



THREE KEY ELEMENTS OF AA TREATMENT

AA is a most serious, debilitating, and life-shortening disease. We recommend that AA treatment consist of these three elements: (1) nutritional, (2) physiologic, and (3) pharmacologic. A key point emphasized here is that AA is still thought of and treated as if it is strictly a “pain problem.” While pain relief is a necessary element of care, symptomatic pain treatment does not control inflammation, promote neurogenesis, and prevent progression of AA.

<u>NUTRITION</u>	<u>PHYSIOLOGIC</u>	<u>PHARMACOLOGIC</u>
A. Vitamins B-12, C, D-3, and magnesium threonate	A. Spinal fluid flow exercises Example: rocking	A. Spinal canal inflammation control Example: ketorolac, methylprednisolone
B. High protein, Anti-inflammation diet	B. Neurologic maintenance Example: stretching and walking	B. Regeneration of damaged tissues Example: human chorionic gonadotropin (HCG), nandrolone
C. Protein or collagen supplements	C. Electricity control Example: water soaking	C. Pain control Examples: low dose naltrexone, palmitoylethanolamide (PEA)

The three elements of AA treatment require family support and some self-care by the patient. Patients and family must become educated on the role of each element. Our advice is to make sure that care and treatment includes each element.

The above Table shows some examples under each element. There are many other options that patients may choose.