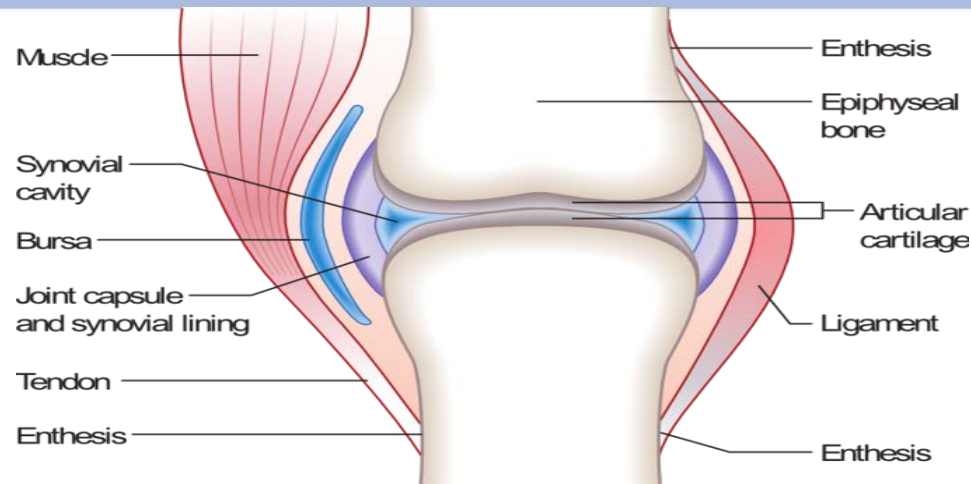


Musculoskeletal Health

Remedies for injuries and prevention



By: Angela (Anolieföh) Ford-Reimche, M.Sc, Ph.D (cand)
Medical Support Manager

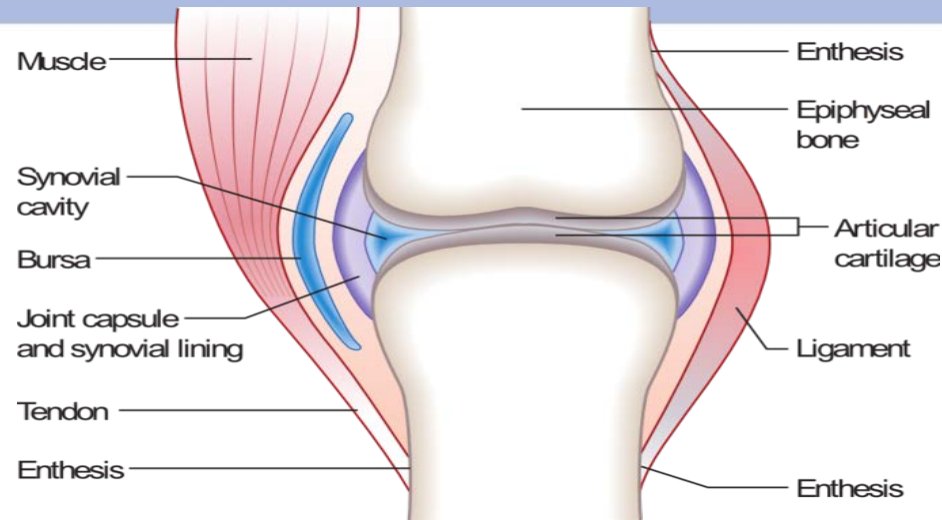


What is the Musculoskeletal System?

The Musculoskeletal system is generally comprised of:

- ❖ **Muscles-** provide movement
- ❖ **Tendons-** connect muscle to bone
- ❖ **Ligaments-** connect bone to bone

The Musculoskeletal System Defined



- ❖ **Bones**- provides structure and support
- ❖ **Meniscus**- provide cushion/structure/connection for bone to bone contact
- ❖ **Synovial Fluid**- lubricant
- ❖ **Bursa**- fluid filled sacs that provide cushion between bones and tendons and/ or muscles
- ❖ **Enthesis**- sites where tendons or ligaments insert into the bone

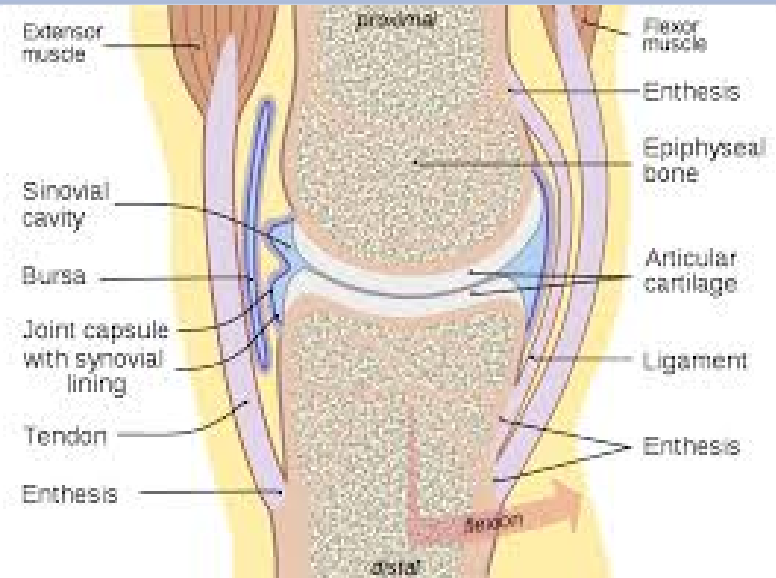
The Musculoskeletal Structure:

Provides movement as we generally think of.

However, it is much more.

It is the inter-relationship between all systems that serves our physiological and metabolic needs.

For example: Our bones are actually mini-production, storage and security facilities.

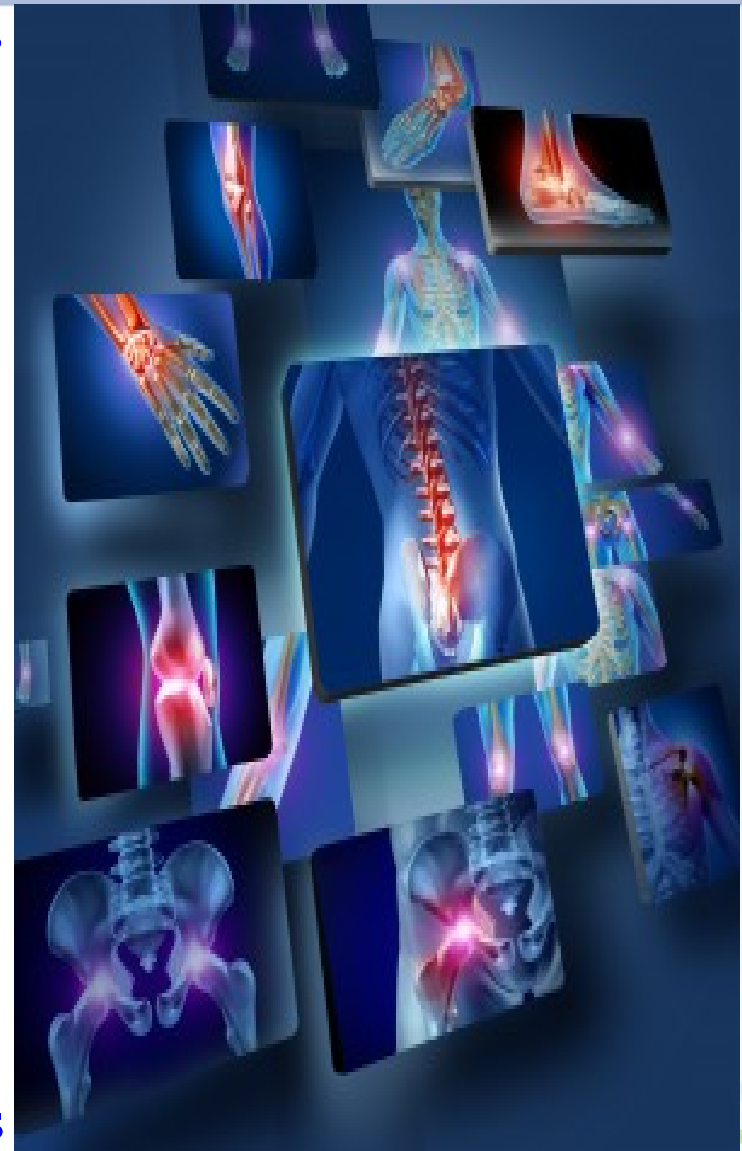


They serve as a means for manufacturing :

blood cells, storage of minerals such as calcium and phosphorous, protection of vital organs, attachment anchors for tendons and ligaments, and support for much of the soft tissue structures.

