



Arthritis (DoNotReply@BrilliantHealth.net)

Here is your personal nutritional medicine consult from Dr. Ray Strand regarding Arthritis or Degenerative Arthritis or Osteoarthritis or Juvenile Arthritis:

I appreciate your interest in learning how you can best support and optimize your body's natural defense systems through an aggressive nutritional supplement program. I have been practicing nutritional medicine now for over 12 years. I am a published author of several best selling books and international speaker on the subject of preventive and nutritional medicine. I have gained a tremendous amount of clinical experience in dealing with my patients over the years and the amount of nutritional supplementation that is required to give them the best chance to see improvement in their health. I share many of their stories in my book, *What Your Doctor Doesn't Know about Nutritional Medicine* [Thomas Nelson 2002]. You cannot find this information in a medical text book. That is why I have established my nutritional medicine practice online. It allows me the opportunity to share what I have learned in my practice of nutritional medicine over the past 12 years.

The one thing that I have learned over the years is the fact that the best way to take back control of your health is to develop a triad of healthy lifestyles, which is a healthy diet, modest exercise, and nutritional supplementation. When my patients finally decide to become more proactive in protecting or regaining their health, they find that the best way to optimize their body's natural immune system, repair system, and antioxidant defense system is by incorporating these new, healthier lifestyles into their health. The level of supplementation recommended in this personal consultation from me is the level that I have found that gives you the best chance to improve your health. It takes a minimum of six months to build up your natural defense systems; therefore, if you are going to consider my recommendations, you need to give these recommendations at least a 6 month trial. Nutritional medicine is really not about disease, but instead, it is about health. In contrast to medication, it takes at least 6 months, or even longer, for these recommendations to optimize your body's natural defenses and offer you a chance to see improvement in your health.

Now it is critical for you to understand the fact that my specialty is in nutritional medicine. I am primarily concerned in giving your body the nutritional support necessary considering the illness with which you are dealing. These recommendations in no way are going to cure your underlying disease. Now it is possible to see some significant improvements in your health;

however, it should never be considered alternative therapy for your disease. This means you should never discontinue any medications that your doctor has prescribed for you without your doctor's personal direction and consent. You should only discontinue or reduce your medications under your doctor's direct supervision and orders. Most doctors are very willing to decrease or discontinue their patient's medication if they observe significant improvement in their health.

Arthritis or Degenerative Arthritis or Osteoarthritis or Juvenile Arthritis

Arthritis is a degenerative process within the joints. Over 70% of the people over 50 years of age have some degree of degenerative arthritis. This is not a disease that will typically shorten one's life, but will certainly cause significant pain and disability if left untreated.

There has been great interest among researchers for the past 20 years involving the role of [oxidative stress](#) in the development of arthritis. Most studies have not separated rheumatoid arthritis and osteoarthritis (degenerative arthritis) when looking at free radical reactions and these diseases. Information provided here is consistent with a comprehensive review article written by Dr. Henrotin in 1992 regarding oxidative stress and how it is involved in inflammatory joint disease. Several recent studies have further established oxidative stress as being the plausible cause of these diseases, thus supporting my recommended treatment.

When researchers study joint fluid extracted from an inflamed joint, they note a significant increase in the number of excessive free radicals. In contrast, fluid from a normal joint, has no free radicals present. Studies have shown a significant increased risk of developing rheumatoid arthritis in those individuals who have low levels of vitamin E, beta-carotene, and selenium. Research has further indicated low levels of vitamin D and vitamin C in patients suffering severe joint disease and whose disease progresses much more rapidly than the norm.

Many different factors may be culprits of increased oxidative stress within the inflamed joints. One such factor is a significant inflammatory response within the joint space, especially in those with rheumatoid arthritis. Neutrophils (a type of white cell) is a predominate cell in this inflammatory response and has been shown to release a significant amount of free radicals within the joint space. This causes a marked rise in oxidative stress. Certain cells from the cartilage (called chondrocytes) in an inflamed joint also have been found to actively generate free radicals.

These different sources of increased free radical production within the inflamed joint all cause significant oxidative stress resulting in an overload in the antioxidant defense system of the joint space. The synovial fluid (joint fluid), which is usually very thick becomes thin and all components of the cartilage become damaged as the process of joint destruction begins taking place.

Studies are now being conducted in which antioxidant micronutrients are being used as part of the therapy for patients with either rheumatoid or osteoarthritis. One such study concluded that a high intake of antioxidant micronutrients, especially vitamin C, reduced the risk of cartilage

loss and disease progression in people with osteoarthritis. There have also been studies with SOD (superoxide dismutase), an internal antioxidant, which has significantly slowed the progression of rheumatoid arthritis. Although the results were not consistent with vitamin E, several studies showed significant improvement in their symptoms of arthritis. In addition, supplementation with 160 mcg of selenium resulted in significant improvement in 40% of the patients with rheumatoid arthritis.

