



HOW TO BUILD YOUR IPS NUTRITION PROGRAM

Part 6 of 6-Part Series

1. WHY BUILD A PROGRAM?

If you have IPS or a condition that commonly causes IPS including arachnoiditis, adhesive arachnoiditis, cauda equina syndrome, Ehlers-Danlos Syndrome, Post-stroke, Traumatic Brain Injury, or CRPS you must underpin your overall treatment program with a specific nutritional component.

Here are the benefits:

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| 1. Stop disease deterioration | 4. Alkalinization of body fluids |
| 2. Reduce inflammation | 5. Improve pain relief |
| 3. Regrow damaged nerves (“neurogenesis”) | 6. Improve energy |

2. THE COMPONENTS OF AN IPS NUTRITION PROGRAM

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| ·Protein with <u>ALL</u> meals | ·Green vegetables, select fruits, and nuts |
| ·Control Blood cholesterol and glucose | ·Eat protein each day |
| ·Daily multi-vitamin-mineral preparation | ·Supplements for nerve regrowth and inflammation |

3. GLUTEN FREE TRIAL

Stop these foods for one week to see if you feel better:
Bread-cereal -pasta- noodles

4. EAT PROTEIN AND A GREEN VEGETABLE EVERY DAY

The most critical component of an IPS Nutrition Program is “protein every day.” IPS tends to decrease a desire for protein and promote a craving for sugar and starches. The major protein foods are beef, pork, lamb, chicken, turkey cottage cheese, and eggs. There are protein drinks and bars available now as alternatives to food.

5. REGROWTH OF DAMAGED OR DISEASED TISSUE

Supplements for regrowth of diseased tissue are essential to a good program: (1.) Vitamins B12 and C, (2.) Collagen & amino acids (3.) A natural hormonal agent-colostrum, deer antler velvet, DHEA, or Adrenaplex®.

6. DAILY MULTI-VITAMIN-MINERAL TABLET OR CAPSULE

It’s old fashioned and it helps -take a multivitamin/mineral preparation every day.

7. DAILY PLANT-BASED ANTI-INFLAMMATORY AGENT

Choose one and take daily: Curcumin, Andrographis, Boswellia, Quercetin

8. CONTROL BLOOD GLUCOSE AND CHOLESTEROL

Get a blood test to determine if abnormal. Ask yourself-Is what I am eating right now helping, or hurting?

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