Primary MSK conditions include:

- ❖ Osteoarthritis
- ❖ Inflammatory Arthritis (principally Rheumatoid Arthritis)
- ❖ Back Pain
- ❖ Strains & Sprains
- ❖ Musculoskeletal Injuries (such as – Occupational & Sports injuries and road injuries)
- ❖ Crystal Arthritis (such as Gout, or pseudo-gout)
- ❖ Osteoporosis & Fragility Fractures
- ❖ Contusions & Dislocations



- ❖ **Osteoarthritis**- is a type of joint disease that results from breakdown of joint cartilage and underlying bone. The most common symptoms are joint pain and stiffness. Initially, symptoms may occur only following exercise or over exertion, but over time may become constant.
- ❖ **Inflammatory Arthritis (principally Rheumatoid arthritis)**- a chronic disease characterized by joint inflammation, pain, stiffness, and swelling.
- ❖ **Back Pain**- is a pain felt in the back. It may be acute or subacute or chronic depending on the duration.



The word “**arthritis**”: is made up of the Greek words **arthros**, for joint, and **itis**, for inflammation

- ❖ **Strains** : a microscopic tearing of the muscle caused by excessive force, stretching or over-use.
- ❖ **Sprain**- a twist, pull, or tear of a muscle or tendon, a cord of tissue connecting muscle to bone. It is an acute, noncontact injury that results from overstretching or over contraction
- ❖ **Musculoskeletal Injuries** (such as – Occupational & Sports injuries and road injuries) - term “sports injury,” in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise.
Occupational/ road injuries: is bodily damage resulting from working. The most usual organs involved are the spine, hands, the head, lungs, eyes, skeleton, and skin.



Primary MSK conditions include:

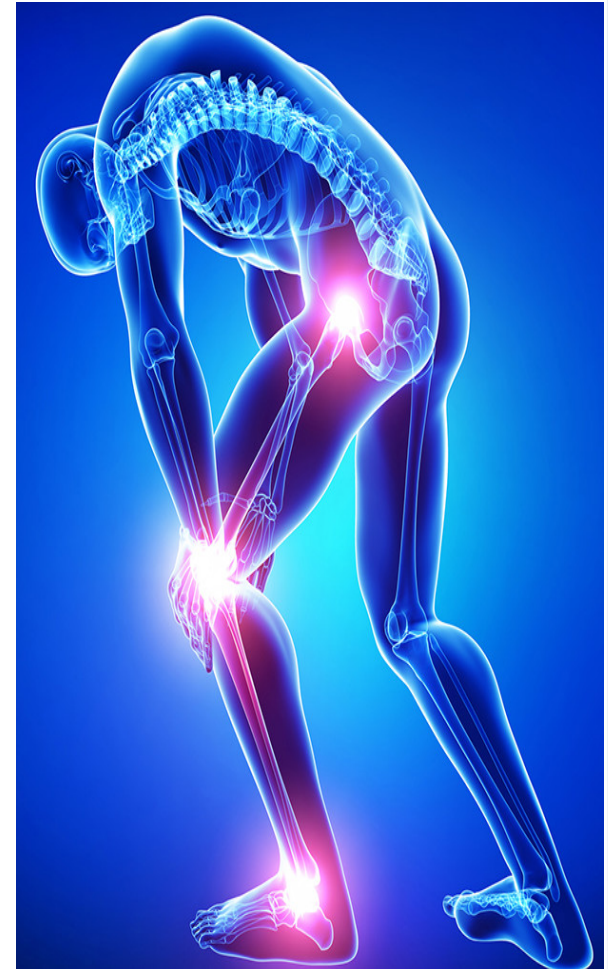
❖ **Crystal Arthritis (Gout)**

(such as Gout or pseudo gout) a complex form of arthritis. characterized by sudden, severe attacks of pain, redness and tenderness in joints, often the joint at the base of the big toe.

❖ **Osteoporosis & Fragility Fractures**

Fractures- open, where the bone has torn through the skin or closed, where it has not

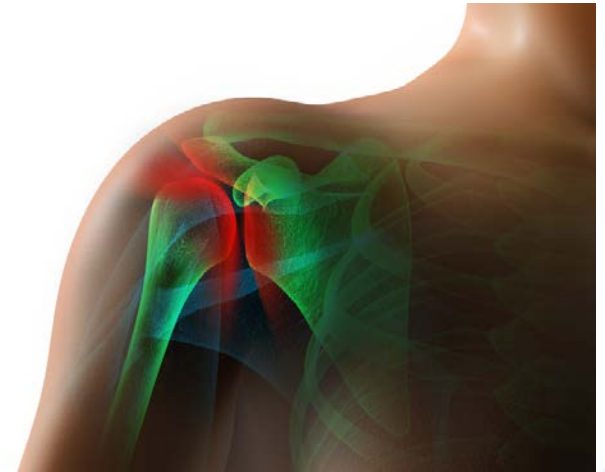
Osteoporosis- a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D.

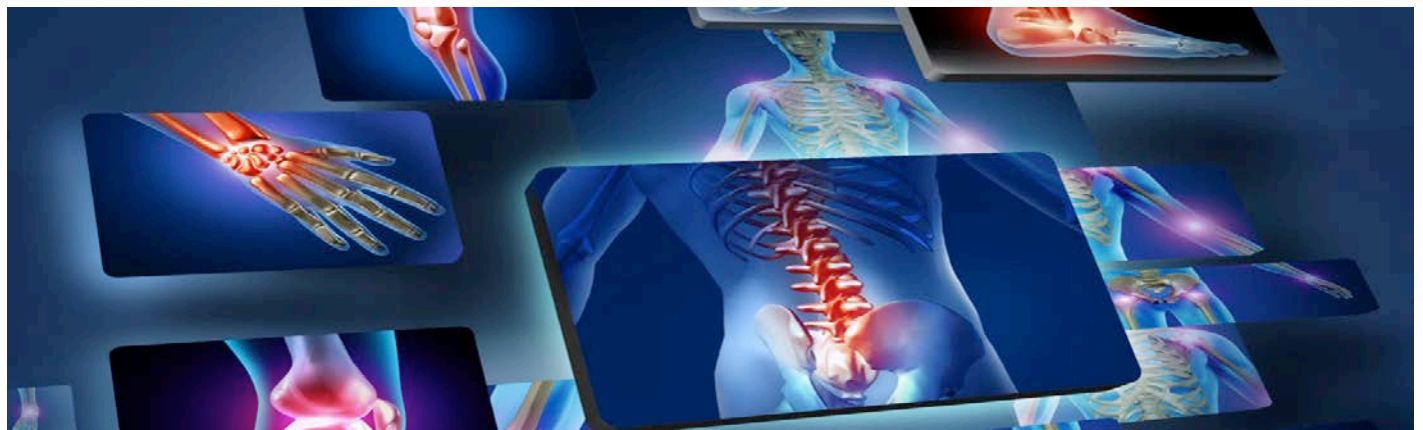


Contusions: an injury or bruise to the soft tissue bruise that results from blunt trauma from something striking the body or the body striking something
- Can be a blow, kick or fall



Dislocation: include partial and full separation of the joint, partial dislocation usually will relocate at time of injury and result in a sprain due to the extent of over stretched tissues





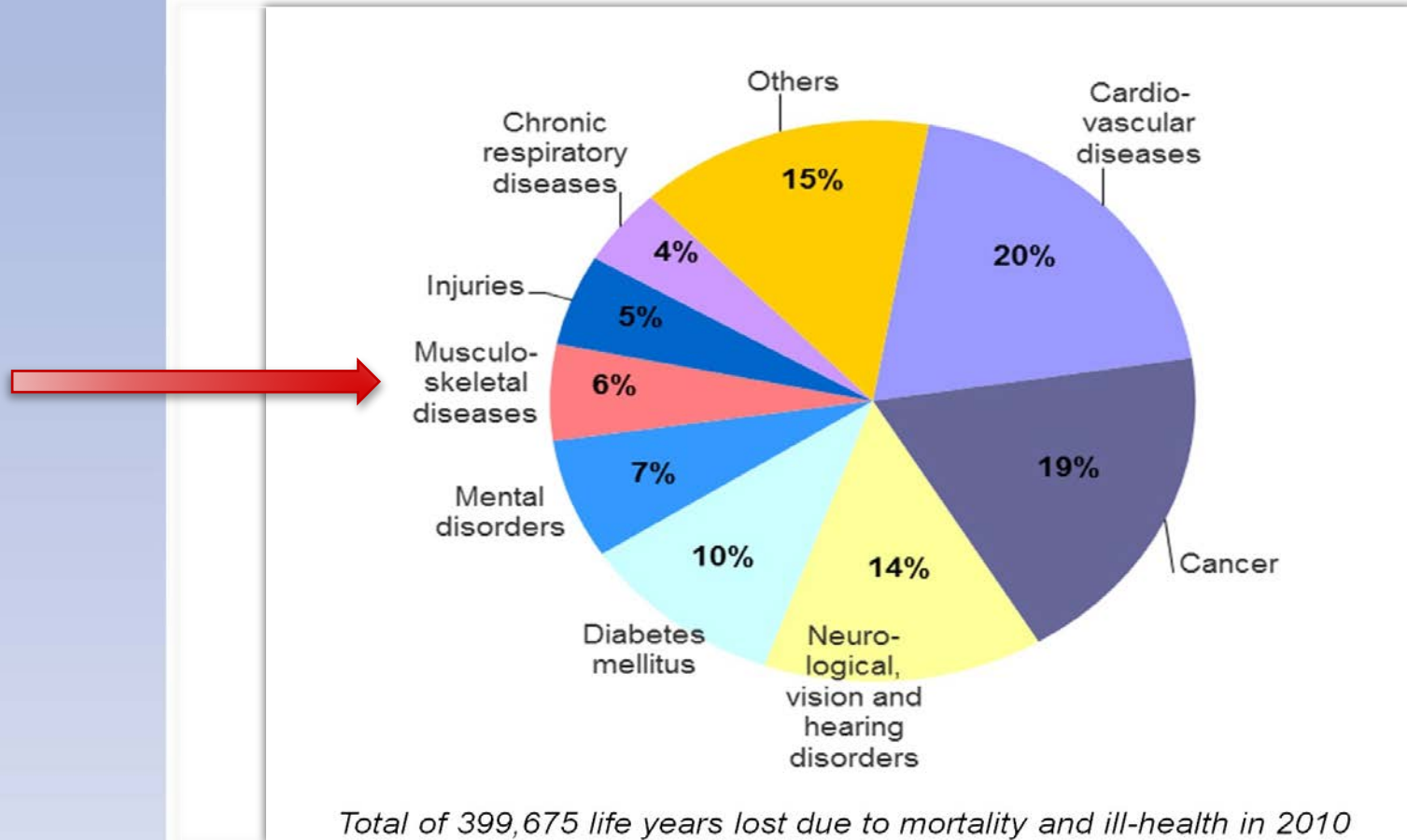
❖ MSK conditions make up 6% of the global disease burden.

