



THREE ELEMENTS OF AA CARE

Although AA continues to be a relatively rare condition, most medical practitioners have heard of it and no longer think of it as a “spider bite”. Also, thanks to social media and a network of diligent advocates and supporters, we can now bring at least some help and care to everyone who has AA or a related spinal canal inflammatory disorder (SCID).

Over the last five years our “Research and Education Project” has determined that AA and SCID’s need to be treated and controlled with a treatment program that contains the three elements listed in the Table. Each element has three components.

<u>NUTRITION</u>	<u>PHYSICAL MEASURES</u>	<u>MEDICATION</u>
A. Vitamins B-12, C, and magnesium threonate	A. Spinal fluid flow exercises Example: rocking	A. Intraspinal inflammation reduction
B. High protein diet	B. Neurologic maintenance Example: stretching and walking	B. Regeneration of tissues
C. Amino acid or collagen supplements	C. Electricity control Example: water soaking	C. Pain control

THESE OBSERVATIONS STAND OUT

1. The earlier that treatment is started, the better the outcome.
2. AA is the end stage of SCID’s such as protruding discs, cauda equina inflammation and Tarlov’s. Three element treatment at the early SCID stage can prevent AA.
3. Non-prescription medications are really working for many persons who have AA or a SCID and can’t find cooperative medical help.
4. Sadly, AA is a serious disease, and one must usually practice each element, each day to prevent disease progression, immense suffering, and an early death.

NOTE: Details of each element will be the subject in some future bulletins.

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336-338 S. Glendora Ave., West Covina, CA 91790-3043
Phone: 626-919-7476 Fax: 626-919-7497*

E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com

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