



## **NUTRITIONAL MEASURES FOR ADHESIVE ARACHNOIDITIS (AA)**

Presented here are essential nutritional measures to control pain, regenerate damaged tissues, and promote healing of AA. Collagen and the neurotransmitters that control pain are made from the protein that one eats. AA is a spinal canal inflammatory disease, so a daily intake of anti-inflammatory foods is essential. Also, high blood glucose (sugar) causes pain to increase.

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

#2. 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

#3. Limit sugar and starches to control glucose:

- ✓ 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 it is in normal range.

#4. Daily nutrients:

- ✓ Vitamin C, 2000 to 4000 mg
- ✓ Minerals, use one or more of magnesium threonate, selenium, boron
- ✓ B-12, D-3
- ✓ Collagen or protein supplement
- ✓ Vitamin-mineral tablet/capsule