Osteoarthritis accounts for the largest portion – 52% of total burden of MSK in developing countries

61 % of total burden of MSK in industrialized countries

↑ Increase as the world's elderly population grows
6th leading cause of years lost to disability

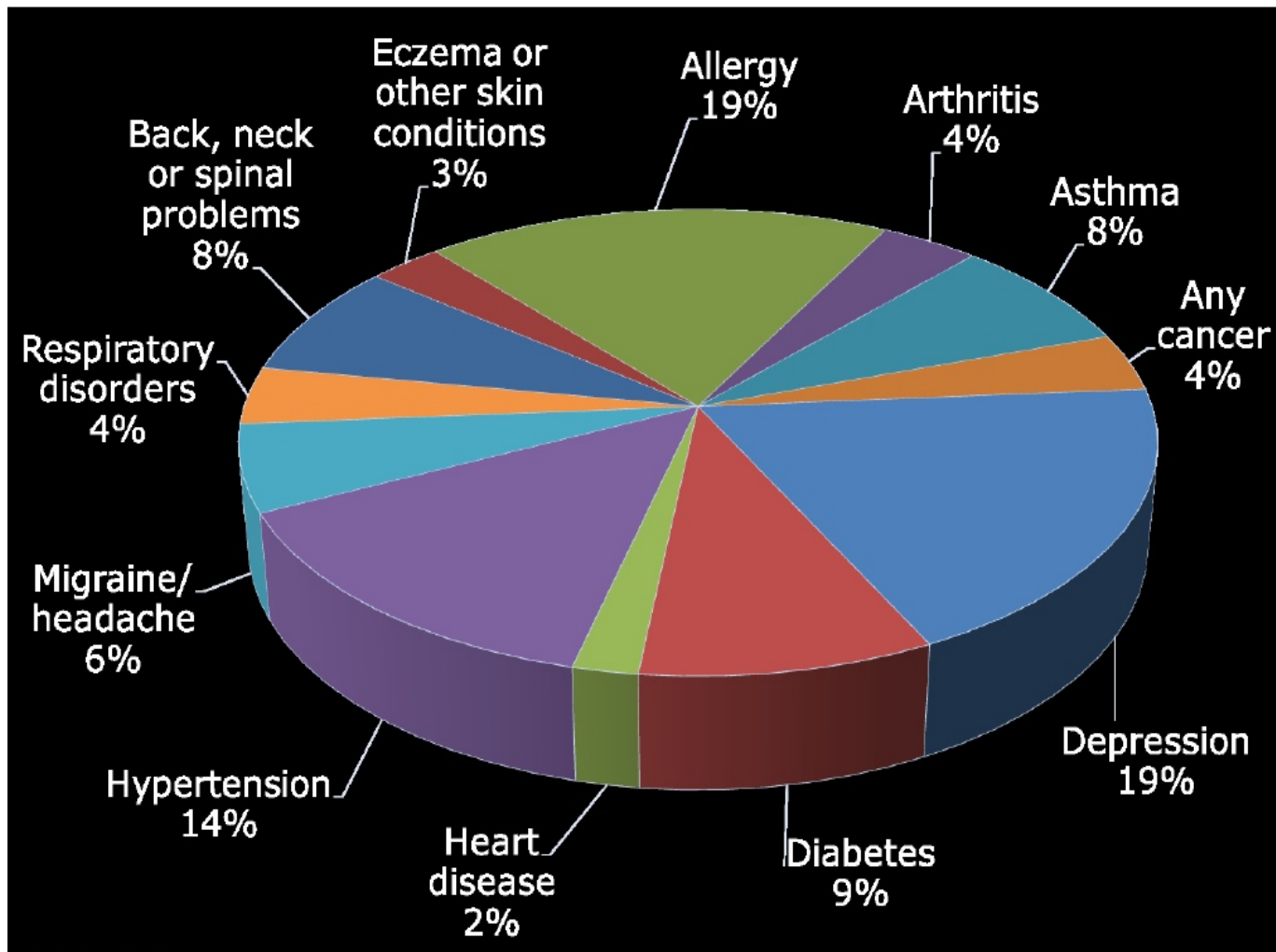
According to WHO (World Health Organizations) MSK conditions make up 6% of the global disease burden.



****Musculoskeletal (MSK) conditions are currently the most common cause of chronic disability****

- ❖ Globally, the number of people suffering from MSK conditions has increase 25% over the past decade
- ❖ 50% / 1 in 2 of U.S. adults 65 years and older have a form of arthritis
- ❖ Ageing of the global population will further increase the burden of other MSK





MSK Disease on Canadians- according to Canadian Institute of Health Research

- ❖ MSK disease affects 11 million Canadians over the age of 12 year old annually
- ❖ The number of Canadians with MSK diseases is predicted to increase with the aging baby boomer population, from 11 million in 2007 to 15 million in 2031 (2010 report from the Canadian Orthopaedic Care Strategy Group)
- ❖ More than 4.8 million Canadians aged 15 years or older self-reported being affected by arthritis in 2014
- ❖ There are as many as 1.5 million Canadians over the age of 40 suffering from osteoporosis and women are 4 times more likely to report having osteoporosis than men.



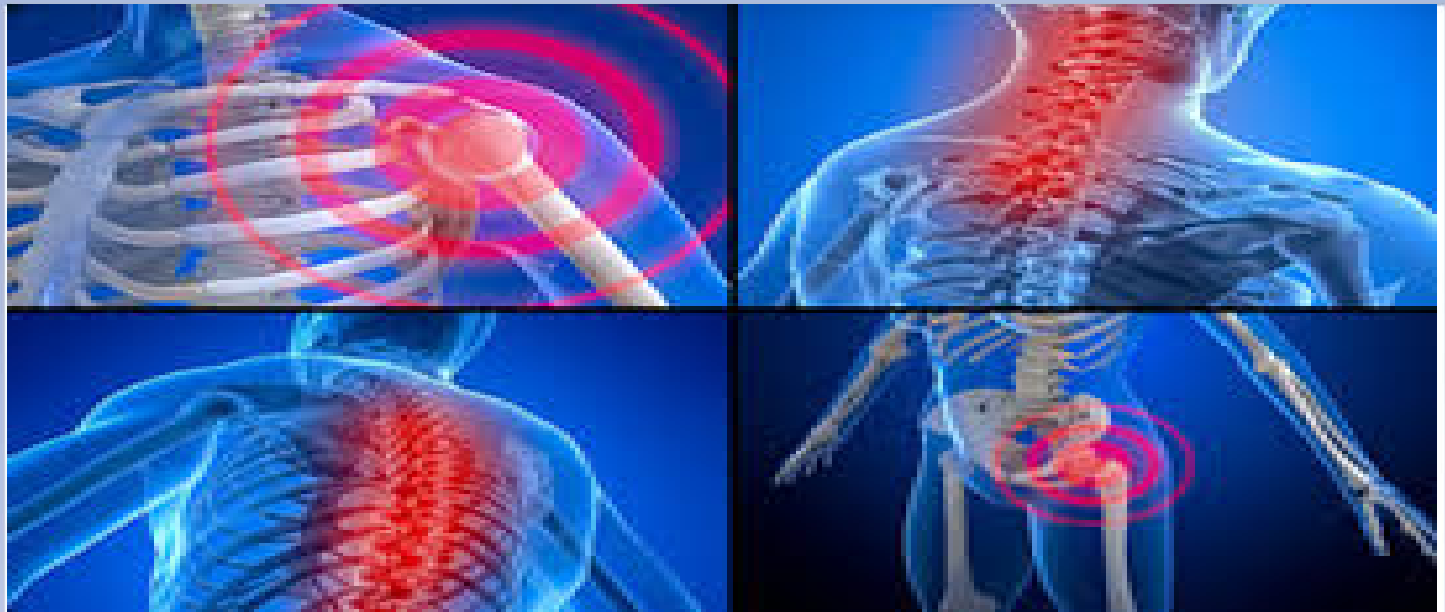


Affects of MSK Disease on Canadians

- ❖ 1 in 10 Canadians were limited from their normal activities due to a repetitive strain injury
- ❖ Arthritis and other rheumatic conditions affect almost 4 million Canadians
- ❖ 3 or of 5 people with arthritis are younger than 65 years of age
- ❖ About 215, 000 people in Canada have Rheumatoid Arthritis