Nutritional Supplement Recommendations

I recommend that all my patients take the basic nutritional support I refer to as [cellular nutrition](#). This foundational regime provides all the necessary micronutrients to the cell at ideal levels (not RDA levels) for significant health benefits as documented in the medical literature. When the cell is given maximum support, it can then determine what it does and does not need. Over a six-month period each cell is able to not only overcome nutritional deficiencies but also to optimize **ALL** the nutrients, which are needed to combat [oxidative stress](#) .

The synergistic affect of providing all the nutrients needed by one's body at the most advantageous levels results in optimizing and rebuilding the body's natural immune system, antioxidant, and repair systems back to their fullest fighting potential against disease.

Minimal support for [Cellular Nutrition](#) :

My minimal recommendation for creating [cellular nutrition](#) is to simply take Usana's Essentials, which are made up of a bottle of their Mega Antioxidant and a bottle of their Chelated Minerals. I recommend taking 2 Mega Antioxidants and 2 Chelated Minerals in the AM with breakfast and again in the PM with your evening meal. Usana's Essentials provide all of the antioxidants, B-cofactors, and antioxidant minerals at those optimal or advanced levels that I recommend for everyone. These are the levels that have been shown to provide a health benefit in our medical literature. Again, these should be taken with food for better absorption and better tolerance.

Optimal support for [Cellular Nutrition](#) :

For the most favorable results for basic [cellular nutrition](#) , I also recommend adding to the Usana Essentials either OptOmega (2 tsps daily) or BiOmega-3 (2 capsules daily), which provides the essential fats that are so important for optimal health. I also recommend adding Active Calcium (4 tablets daily) to provide additional calcium, magnesium, vitamin K, Boron, and vitamin D that our bodies need. These recommendations provide all the nutrients at their ideal levels creating the cellular nutrition I recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*.

Optimizers

It is critical that you know the necessity of adding optimizers to your foundational cellular nutrition for optimal results. Patients who are suffering from a chronic degenerative disease or illness are under more oxidative stress than the average healthy individual. Therefore, adding potent Optimizers to the basic cellular nutrition offers you the best chance to bring this oxidative

stress back under control. The synergy and increased potency created by this approach to nutritional medicine is why I'm able to get such consistent results in my patients.

However, to suit each individual's unique needs, I always offer both an optimal and a minimal plan for [cellular nutrition](#) and for adding Optimizers. Obviously, one's improvement will be quicker and more consistent with the optimal recommendations; however, a minimal regime can still produce significant clinical results.

Recommended Optimizers:

Optimal

- Proflavanol C 100 - 2 tablets daily (may substitute 1 Proflavanol C 200 available in My Health Pak)
- Procosa II - 4 tablets daily

Minimal

- Procosa II - 4 tablets daily

Optimal Recommendations

Nutritional Supplement	Breakfast	Lunch	Dinner
Mega Antioxidant (Mega AO)	2		2
Chelated Mineral (Multi Mineral)	2		2
Active Calcium	2		2
Proflavanol C 100	1		1
Procosamine II (Procosa II)	2		2
Biomega-3	1		1
Optomega (an option instead of Biomega-3)	2 tsps		

Minimal Recommendation

Nutritional Supplement	Breakfast	Lunch	Dinner
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Chelated Mineral (Multi Mineral)	2		2
Procosamine II (Procosa II)	2		2

Nutritional Recommendations for Children

Usana Health Sciences has the best nutritional support for all ages. I will detail my recommendations for [cellular nutrition](#) and for each Optimizer according to age and weight.

Cellular Nutrition for Children:

Children ages 1 to 4 years of age:

I recommend giving these children 1 Usanimal daily. This may mean crushing the tablet and putting in a drink or sprinkling it on something. It is important to also consider giving these children 1 tsp of OptOmega daily.

Children ages 5 to 8 years of age:

I recommend giving these children 1 Usanimal twice daily. I also recommend that they be taking 1 tsp of OptOmega and 1 Active Calcium tablet daily.

Children ages 9 to 12:

I recommend giving these children 1 to 2 Body Rox daily depending on the weight of the child. If they are over 75 pounds, I generally recommend that they should be taking 2 Body Rox daily. In this age group, I also recommend that they take 2 tsps of OptOmega and 2 Active Calcium tablets daily.

Children ages 13 to 18:

I recommend that these children take 3 Body Rox daily along with 3 to 4 Active Calcium tablets. They should also be taking 2 tsps of OptOmega or 1 to 2 Biomega-3. Any adolescent in this age group who is suffering from a serious illness or weighs more than 120 pounds should also consider taking the Usana Essentials.

Optimizers:

Proflavanol:

I recommend giving children 1 to 2 mg of Proflavanol per pound per day (this is 3 to 5 mg per kilogram) in at least two divided doses. The smaller Proflavanol tablet has 30 mg of Proflavanol in each tablet (the Proflavanol C 100 has 90mg in each tablet). I have no hesitation in using Proflavanol in children who over 2 years of age. These tablets may be crushed and placed in a drink or food with no loss of potency.

Procosamine II (Procosa II):

I would recommend using 2 tablets daily for children who weigh between 60 and 100 pounds. I would recommend using 3 to 4 tablets daily for children who weigh over 100 pounds.

