



MEASURES TO CONTROL THE INFLAMMATION CASCADES OF IPS

Every person with IPS must be on a daily program of measures to control the cascades of CNS inflammation or, simply stated, your condition will likely deteriorate.

MEASURE #1- NUTRITION- PREVENTS INFLAMMATION

- ✓ Diet- High protein, low sugar/starch, high green vegetables.
- ✓ Best Vitamins- B-12- (1,000-1,500 mcg. a day), vitamin C- (2,000-4,000 mg. a day).
- ✓ Best Minerals- Magnesium L-Threonate, Selenium-(200mg. a day), Boron (3 Mg. a day).
- ✓ Best amino acids- Taurine-(2,000- 4,000 mg. a day), Theanine- (400-600 mg. a day).

MEASURE #2- MEDICATIONS- REDUCE INFLAMMATION

- ✓ Curcumin, serrapeptase, andrographis, adrenal cortex (Non-prescription)
- ✓ Ketorolac, diclofenac, indomethacin, methylprednisolone, dexamethasone, minocycline, acetazolamide, metformin, pentoxifylline (Prescription)

MEASURES #3 SPINAL FLUID FLOW EXERCISE

- ✓ Rocking chair or swinging
- ✓ Walking with arms swinging
- ✓ Trampoline walking
- ✓ Arm stretching with deep breathing
- ✓ Magnets

KEY GUIDANCE POINTS

- Opioids and neuropathic and other pain relievers, by themselves, do not control the inflammation cascades.
- Review the three measures listed here with your family and medical practitioners. Select the nutrients, medications, and exercises to develop a program that fits you.
- You must continue daily cascade control for as long as you have pain.
- Be clearly advised, without a daily cascade control program, you can expect that your opioids and other pain relievers will diminish their effectiveness and may totally stop working.

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