- ❖ In 2000, the economic burden of musculoskeletal diseases was the 5th highest of any group of diseases, at \$7.2 billion (Economic Burden of Illness in Canada, 2005-2008, page 11).
- ❖ In 2000, the economic burden of arthritis, resulting from both direct (\$2.1 billion) and indirect (\$4.3 billion) costs, was approximately \$6.4 billion. (Life with Arthritis in Canada 2010)
- ❖ Treating osteoporosis and its resulting fractures costs approximately \$2.3 billion each year in Canada (Osteoporosis Canada, 2014).
- ❖ In 2000, injury was the 4th most costly disease group, at \$8.08 billion ((Economic Burden of Illness in Canada, 2005-2008 page 11).





Arthritis is the most common cause of disability, with 51.8 million—half of U.S. adults age 65 and older—suffering from the disease.

- ❖ With the aging of the American population, the report projects arthritis prevalence to increase to 67 million people, or 25 % of the adult population, by 2030.
- ❖ Arthritis is not just a disease for older Americans, with two-thirds of arthritis sufferers under age 65.
- ❖ Back and neck pain affects nearly 1 in 3, or 75.7 million adults.



- ❖ An estimated 126.6 million Americans (one in two adults) are affected by a musculoskeletal condition—comparable to the total percentage of Americans living with a chronic lung or heart condition—costing an estimated \$213 billion in annual treatment, care and lost wages, according to a new report issued today by the United States Bone and Joint Initiative (USBJI).
- ❖ Osteoporosis affects 10 million Americans, with 19 million more (mostly women) at risk for the disease.
- ❖ One in two women and one in four men over the age of 50 will have an osteoporosis-related fracture, and 20 percent of hip fracture patients over age 50 will die within one year of their injury.

Occupations in Canada with higher than averages rates of MSK disease includes:

- ❖ Sales or service
- ❖ Trades
- ❖ Transport or equipment operating
- ❖ Farming
- ❖ Forestry
- ❖ Fishing or mining
- ❖ Processing
- ❖ Manufacturing or utilities

1 in 8 Canadians reported having a chronic back problem and most Canadians report back pain at some point in their lifetime



Common Type of Sports and MSK injuries.

- ❖ Muscle sprains and strains
- ❖ Tears of the ligaments that hold joints together
- ❖ Tears of the tendons that support joints and allow them to move
- ❖ Dislocated joints
- ❖ Fractured bones, including vertebrae.

Many sports injuries can be prevented if people take the proper precautions.

- ❖ Recent research as shown that cyclists have significantly low bone density compared to loaded sport athletes to the point it has become a concern.
- ❖ It's important to build up bone density



Many injuries start as acute injuries then progress to chronic:

Often due to a number of reasons which include and or not limited to:

- ❖ Overuse
- ❖ Not enough rest and recovery time
- ❖ Female athletes injured more than male athletes

Sports with the highest rate of MSK injuries.

- ❖ Cross country / distance runners
- ❖ Gymnastics
- ❖ Basketball
- ❖ Soccer
- ❖ Cheerleading
- ❖ Track and Field
- ❖ Cycling
- ❖ Handball players
- ❖ Tennis





Keep In Mind:

Our body movement is reflective of our inner world.

Just because the patient comes in with a physical ailment, does not mean there isn't a deeper underlining emotional blockage behind that.

It is important that the goal is to treat the underlying problems

- Promote healing
- Prevent further injury or damage to the tissues
- Healing with out the impediment to normal physiology



- ❖ Emotional conflicts hide behind symptoms and disorders
- ❖ Emotional conflicts blocks the flow of energy in certain segments of the body and it is possible to detect that in the region where pain is occurring
- ❖ On a deeper level, the cause of pain is a blocked flow of subtle energy. Dr. Reinhard Voll (inventor of electro-acupuncture- EAV) said that pain is **“the tissues cry for flowing energy”**

Look at Geopathic Stress
and Electrosmog in cases of:

Chronic musculoskeletal
disease

- ❖ Chronic fatigue syndrome
- ❖ Muscle cramps
- ❖ Fibromyalgia
- ❖ Rheumatic pain
- ❖ Joint issues
- ❖ All chronic symptoms



Musculoskeletal Links



Toxins

**Body Structure
Biomechanics**

You are the expression
of life, this innate
intelligent force,
through your genes and
your environment
“EPIGENETIC”

Nutrition

Stress*Emotions
Conscious &
unconscious

Musculoskeletal Links

Arthritis: feeling unloved, criticism, resentment

Bone Breaks/ Fractures: Rebellling against authority

Bursitis: Repressed anger

Inflammation & Gout: Fear, seeing red, inflamed thinking

Joint Pain: Represent changes in direction in life and the ease of these movements

EMOTIONAL PAIN CHART

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES



Pain Areas and Probable Causes:

Neck:

Refusing to see other sides of the question. Stubbornness, inflexibility.

Shoulders:

Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine:

Represents the support of life.

Upper: Lack of emotional support. Feeling unloved. Holding back love.

Middle: Guilt. Stuck in the past. Get off my back.

Lower: Fear of money. Lack of financial support.

Elbows:

Represents changing directions & accepting new experiences.

Wrists:

Represent movement and ease.

Hips:

Fear of going forward in major decisions. Nothing to move forward to.

Knees:

Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

CENTRIPETAL FORCE STUDIO
Physical + Energetic Therapy

Ankles:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions:

Lack of joy in meeting experiences in life.

HOW IT WORKS:

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

CENTRIPETAL FORCE STUDIO



OTHER CONNECTIONS:

Arthritis: Feeling unloved. Criticism. Resentment.

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Inflammation: Fear. Seeing red. Inflamed thinking.

Joint Pain: Represent changes in direction in life and the ease of these movements.

Loss of Balance: Not centered. Scattered thinking.

Sciatica: Being hypocritical.

Fear of money and or the future.

Slipped Disc: Indecisive. Feeling totally unsupported by life.

Sprains: Not wanting to move in a certain direction in life. Anger and resistance.

Stiffness: Rigid, stiff thinking.

Weakness: A need for mental rest.

CENTRIPETAL FORCE: sen-trip-i-ti: a pathway to the center | fohrs: physical power or strength possessed by a living being

Information from Heal Your Body A-Z by Louise L. Hay

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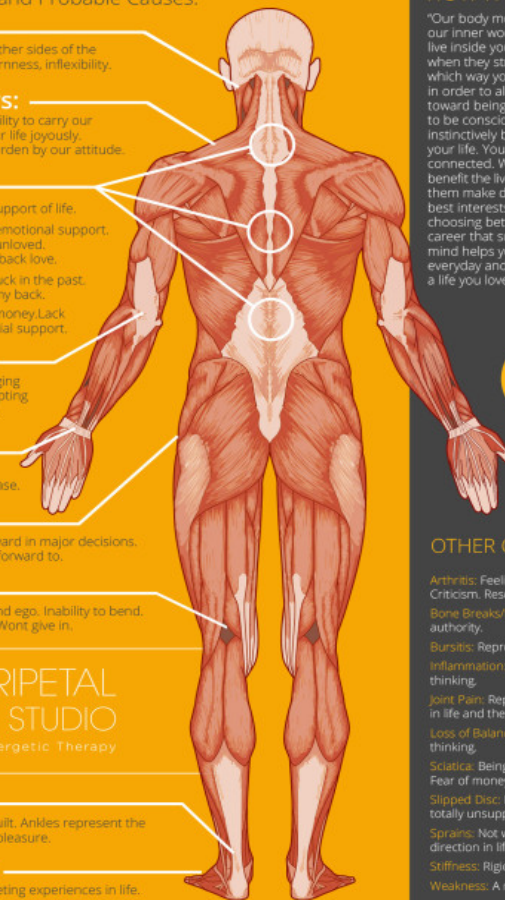
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Treat the Pain by addressing the underlying Emotional Issues

Protocol:

Nurovita/ Neurovita: (homeopathic remedy for different kinds of pains especially neuralgic and chronic pain).

Dosings:

Cramps and Spasms (acute cases): 5 drops every 10-20 mins for some hours until symptoms gets better.

