



NON-PRESCRIPTION ALTERNATIVES
FOR CORTICOSTEROIDS AND ANTI-INFLAMMATORY AGENTS

We continue to receive notice that many doctors won't prescribe a corticosteroid (i.e., methylprednisolone or dexamethasone) or a spinal anti-inflammatory (i.e., ketorolac, diclofenac). AA is a serious disease, so we recommend persons with it institute treatment with non-prescription agents until they can find a willing and caring physician.

Alternatives to Corticosteroids:

1. Pregnenolone 100 to 200 mg twice a day

PLUS

2. DHEA 100 to 200 mg twice a day

PLUS

3. Palmitoylethanolamide (PEA) 600 to 1200 twice a day

Alternative to Spinal Anti-Inflammatories Ketorolac and Diclofenac:

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| 1. Thymosin | 6. Glutathione |
| 2. KPV peptide | 7. Serrapeptase |
| 3. Curcumin | 8. Andrographis |
| 4. Resveratrol | 9. Ashwagandha |
| 5. Luteolin | 10. Apigenin |

You can use more than one of these agents.

Which Anti-Inflammatory is Best? It depends on the individual. Try one for 10 days. Continue if it helps or switch to another.

Switch from Corticoids/Ketorolac Due to Side Effects: An increasing number of persons with AA are switching to the alternative protocol due to side effects of methylprednisolone and ketorolac.

Summary: Every person with AA needs a local MD or NP to prescribe the necessary medications to treat AA. Until one can find an MD or NP, start with non-prescription agents listed here.