



ADHESIVE ARACHNOIDITIS (AA)

Bulletin 42

January 2021

BEST VITAMINS AND MINERALS OF 2020

In our Research and Education Project we constantly monitor “what is” and “what is not” working. Reports from persons who have a spinal cord inflammatory disorder (SCID) or the “Intractable Pain Syndrome” (IPS) want to hear from us so we can pass on the “best information to date”.

In 2020, 2 vitamins and 1 mineral have been reported to be “Head and Shoulders” above all others.

What makes a good vitamin or mineral?

1. All vitamins, minerals, and medications for SCID’s and IPS must cross the blood-brain barrier and enter the spinal fluid.
2. It must fit into one of the 3 medical components necessary to treat SCID’s and IPS:
 - a. Inflammation Reduction
 - b. Tissue Repair
 - c. Reduction of Pain

<u>VITAMIN C</u> MEDICAL COMPONENTS	<u>B – 12</u> MEDICAL COMPONENTS	<u>MAGNESIUM THREONATE</u> MEDICAL COMPONENTS
Tissue repair	Tissue repair	Pain control
Inflammation reduction		Inflammation reduction
<u>DOSAGE</u>	<u>DOSAGE</u>	<u>DOSAGE</u>
2000 to 3000 mg a day	Oral – 500 to 1000 mcg a day	Oral – as labeled



Remember the 3 components:
 a. Inflammation Reduction
 b. Tissue Repair
 c. Reduction of Pain



**Resolve to improve
 your treatment
 program in 2021!**

Published as a public service by the Arachnoiditis Research & 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: tennantfoundation92@gmail.com

www.arachnoiditishope.com

www.intractablepainsyndrome.com

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.