Migraine Patients- Chavita 7/ 7th-Crown Chakra:

5 drops every 10-20 mins, then 5 drops of Simvita and 5 drops of Paravita.

MSK: Treat the Underlying Emotional Problem-Protocol

BIOMED

Protocol:

Nurovita/ Neurovita:
homeopathic remedy for
different kinds of pains
especially neuralgic and
chronic pain

Simvita as a homeopathic
complex remedy reduces
states of arterial cramps
which occur in the first stages
of a migraine attack

Paravita reduces the
following parasympathotonic
(vagotonic) stage where the
cranial vessels are dilated.

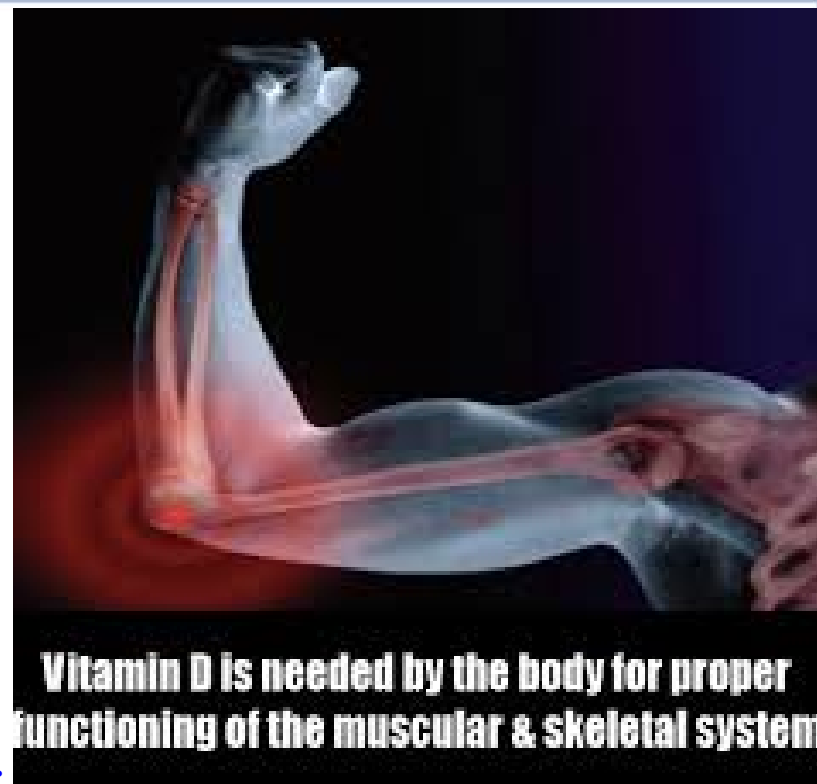


Vitamin C & D are the vitamins for healing and repairing tissue and boosting the immune system

Protocol:

Bioboost + Vit C (Right C) + D (Premium D1000)

B: 20 drops 2-3 x/ daily +
VC: ½ tsp 1-3x/ daily (or until bowel tolerance)+ **PD:** 1 tab once daily



Bioboost + Ester C + D-Emulsion (Biotics Research)

B: 20 drops 2-3 x/ daily + **VC:** 1-3 caps 1-3x/ daily (or until bowel tolerance)+ **DE:** 1-3 droplet 1-3x/ daily

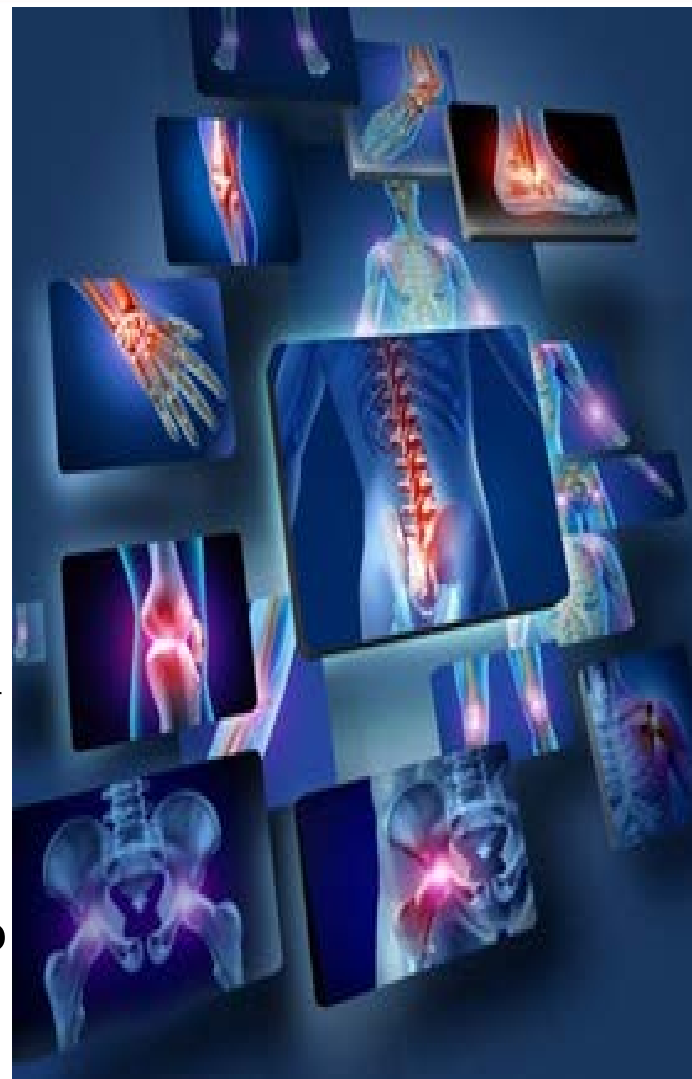
Replenishment:

Replacing or adding back: the vitamins, minerals, antioxidant, flora and enzymes, which are missing due to lifestyle and environmental factors.

Statistics: Shows that over 90% of the population is deficient in some vitamins and or minerals.

Supplementation:

(replenishment) is a big way to ensure optimum health, vitality and longevity with MSK.





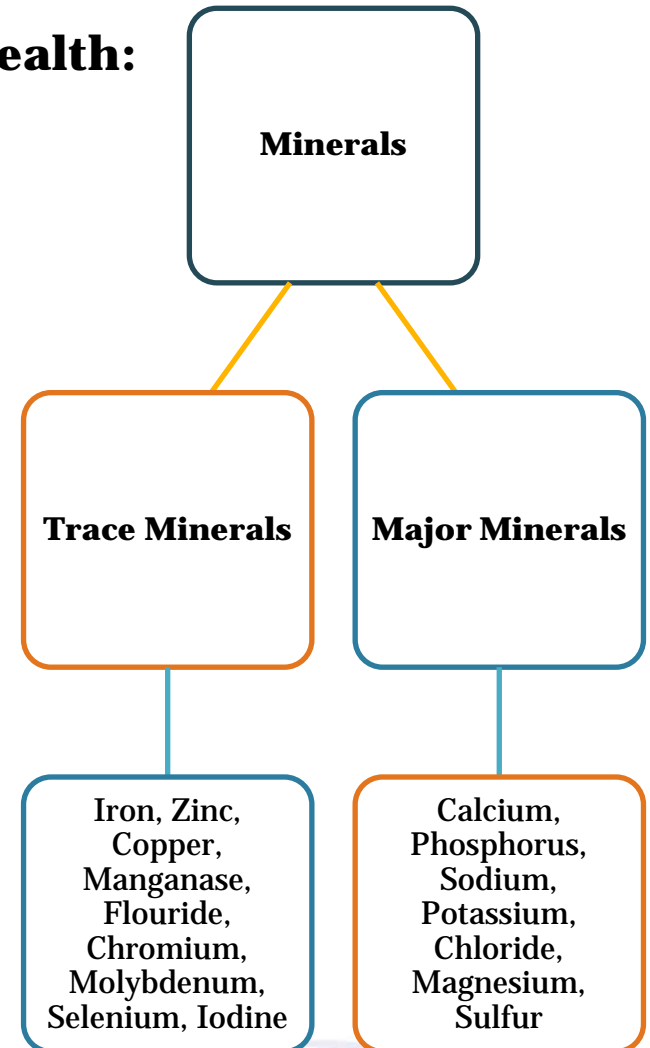
Minerals are very important in musculoskeletal health:

- As micronutrients are often equated with energy, strength and optimal health,
- the prevalence and effect of vitamins and mineral deficiencies in MSK injuries.
- Completely without them neither our metabolism nor our immune system would work.
- They are little “wonders of Nature” that control growth and development, cell formation, resistance and repair processes.

