Degenerative Disk Disorders

**Causes of Degenerative Disk Disorders**

* some are genetic (such as spondylosis)
* some are as a result of nutritional deficiencies
* some are as a result of liver dysfunction (the liver does not produce

enough glucosamine)

* some are the result of an injury
* etc.

**Symptoms:**

* restriction of movement …… pain

**Considerations:**

* There is a basic body health principle that applies to degenerative disk disorder: whenever the body is out of balance or stressed …… the need for nutrients is always accelerated (usually at least 6 to 7 times greater than simple nutritional maintenance).
* Therefore, the patient is ALWAYS wise to provide higher levels of daily nutrients in order to meet the increased requirements.
* The results vary – anecdotal evidence has shown the following results:

1. progression of the degeneration is reduced
2. progression of the degeneration is stopped
3. some patients have experienced remarkable improvement

**Suggestions:**

The questions are always …. