



## **DIET AND DIETARY SUPPLEMENTS FOR ADHESIVE ARACHNOIDITIS (AA)**

### **Step Two in Starting a Treatment Plan**

Step One in building a treatment plan for AA is to obtain enough pain relief to physically and mentally function.

Step Two is to initiate a high protein, anti-inflammatory diet with some dietary supplements.

#### **HIGH PROTEIN, ANTI-INFLAMMATORY DIET**

1. Each day: eat one or more of these protein foods: beef, lamb, pork, poultry (chicken, turkey), seafood (fish, shrimp, crab), cottage cheese, eggs
2. Each day: eat some vegetables and/or fruits
3. Stop drinks that contain regular sugar (carbohydrates) including fruit juices and soft drinks
4. Restrict sugars and starches known as carbohydrates (e.g., breads, candy, pastries, pasta, pizza)

NOTE: If you cannot tolerate daily protein foods, an amino acid or collagen supplement is advised.

#### **DAILY SUPPLEMENTS**

1. Vitamin: C (2000 To 4000 mg) a day
2. Selenium or zinc each day
3. B-12 each day
4. Options: Multivitamin-Mineral Tab/Cap each day

#### **References:**

1. Kerr J. Epstein Barr Virus (EBV) reactivation and therapeutic inhibitors. *J Clin Pathol* 2019;0:1-8.
2. Navio-Pelang, et al. Normalization of cholesterol metabolism in spinal microglia alleviates neuropathic pain. *J Exp Med* 2021;218:2020-2050.
3. Forozanfar F, Hassein H. Medicinal herbs in the treatment of neuropathic pain: a review. *Iran J Basic Med* 2018;21:347-358.
4. OJtai DK, Kappulo S, Suk K. Inhibitors of microglial neurotoxicity: focus on natural products. *Molecules* 2011;16:1021-1043.