Important Minerals that are needed for musculoskeletal health:

1. **Calcium:** Calcium & Magnesium 1:1 and 2:1, Bonesure
2. **Magnesium:** Calcium & Magnesium 1:1 and 2:1, Mag-Citrate
3. **Potassium:** Basictab and Basic powder
4. **Selenium:** Pleo Selenokehl
5. **Sodium:** Pleo Alkala, Alkatab, Basictab and Basic powder
6. **Zinc:** Pleo Zinkokehl ,
Zincum similiaplex: Pascoe Remedy

Their benefits range from keeping bones strong to minimizing fatigue. They are considered a life source





1. **Magnesium:** 800 mg daily
2. **Glutamine:** 10-20 grams daily
3. **Vitamin C:** 1000-3000mg daily
4. **Vitamin D:** 6,000- 12,000 IU daily- muscle morphology and structure
5. **Fish Oil Omega 3 Fatty Acids:**1 gram - 5 grams fish oil daily
6. **B-Vitamins:** athletes burn through these really quickly
7. **Calcium:** 1000mg / daily
8. **Vitamin B12-** 5 mg for severe pain and healing
- Additional:**
9. **Vitamin E:** 800-1,600 IU daily

General Indications- Basic Remedy Therapy

Due to inactivity and the injury/ inflammation response; the pH (i.e. acidity) is always a concern.

The body is in a deficient state, often with metabolic acidosis. Therefore, the pH modulators are of benefit in keeping the body alkaline.

All MK injuries, excluding slow onset/ overuse strains, are best treated with cold compress: on for 20 minutes, off for 20 minutes, for the first 24-72 hours or until the swelling diminishes.

Then throughout the day, one could alternate every hour cold and heat compresses for 20 minutes, then nothing for 40 minutes, as often as possible

Slow Onset/ Over use strains : are usually best treated with warm saline and or Epson salt soaks and oral magnesium

Musculoskeletal Health: Alkalizing and Boosting Energy (very Important)

Pleo Sanuvis (Biomed): is beneficial for boosting mitochondria, and thus energy production for healing.

- Assists in decreasing excess lactic acid, which occurs in trauma
- Milieu modulating (intra and extracellular)
- Aids in tissue degeneration

Dosage:

1 Tbsp 3x/day during the acute phase (first 24-72 hours), then **1 Tsp 2-3x/day** during the recovery phase, likely for 2-6 weeks or as the condition improves

Pleo Citro (Biomed)- homeopathic citric acid used to support the Krebs' citric acid cycle. Along with Pleo Sanuvis:

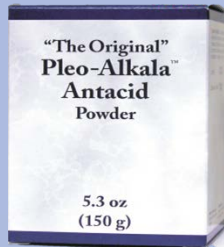
- It increases cellular metabolism, energy production and blood viscosity
- decreases lactic acid production and fluid retention

Dosage: same as Pleo Sanuvis

Pleo Form (Biomed) -: formic acid used rheumatism and inflammation of joints and

- Gentle alkalizer
- Rheumatic inflammation





Pleo Alkala (Biomed)- check urinary pH, best if between 6.5-6.8, and during illness closer to 7.0-7.2. If below 6.5 start with $\frac{1}{4}$ scoop in warm water 2x/ day between meals and keep adjusting dosage until pH becomes more alkaline, i.e. the 7.0 to 7.2 range.

Pleo Alkala base mixture, excellently suited for correction of the acid-base balance in the organism by decreasing tissue acidosis and increasing mitochondrial respiration.

Basic Powder/ Basic tab (Biomed): supports the body in it's ability to compensate for acid overload and achieve a pH balanced milieu

- **Tablet form:** allows for increased compliance in some patients

Basentabs (Pascoe Product): great and gentle for alkalizing



Clearizyme- anti-inflammatory, systemic enzyme for acute and chronic inflammatory processes. A powerful blend of proteolytic enzyme from 3 different sources (plant, fungal, animal).

- Proteolytic enzymes “eat” fibrin and other scar tissues
- Helps to reduce swelling, sports injuries etc. **2 caps 2-3 times daily**

Ligaflex- contains nutrients and botanicals to support joint, ligament and tendons

- Great for healing after a musculoskeletal injury (e.g. strain, sprains) **2 caps 2 times daily with food**
- pairs well with Clearizyme.

N-A-G: N-acetyl-glucosamine (NAG) is a naturally occurring amino sugar precursor for epithelial glycosaminoglycan synthesis

- Important in the formation of connective tissues: bones, ligaments, cartilage and synovial fluid: **2 caps daily**



MSM GLS: effective for sports injuries, muscle sprains and strains

the glucosamine sulfate with the added Boswellia serrata and Evening primrose oil helps to expedite the reduction of pain and inflammation.

2 caps 2-3 times a day with food

Mag-Citrate: a combination of magnesium and malic acid formulated for the aid and/ or support of fibromyalgia, migraine, head-aches, high blood pressure and cardiovascular health - Combination is involved in the production of energy ATP in muscle cells

Glutamine (Finlandia, Douglas Labs, Biotics): - - for repairing damages DNA and tissues and helps to regulate acid base balancing

10-25 grams daily



D- Ribose (Douglas Labs): used to improve energy metabolism at the cellular level, support function of mitochondria and energy productions. Great for MSK stiffness: 1 scoop

OptimumB12F (Biomed): assist in metabolism of carbohydrates and fats for increase energy, methyl cobalamin active form for better absorption

- Low levels of B12, folate, ferritin, Vitamin D can cause musculoskeletal pain

Bonesure: bone support, osteoporosis-for reversing bone loss and increasing bone mineral density. Plant sourced calcium is certified organic and derived from unique marine algae (Algae calcareous). Studies have shown that it has a 97% absorption rate due to high solubility and bioavailability with naturally occurring magnesium, boron, silica and more than 70 other trace elements,

Premium D1000(Biomed)- Food nutrient vitamin D contain all the essential metabolites and co-factors- high absorbable (90%)

- Vitamin D plays a role in normal mineralization of bone growth
- Osteoporosis, bone support



Fish Oils: High Omega 3 essential fatty acids – enhance cell metabolism, cellular membranes, transmission of neural signals, oxygenation of tissues, healthy flora will manufacture Omega 3 and 6 in gut

Asta-X-Krill: 2 caps twice daily

Astaxanthin and krill oil reduces chronic inflammation and , arthritic and osteoarthritic symptoms

Toco-X-Krill: 2 caps 1-2x/daily

Combination krill oil, tocotrienols, and calamari oil- neurological, cardiovascular and inflammation. Joint health, C-reactive protein, anti-inflammatory , arthritis and osteoarthritis

Salvtonic

increase microcirculation, increase O₂ transport in the bloodstream (reduces oxidative stress)

1 cap 1-3 x/daily



Lymph-a-drop (Biomed): inflammation, swelling and edema, lymphatic drainage and support, detoxifies the lymph and extracellular matrix and connective tissues

Lymphdrial (Pascoe remedy)-
10 drops 2 times daily

Lappa: botanical formula increases the elimination of metabolic waste through the kidneys, intestines and skin
- Through reduction of inflammation, this remedy is effective for rheumatism and joint pain: 20-30 drop 2-3x/daily

Polygonum: homeopathic drainage for relief of symptoms associated with arthritis, rheumatism (including inflammatory and degenerative conditions of the joints), gout
- Increases the excretion of uric acid: 15-25 drops 3-5x/ daily



Pleo San Brucel- myalgia, subacute polyarthritis (5 or more joints simultaneously), lumbar syndrome: 5-10 drops every 48 hours

Pleo San Acne - rheumatoid arthritis, venous and circulatory disorders that can lead to headaches , migraines 5-10 drops every 48 hours

Pleo San Pseu- inflammations, auto-immune, fibromyalgia 5-10 drops every 48 hours

Pleo San Strep- arthritis, rheumatic disease, phlegmon (acute suppurative inflammation affecting the subcutaneous connective tissue), primary chronic polyarthritis, 5-10 drops every 48 hours

Pleo Thymokehl- cellular metabolism and all degenerative processes in the lumbar vertebral column area 5 drop 1-3x/daily



If Lumbar Spine Injury or back pain:

(test & check 2nd Chakra/ Sacral region):

Chavita 2 + Emvita 5 + Pleo Thymokeh

C2: 12 drops 2x/daily+ E5: 12 drops 2x/daily + PT: 10 drops once daily

add Nurovita/ Neurovita for tension and pain

12 drops 2x/daily

Clearizyme +Pleo San Strep +N-A-G

2 caps 2-3x/ daily + 5-10 drops daily + 2 caps daily

add An-x-vita/ Anxiovita-

anxiety, often stress is taken and tucked away in the lower back

5-12 drops 3x/daily (up to 6x a day)



Also consider:

Pleo San Brucel + Pleo Zink: for lumbar syndrome

PSB: 5-10 drops 1-2x/daily + PZ: 10-15 drops 1-3x/daily

NPN + Pleo Sanuvis + Clearizyme

N: 2 caps 3x/daily + PS:1 Tsp 2x/daily + C: 2 caps 2-3x/daily

Chavita 2 + Emvita 5 + Nurovita/ Neurovita (test first)

C2: 12 drops 2x/daily+ E5: 12 drops 2x/daily + Nu: 5-12 drops 2x/ daily

Additional Remedy-

Vitamin B12- **Optimum B12F** – 1 lozenge- 5mg



Bonesure + Pleo San Strep + Basictab (powder)

B: 2 caps 2x/daily + PS: 5-10 drops daily + Ba: 2 tabs or (1 Tsp 2x/daily) with warm water

