

## Nutrition: Complementary And Alternative Choices

# Musculoskeletal Pain

Arthritis, Headache, Inflammation, Musculoskeletal Trauma,  
Failed Back Surgery and Fibromyalgia

John W. Jones, MD, MPH  
Nutritional Consultant, Nutrition Pure and Simple  
[www.jjconsulting.net](http://www.jjconsulting.net)

NSAIDs are not the best way to control pain and inflammation.  
See "NSAID Complications" below for a discussion of their serious adverse affects.

Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

### Effective alternatives to NSAIDs

Nutrient	Product	Q/Day
High levels of Essential Fatty Acids	Ultra Omega-Linic	4-12
A good Multi Vitamin Mineral formula	Ultra Vites*	2
Pain relief (NSAID alternative)	Yucca as needed	2-8
Anti Inflammatory and Fibrinolysis	Inflamease	6
Calcium and Magnesium 2:1 or 1:1 ratio	Calcium D chelate	3-6
	Ultra Magnesium chelate	3-6
High level of Vitamin D3. Consider adding Vitamin K	Vitamin D3 5000 or	1
	Vitamins D3 + K	
Pain Relieving Lotion as needed	Opti-MSM Lotion Plus	PRN
Vitamin E mixed tocopherols	Vitamin E 400	1
<b>Consider:</b>		
Monolaurin	Ultra Monolaurin	3-4 scoops
Chondroitin, Glucosamine and Yucca	PhytoFlex Extra	6
	PhytoFlex topical treatment	PRN
* use a multi without iron unless there is a known need for iron		
<b>Other considerations:</b>		
Supplements for depression and/or sleep	5-HTP Plus (50 mg or 100 mg at bedtime)	1
	PhytoCalm	2
	L-Arginine at bedtime	4
	<i>alternate</i> L-Lysine at bedtime***	4
Vitamin C to reconstitute Vitamin E	Ultra C-1000	1
***Use L-Lysine if L-Arginine causes a herpes flair		

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Musculoskeletal conditions such as Arthritis, Headache, Inflammation, Musculoskeletal Trauma, Failed Back Surgery and Fibromyalgia, have been grouped in this manner because, while the etiologies of the disease processes are different,

inflammation is the pathological process that is causing the problem. If inflammation is controlled, pain and spasm are relieved. Sometimes irreversible damage has already been done, but by stopping inflammation, further damage is

prevented. Inflammation is involved in many other disease processes such as heart disease, peripheral vascular disease and gastrointestinal disease. Note that there are similarities in my other protocols to these recommendations for Musculoskeletal Pain because they are addressing the same underlying pathological processes.

Inflammatory conditions respond to high levels of the Long Chain, Polyunsaturated, Fatty Acids (LC-PUFA) that are in **Ultra Omega-Linic**. At 8 or more capsules per day, add 400 IU **Vitamin E-400** to prevent lipid peroxidation of the Essential Fatty Acids (EFAs) in the cell membrane.

For rapid relief of pain and inflammation, use **Yucca**, 2 capsules, 3 or 4 times per day as needed. Yucca can also be used for break-thru pain. For immediate pain relief consider using **Opti-MSM Lotion Plus** topically. Onset of action is fast, and it may be used whenever it is needed.

A new product, **Ortho-Flex ICE** is a special essential oil blend of Wintergreen, Peppermint, Camphor, Helichrysum, Marjoram, Cajeput and Clove. The topical application of ICE plus **Opti-MSM Lotion Plus** provides *Powerful topical relief of pain!*

**Inflamease**, may be useful for inflammatory conditions and fibrinolysis. It contains BioVin® full spectrum grape extract (an OPC antioxidant), pineapple fruit extract (bromelain), and burdock root extract.

**Vitamins D3 + K** should be considered, particularly in cases of chronic pain. The lack of vitamin D is often a major factor in debilitated patients. In some individuals the level of vitamin D can be below optimal levels because of the use of sunscreen, little or no exposure to sunlight, and aging skin. In the northern latitudes vitamin D is almost always below optimal levels in the winter and early Spring unless it is supplemented with at least 1000 IU daily (check your supplements for D3, the only kind which can be measured by the 25-hydroxy vitamin D blood test). Health care professionals find that daily doses of 5000 IU to 10000 IU can be very useful in dealing with chronic pain. Serum Calcium and/or 25 hydroxy vitamin D levels are used to monitor the use of vitamin D at these levels. The addition of Vitamin K is important for bone mineralization.

Vitamins D3+K should be used with medical supervision when taking anti-coagulation drugs. If there is any question about its use, use **Vitamin D3 5000**.

