, estradiol, DHEA, pregnenolone, progesterone, testosterone. Replenish any that are low in the blood.
5. Tissue Building Hormones – Prescription Required (One or more recommended)
  - A. Human chorionic gonadotropin, 250 to 500 units 3 times a week
  - B. Nandrolone troche, 25 mg twice a day on 3 to 5 days a week
  - C. Human growth hormone (see label for instructions)

**Education Notes: 1. Tissues in the body normally grow by hormonal stimulation, and that is the basis of these recommendations. Bibliography available on request.**

*Published as a public service by the Arachnoiditis Research and Education Project of the Tennant Foundation*

*336-338 S. Glendora Ave., West Covina, CA 91790-3043*

*Phone: 626-919-7476 Fax: 626-919-7497*

*E-mail: [veractinc@msn.com](mailto:veractinc@msn.com) [www.arachnoiditishope.com](http://www.arachnoiditishope.com)*