



SELF-HELP GUIDE **FOR ADHESIVE ARACHNOIDITIS (AA)**

This guide is for the person with AA who does not have a medical practitioner or who wishes to enhance their practitioner's treatment.

TREATMENT MEASURES FOR AA HAVE THESE 3 MAJOR GOALS:

1. Reduction of Inflammation in the Spinal Canal
2. Pain control
3. Healing of Damaged Nerve Tissue

PHYSIOLOGIC MEASURES HAVE THE FOLLOWING GOALS:

1. Prevent Limb Paralysis
2. Enhance Spinal Fluid Flow
3. Maintain Electrical Conduction
4. Improve Oxygen Availability
5. Heal Damaged Nerve Tissue
6. Provide Nutritional Support

PHYSIOLOGIC MEASURES – DO SOME DAILY

Start as soon as possible:

1. Stretch, extend, and flex arms, hands, legs, and feet
2. Walk with arms swinging
3. Rocking in chair or mild bouncing on a trampoline
4. Deep breathing and breath holding
5. Magnet rubs/copper jewelry (magnets need 10 lb pull)
6. Water soaking in pool, tub, jacuzzi
7. Straight leg raising while reclining
8. High protein/anti-inflammatory diet with a collagen supplement. Examples: meat, seafood, poultry, eggs, cottage cheese, vegetables, fruits.

Provided as a public service by the Arachnoiditis Research and Education Project of:

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MEDICAL MEASURES

STEP ONE – WEEK ONE - START

- a. Curcumin – 900 to 1000 mg 2 to 4 times a day
and
- b. One of these pain relievers: CBD products, kratom, corydalis, palmitoylethanolamide (PEA)
- c. Patch, cream, or gel with lidocaine. Apply over the lumbar-sacral area.

STEP TWO – WEEK TWO

Add: (1) adrenal cortex (Klaire® or other) and (2) start valerian root at bedtime for sleep

STEP THREE – WEEK THREE

- a. Add pregnenolone – start at 50 mg and increase over one week to 200 to 300 mg on 3 to 7 days a week
- b. Continue any medication that is helpful.
- c. Option: Try 2 pain relievers at one time to get a better effect

STEP FOUR – WEEK FOUR

Options: consider adding one of these anti-inflammatories to curcumin: boswellia, serrapeptase, Traumeel®. Consider taking melatonin with valerian root at bedtime.

STEP FIVE – WEEK FIVE

Consider adding one of these tissue-building (“anabolic”) hormonal supplements: colostrum, gonadal extract (Orchex® or other), deer antler velvet.

DOSAGE INSTRUCTIONS: Non-prescription medications will have dosage instructions on the label. Persons with AA may require a higher dosage than what is on the label.

If you find help from a medical practitioner, inform them of this guide and your efforts to self-treat.