



## NUTRITION MEASURES TO REPAIR DAMAGED TISSUES

One of the three components of AA treatment is “repair of damaged tissue.” (Other two are inflammation suppression and pain control.) AA is a progressive, inflammatory disease that damages two different tissues: (1) arachnoid/dural spinal canal covering and (2) cauda equina nerve roots.

To obtain some relief and recovery you need to repair some damaged tissue. There are several physical, medical, and nutritional measures you can do to promote repair of damaged tissue. Repair is the **ONLY** way to permanently reduce pain. This bulletin gives you some recommended nutritional measures, and we will later present some physical and medical recommendations.

### I. NUTRITIONAL SUPPLEMENTS

- a. Essential
  - i. Vitamin C, 2000 to 4000 mg a day
  - ii. B<sub>12</sub> 500 – 1000mcg a day
  - iii. Amino acid or collagen supplement
- b. Optional/best single amino acids
  - i. Carnitine
  - ii. Taurine
- c. Best minerals
  - i. Magnesium
  - ii. Boron
  - iii. Selenium
- d. Best single vitamins
  - i. B<sub>6</sub>
  - ii. D
  - iii. D<sub>3</sub>

### II. FOOD INTAKE

- a. Your daily diet should consist of protein, foods low in sugar and starch, and high in green vegetables
- b. Highly recommended: a protein food with each meal (seafood, meat, eggs, cottage cheese)
- c. Stop sugared drinks. Use low-sugar substitutes.

III. SUGAR AND CHOLESTEROL TESTING/TREATMENT: All persons with AA should have their sugar (glucose) and cholesterol tested. New research shows that excess glucose and cholesterol form “glycation” products that damage nerves and other tissues.

Reference: Navio-Pelang, et al. Normalization of cholesterol metabolism in spinal microglia alleviates neuropathic pain. J Exp Med 2021;218(7):2020-2050.

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