Consider the Healthy for Life Program located at www.releasingfat.com

I have developed an internet-based behavioral management program designed to firmly establish new, healthier lifestyles. This web site will evaluate, educate, motivate, and hold accountable those individuals who want to become more proactive in protecting their health or regaining their health. When you combine a healthy diet and modest exercise program to these nutritional supplement recommendations, you give yourself the absolute best chance of protecting your health or even regaining your health. My patients who have incorporated these healthy lifestyles into their life along with an aggressive nutritional supplement program have always done better than just using the supplements alone.

Usana has a fine line of meal and snack replacements called Macro-Optimizers. Usana understands the concept of glycemic index and glycemic load and have developed meal and snack replacements that contain those good, low-glycemic carbohydrates, good fats, and good proteins. The Macro-Optimizers have helped my patients get out of what I refer to as "glycemic stress" and "carbohydrate addiction". Whether you are concerned about cancer, heart disease, diabetes, obesity, fibromyalgia, asthma, an autoimmune disease, or are just trying to protect your health, the Healthy for Life Program is a tremendous way to optimize your health or even possibly regain health.

I would encourage you to check out my website located at www.releasingfat.com and take the FREE automated Health Risk Assessment that I have developed. Also take a tour of the website and check out the overview of the program. Many physicians, chiropractors, and other health care professionals are now using the Usana's RESET and the Healthy for Life Program as their wellness program they offer their patients in their practices.

Why I recommend USANA Products

USANA strictly follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means they not only purchase pharmaceutical-grade raw products, but also manufacture the products according to tough pharmaceutical-quality guidelines. In addition, USANA Health Sciences follows USP guidelines for potency, uniformity, and dissolution of the tablet. In a nutshell, USANA manufactures their products to the strict standards of over-the-counter drugs even though not required to do so assuring all of their customers and associates that what is on the label is actually in the tablet.

Usana's essentials are complete and balanced and provides the cellular nutrition that I strongly recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*. This improves compliance and makes taking these advanced levels of nutritional supplements easier.

Starting Your USANA Nutritional Program

Over eighty percent of my patients are able to start the USANA Nutritional Program with

absolutely no set backs while beginning to experience the health benefits of high-quality nutritional supplements immediately. Please keep in mind these supplements are extremely potent and optimal levels of nutrients are being provided that the body has never had before. The body is therefore able to finally rid itself of toxins, which have been accumulating for years (called detoxification). This is especially true in those who are suffering from a serious illness and are taking a significant amount of medication. It is important to understand the possible signs and symptoms of detoxification so that you can deal with them confidently and properly.

Detoxification:

The most common detoxification reaction is muscle aches and/or mild headache. These symptoms will usually pass within a few weeks. If the discomfort is not unbearable, I simply have my patients continue their program as I have prescribed. However, occasionally there is a more severe reaction. The patient is not in danger, rather, the amounts of nutrients are just too much too fast. In this case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses (approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding the body's toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. This is not typically so. I have never seen an allergic reaction to the USANA Essentials and can only recall a couple of patients who reacted to Proflavanol because they were actually allergic to grapes.

Patients may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within a couple of weeks. It is an important part of the detoxification and healing process. Therefore, I usually encourage my patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached. Diarrhea can be the result of the magnesium in the Active Calcium or by the Proflavanol. Again, this is usually a mild reaction and will improve over the first week or two. However, some of my patients need to discontinue the Active Calcium and/or the Proflavanol until this settles down. I then have them slowly add back the Proflavanol and eventually the Active Calcium.

Increasing dietary fiber may also increase the amount of intestinal gas and the frequency of bowel movements. This will improve with time as the body adjusts to the higher intake of fiber, but is an important aspect of getting rid of the toxins, which have accumulated in the body.

Natural Relaxation Response:

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that

nutritional supplementation will help improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves through their day. If you experience this response, I recommend that you take all of your minerals (including the Active Calcium) with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

Stomach Upset:

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. With USANA's specially combined vitamin C into Poly C, I have seen many of people who could not previously tolerate any nutritional supplements do very well with USANA's Mega Antioxidant. However, if nausea is experienced, I suggest taking one Mega Antioxidant with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Mega Antioxidant to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise using Body Rox (the teenage dose of Antioxidants and Minerals) as the best alternative option.

Taking Your Supplements with Your Medication

I am often asked, "Can I take my nutritional with my medication?" To this I respond with this question, "Can you eat?" I hope my point is made gently but clearly nutritional supplements simply contain nutrients we should be getting from our foods, but at levels we can no longer obtain from our foods. If you can eat anything, you can also take nutritional supplements. The only exception to this is for those taking the medication, Coumadin (Warfarin), which blocks vitamin K in the body as a way of thinning the blood. If a patient is on Coumadin, I recommend he or she take the Canadian Essentials and Canadian Active Calcium because they contain no vitamin K. Also, patients who are on thyroid medication should take their medication on an empty stomach at least 1 hour prior to meals or prior to taking supplements. Thyroid medication should not be taken with food or with supplements because calcium can block the absorption of the medication.

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