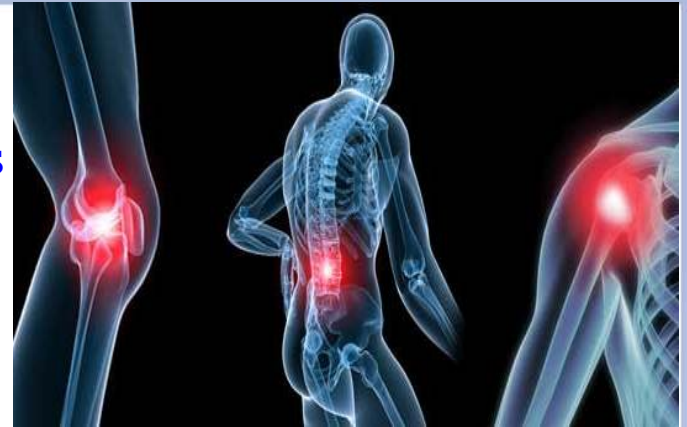
Bonesure + MSM GLS

B: 2 caps 2x/daily + MSM: 2 caps 2-3x/daily

Bonesure + Pleo San Brucel +Pleo San Strep + Pleo Form

B: 2 caps 2x/daily + PSB: 5-10 drops daily (alt w/PSS) + PSS: 5-10 drops Daily (alt w/PSB) + PF: 30 drop daily

The most commonly involved joints are those near the ends of the fingers, at the base of the thumb, neck, lower back, knees, and hips. Joints on one side of the body are often more affected than those on the other.



Bone building is really important for this particular ailment

Polygonum + Solidago + Basic tab (or Basic powder)

P: 20 drops in water 2-3 times daily

+

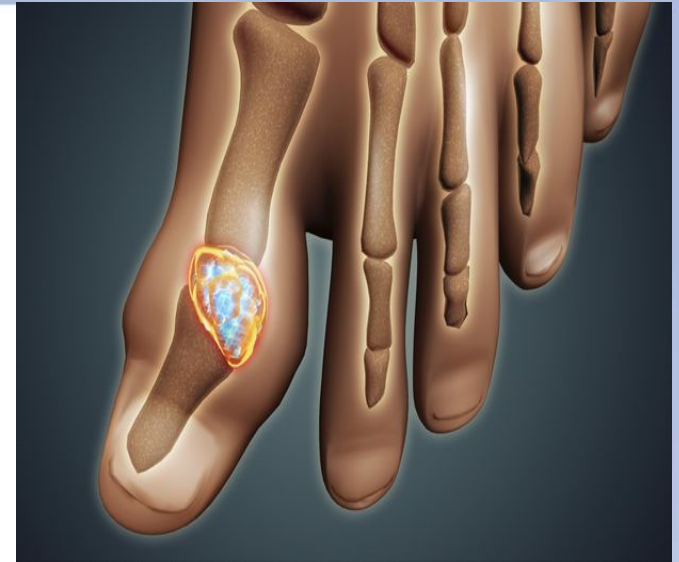
S: 40 drops in 8oz water 2-3 times daily

+

B: 2-4 tabs once (or twice daily if really severe) daily with warm water on an empty stomach until pH normalizes (BP- ½- 1 tsp up to 3 times daily)

Add Pleo San Strep 5-10 drops every other day

Note: Diet is really important in Gout treatment



Polygonum: relieves symptoms associated with arthritis and rheumatism by increasing circulation and the excretion of uric acid and has anti-inflammatory effects: **20 drops 3x/ daily**

Solidago: for kidney drainage: **20 drops 3x/ daily**

Basictab: for acid base balance , reduces acidosis in the body: **2 tabs 2x/ daily with warm water (away from food)**

MSK: Protocols and Remedies: Inflammatory Arthritis (Rheumatoid Arthritis)

BIOMED



Pleo Alkala + Pleo San Strep + OptB12F + Lappa

PA: 1 tsp 2x/daily (in warm water)

PSS: 5-10 drops 2-3x/ wk +

OptB12F: 1 lozenge daily +

L: 20-30 drops 2-3x/daily

Pleo Form + Pleo San Acne + Pleo San Strep:

PF: 15 drops 1-3x/ daily + PSA:

5-10 drops daily (alt w/PSS) +

PSS: 5-10 drops

daily (alt w/PSA)

Polygonum + Allernest + Pleo Form

P: 15-25 drops + A: 10 drops
3 times daily + PF: 15 drops 1-
2x/ daily

add Clearizyme (proteolytic enzyme)

C: 2 caps 2-3 times daily

Note: Studies have shown that proteolytic enzymes “eat” fibrin and other scar tissues.

MSK: Protocols and Remedies: Inflammatory Arthritis (Rheumatoid Arthritis) cont...

BIOMED



**Polygonum + Solidago +
Aesculus + Asta-x-krill**
P: 15-25 drops + S: 40 drops
+ A: 20 drops all in water 3x/
daily + Asta: 1 cap 1-3x/daily

All 3 remedies can be
combined in 8 oz. bottle:
Take: 1 tsp of all 3 remedies
combined 3 times daily

**MSM-GLS+ Clearizyme +
Premium D + Toco-x-krill**
MG: 2 caps 2-3x daily + C: 2
caps 2-3x/ daily + PD: 1 tab
daily + Toco: 1 cap 3x /daily

(D-Emulsion 1000 Biotics
Research):

Again diet is really important in the
treatment of arthritis- eliminate
inflammatory foods such as: sugar,
processed foods, gluten, night shade plant
(eggplants, tomatoes), red meat

R-est: Limited to first 24-48 hours

- Start exercise after 24 hours
- The longer immobilized, the longer the healing

I-ice: May reduce pain

- Do it only if you are otherwise resting

C-ompression: May support and allow earlier mobilization

- Use too long → delayed healing
- Cold compression

E-levation: Decreases swelling and prolongs healing



Protocol: Rapid onset strains

Acute: **Ligaflex + Clearizyme + NPF (natural pain formula)**

L: 2 caps 2-4x/ daily + C: 2 cap 2-3 times

Daily (2 hours away from food)

+ N: 2 caps 2x/ daily

Chronic: **Ligaflex + MSM-GLS+**

L: 2 cap 2-4x/daily + MSM: 2 caps 2-3x/daily

Note: NSAIDS – non-prescription steroid are only really for pain control, they do not actually bring down inflammation

Clearizyme + Ligaflex + Pleo Sanuvis

C: 2 caps 2-3x/daily + L: 2 caps 2x/daily + PS: 1 tsp 2-3 x/daily

Salvtonic + Clearizyme + MSM-GLS+

S: 1 cap 1-3x/daily + C: 2 caps 2-3x/daily + MSM: 10 drops 3 times daily

Salvtonic + Pleo Sanuvis + Pleo Citro

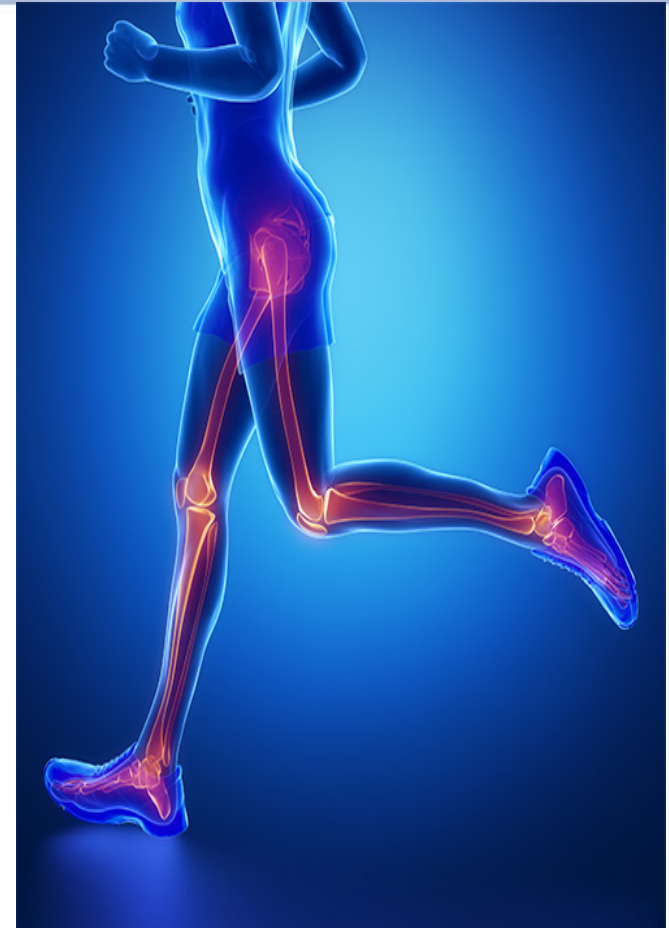
S: 1 cap 1-3x/daily + PS & PC: 1 tsp 2x/daily

Additional Remedies:

