

PLAN OF MANAGEMENT
ACCUPUNCTURE

Designed to relax muscles and facilitate Chi circulation through channels.
eg. join. L1 8 to GB 33 and GB 34 to Sp 9 for knee arthritis
St 34, St 35, GB 34 for knee arthritis
St 35, B54, and points of tenderness for injury to soft tissues of knee

HOMEOPATHY

Arnica, Ruta, Bryonia, Rhus-Tox (it was chosen)

SUPPLEMENTS

Vit A 15,000 IU tid
Niacinamide (increases joint mobility) 200-1000mg tid
Vit B com. 50 mg tid Vit C 500-2,000 mg tid
Vit E 400 IU 1-2 times a day
Copper aspirinate (for RA)
EFA 3 capsules a day
Ca/Mg combination 500/250 mg bid

HYDROTHERAPY: warm compresses to relief pain (also local paraffin baths)

DIET: reduction of refined c/h, coffee, soft drinks, red meat, possibly citrus and nightshade families plants; increase in intake of whole grains, veg., exclusion of allergenic foods

HEB: Yucca 2-4 g tid Devil's Claw 1-2 g tid, tincture 4-5 ml tid
Blueberry 25% extract 80-160 mg tid Horsetail 2-3 caps. a day

TISSUE SALTS: Ferr Phos, Kali Phos, Kali Mur, Nat Phos, Calc Phos, Sil 3-4/day

References:

The Manual of Natural Therapy, M. Olshevsky, 1989
A Textbook of Natural Medicine, J. Pizzorno, 1987
Better Health Through Natural Living, R. Trattler, 1985
Accupuncture A Comprehensive Text, J. O'connor, 1985