



## POPULAR HERBAL AND NATURAL MEDICINALS FOR ADHESIVE ARACHNOIDITIS

Our AA study and education project continually solicits information on the most popular, non-prescription herbal and natural products that are being used by persons with AA. We are aware that many persons with AA can find little in capable medical care and may need to rely on non-prescription medications. Others may simply want to enhance their current protocol. Information here is not based on controlled studies but “what works” according to persons with the disease.

**DEFINITIONS:** Herbal – derived from a botanical plant. Natural – Made in the human body.

**THREE COMPONENT PROTOCOL:** Medicinals are listed by protocol component.

### Component One - Suppression of Inflammation and Autoimmunity:

- Curcumin/turmeric
- Serrapeptase
- Whole adrenal gland
- Quercetin.

### Component Two – Restoration of Tissue Damaged by Inflammation:

- Dehydroepiandrosterone (DHEA) 100-200 mg a day
- Polypeptide: Body Protection Compound (BPC-157) with thymosin (nasal ultra strength spray)
- Colostrum 1000 to 2000 mg a day
- Polypeptide: lysine, proline, valine (KPV)

### Component Three – Pain Control:

- CBD products
- Kratom
- Palmitoylethanolamide (PEA) with luteolin 1200 to 1800 mg a day (Mirica™)
- Taurine with Benadryl® (nasal spray or oral)
- Medical marijuana

### NOTES:

1. If a medicinal isn't effective after a 10 to 20 day trial, stop it and try another.
2. The medicinals listed here can be used with medications prescribed by a medical practitioner.
3. The dosage will be on the label of each medicinal. A dosage of 1½ to 2 times the label is usually required for AA.