Pleo San Strep- if taking corticosteroids

Acute: 5-10 drops every 12-24 hours

Chronic: 10 drops every 1-2 days



If there is a lot of edema add:
Lymph-a-drop: 10 drops 3 times daily

Bonesure + Basictab (powder) + Premium D1000

B: 2 caps 2 times daily + Ba: 2 tabs or (1 tsp 2 time daily) + P: 1 cap daily

Bonesure + Pleo Alkala:

B: 2 caps 2 x/daily + A: ½ tsp in warm water 2 x/daily (on an empty stomach)

If patient has high blood pressure use instead

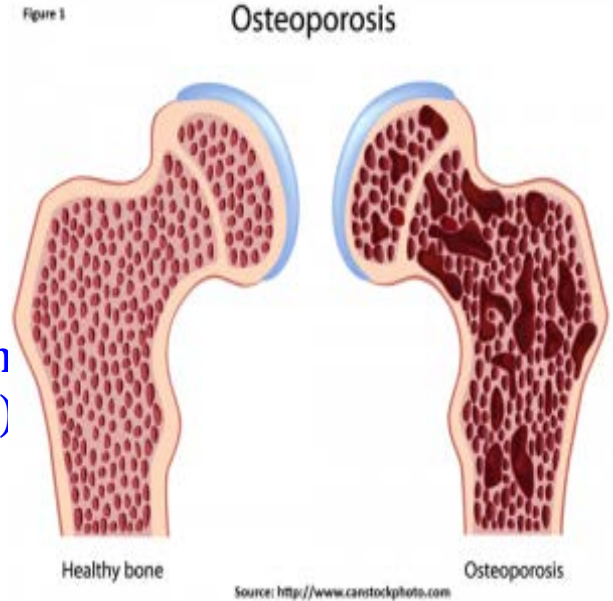
Bonesure + Pleo Sanuvis + Mag Citrate *

B: 2 caps 2 x/daily + S: 1 tsp 2 x/daily on an empty stomach + MG: 1 cap daily

Additional remedies:

Salvtonic: 1 cap 1-3x/ daily (high blood pressure)

Simvita: 12 drops 2x/daily (test first)



If prone to fractures (test if Zinc deficient- can test with **Pleo Zink vial – Pleo Sanum**):

Bonesure + Magnesium (Mag- Citrate)

B: 2 caps 2x/ daily + MC: 1 cap 1-2x/daily

add **Pleo Zink (Pleo Sanum)**: 5-10 drops

Or

Zincum (Pascoe): 10-30 drops 1-3x/daily

Bone growth with pain

Bonesure + NPF + PremiumD1000

B: 2 caps 2x/daily + NPF: 1 cap 2-3x/daily + PD: 1 cap daily



Note: Homeopathics use to increase bone growth- Symphytum- knit bone (use as herb increase growth)

Fractures in some respects may be treated as a sprain, except for the likely presence of a cast

Contusions :

Clearizyme + Lymf-a-drop + Pleo Sanuvis / ointment

C: 2 cap 2-3 x/daily (2 hours away from food) + L: 10 drops 3x/daily + PS: 1/2 tsp 2-3x/ daily (also ointment over the affected area 1-3x/daily)

Salvtonic + Pleo Sanuvis + MSM-GLS+

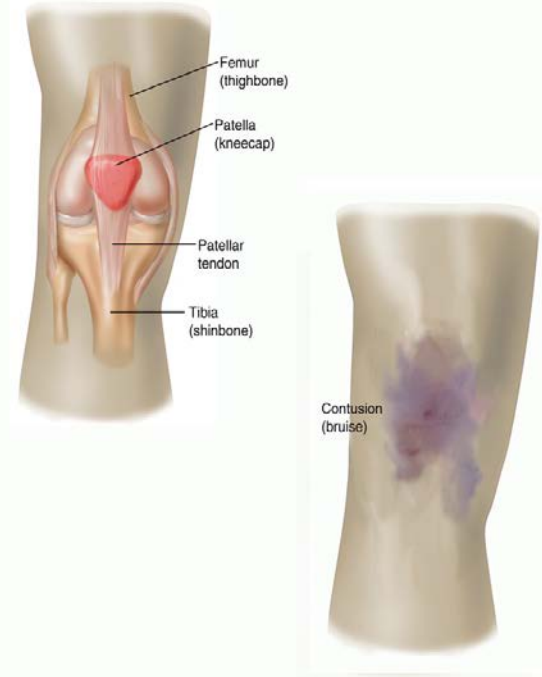
S: 1 cap 1-3x/daily + PS: 1/2 tsp 2-3x/daily + MG: 2 caps 2-3x/ daily

Dislocations (once joints are reset)

Ligaflex + Clearizyme +NPF (natural pain formula)

L: 2 caps 2-4x/ daily + C: 2 cap 2-3 x/ daily (2 hours away from food) + N: 2 caps 2x/ daily

Bruised Knee (Patellar Contusion)



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Note: Dislocations: if partial will relocate at the time of injury and result in a sprain due to the extent of over stretched tissue.



If injury is due to stress and over-training add:

Avena Sativa + SuperB:

AS: 30 drops 1-3 times daily (at bed time) + SB: 1 cap daily

An-x-vita + Nurovita: 12 drops 2 times daily (stress and nervous tension)

Note: check for Simvita or Paravita – test on the Reba Device

If injury or condition is due to Burnout :

Bioboost + ASF/ Adrenum

BB: 20 drops 3x/daily + ASF: 2-3 caps daily

SuperB + ASF

SB: 1 cap/ daily + ASF: 1 cap 1-2x/ daily

SuperB + Adrenum + Nurovita

SB: 1 cap daily + A: 25-30 drops 3x/daily
+ N: 12 drops 2x/daily

Chavita 2 + Emvita 5, 6 or 7 (test first)

12 drops of each 2x/ daily

Paravita: 5-12 drops in am & at noon

If in a more exhausted state add:

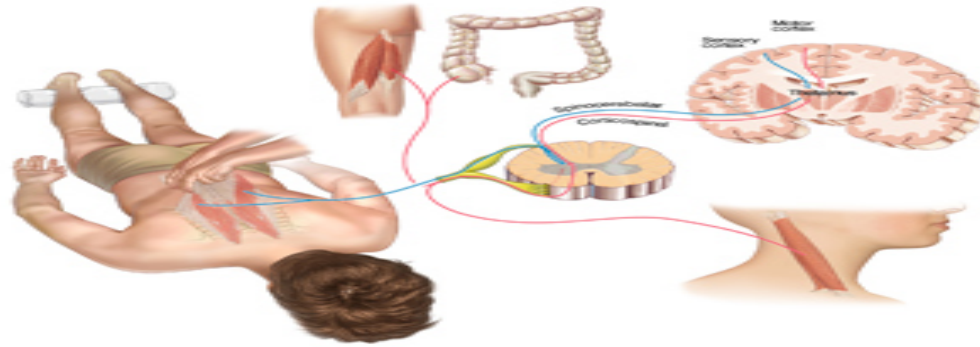
Cytozyme AD + ADB5Plus (Biotics)

AD: 1 cap/ daily + ADB5: 1 cap 2x/daily



Prevention and Treatments include:

- ❖ **Bowen Therapy**** (this should be done first before other physical therapies to reset the system)
- ❖ **Physiotherapy/ physical therapy**
 - ❖ *Electrostimulation:*
 - ❖ *Cold/cryotherapy:*
 - ❖ *Heat/thermotherapy:*
 - ❖ *Ultrasound:*
- ❖ **Chiropractic care**
- ❖ Occupational Therapy
- ❖ Massage Therapy (Sports Massage)
- ❖ **Orthopaedic surgeon** (depending on the severity of injury)



Bowen Therapy** (this should be done first before other physical therapies to reset the system)

Bowen Therapy is a dynamic system of muscle and connective tissue therapy developed over 40 years ago in Australia. Its small but precise movements over muscles, tendons, ligaments or nerves deliver signals to the nervous system, stimulating the body to reset the autonomic nervous system and heal itself by using the body's own innate healing mechanisms.

Lifestyle Prevention such as: MARIM

- ❖ **Maintaining:** an ideal body weight to prevent obesity
- ❖ **Avoidance:** of alcohol and smoking abuse
- ❖ **Regular** exercise with a gradual increase
Strive for a total body work out of cardiovascular, strength training and flexibility exercises
- ❖ **Intake:** of a balance diet and nutrient to include adequate
 - ❖ Calcium, Vitamin D, Zinc, Selenium, Magnesium
- ❖ **Modification:** of work environment and avoidance of certain repetitive activities will prevent or ameliorate disorders such as:
 - ❖ Osteoporosis, Rheumatoid arthritis, Gout, and Musculoskeletal pain



Prevention of strategies also contribute to reducing the prevalence and outcome of disease such as:

- ❖ Hypertension
- ❖ Cardiovascular disease
- ❖ Diabetes
- ❖ Respiratory disease

Thus, prevention strategies require urgent attention globally.



Thank You for tuning in to this webinar

**The Mind and Body are connected.
Our pain and stiffness all manifest physiologically.
www.truehealthwellness.com**

Thank You!

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