As noted in the Basic Protocol, it is necessary to cover the nutritional bases with a good Multi Vitamin Mineral Formula. **Ultra Vites** is a high potency, multiple vitamin mineral combination which is designed to *far* exceed the minimum daily requirements. It contains high levels of all of the B Vitamins, which are frequently deficient in the general population, and especially in elderly individuals and individuals with chronic pain. Because of the adverse effects of iron supplementation if it is not needed, no iron is present in **Ultra Vites**. I recommend the use of **Iron Plus** if iron supplementation is needed.

#### **Other considerations:**

Calcium and Magnesium can be used to control muscle spasm. Use 3 to 6 **Calcium D chelate** and 3 to 6 **Ultra-Magnesium chelate** as needed per day.

The use of **Ultra Monolaurin** at 3 to 4 scoops per day offers effective control of pathogenic viruses and bacteria that might be associated with many kinds of musculoskeletal problems.

**PhytoFlex Extra** (Chondroitin & Glucosamine), has been used with some success. Chondroitin and Glucosamine may help pain while supporting joint structure, but I have found their use adds little when **Ultra Omega-Linic** is used. I use **Ultra Omega-Linic** because it may prevent both joint deformation as well as pain from inflammation. It also protects the heart and brain.

#### LACK OF SLEEP AND DEPRESSION

**Lack of sleep and depression** can be real problems with chronic pain. It is often difficult to tell if the patient is depressed because of the pain, or is having more problems than one should because they have a significant depression that preceded the pain.

**PhytoCalm** is an Endobiogenic Concept™ Formula containing California Poppy, Mother Wort and Lemon Balm. It has been used successfully for insomnia, anxiety, mild depression and headache.

**St Johnswort Plus**, which has anti-inflammatory properties, 3 times per day, has been shown to be effective in relieving depression. **Caution:** St John's Wort should not be used if the patient is taking *any* kind of prescription medication without consulting a doctor or pharmacist.

If St. Johnswort Plus (or St Johns Wort) is not used, **5HTP Plus** (50 mg or 100 mg) at bedtime is a very effective combination for depression and sleep. Do not use 5-HTP with St John's Wort or with anti-depressants since they have a similar action which might result in a serotonin crisis.

2 grams of **L-Arginine** can be used at bedtime for sleep. It has no known adverse effect with drugs or nutrients. Since Arginine can flare either type I or II Herpes, consider using 2 grams of **L-Lysine** with the arginine, or instead of arginine for this purpose.

Consider **Ultra-C-1000**, a coated form of vitamin C. Besides reconstituting vitamin E, vitamin C is a powerful anti-oxidant, and it has many important functions in the body.

Additional antioxidants will rarely be necessary if one is taking **Ultra Vites, Vitamin C-500, and Vitamin E-400.**

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## NSAID Complications

A number of studies have shown that there is an increased incidence of stroke, even with *short term* or *intermittent use* of NSAIDs. This risk increases in older patients.

For a natural, safe alternative to NSAID's consider the use of **Ultra Omega-Linic** and **Yucca**.

The use of non-steroidal anti-inflammatory drugs (NSAIDs) in the treatment of arthritis and other inflammatory conditions is well established. There are, however, many instances where their use is either contraindicated, or the patient simply refuses to take them. They should not be used in the geriatric population. Their use is forbidden during pregnancy by most obstetricians.

Early NSAIDs (such as Motrin) and the newer Cox2 products (such as Vioxx) have the same side effects affecting the central nervous system, cardiovascular system, gastro intestinal system, liver, and kidneys.

- NSAIDs account for almost 1/3 of the reported adverse drug events.
- Gastro Intestinal (GI) symptoms affect about 15% of NSAID users.
- 1% to 4% have serious GI complications
- There are an estimated 16,500 deaths annually related to NSAID use.
- There are serious and often *fatal* kidney and liver complications.
- There is an increase in acute coronary syndrome and death.

As alarming as these side effects are, several NSAIDs have been approved for over the counter use by the FDA. There also are many second line prescription drugs available for arthritis. While effective, they are quite toxic and require careful and expensive monitoring.

Since essential fatty acids (EFA) like **Ultra Omega-Linic** control inflammation as well or frequently better than NSAIDs, and are protective of the cardiovascular system, gastro intestinal system, liver, and kidneys with almost no side effects, it would seem prudent to use EFAs as a first line choice for the control of inflammation and pain. Since it takes approximately 5 days to a week for the EFAs to reach maximum pain relieving effect, use **Yucca** and/or **Inflamease** at 2, 3 to 4 times per day if additional pain relief is needed. Yucca is a good choice any time additional pain relief is needed.

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