



DIETARY MEASURES FOR ADHESIVE ARACHNOIDITIS (AA)

For long-term control of AA, some dietary measures are necessary. This necessity is because AA is an intraspinal canal inflammatory disease and the cauda equina nerve roots and arachnoid-dural spinal canal covering have a high content of protein and collagen. Every person with AA should review each measure here and pick and choose what they can and will do. AA makes it very difficult because it causes a person to lose appetite and crave sugar and starches. A key point. Collagen and the neurotransmitters that control pain are made from the protein that one eats.

#1. Daily multi-vitamin/mineral preparation and a collagen supplement.

#2. Eat one or more of these protein foods each day: eggs, cottage cheese, beef, pork, fish/seafood, chicken, turkey.

#3. Eat some of these anti-inflammatory fruits and vegetables each day.

Fruits: berries (any kind), apple, peach, plum

Vegetables: broccoli, brussel sprouts, avocado, beets, carrots, cucumber, celery, leaf greens, squash, tomatoes, zucchini

#4. Limit sugar and starches:

- ✓ Use sugar substitutes and sugar free drinks
- ✓ Eliminate milk and fruit juices
- ✓ Minimize these high-sugar, starch, or gluten foods: bread, pastries, potatoes, pies, cakes, pizza, corn, noodles, pasta
- ✓ Check your blood sugar to see if you have adequately restricted sugars and starches. You may require metformin to keep blood sugar in normal range.

#5. Daily vitamin C, B-12, magnesium threonate.

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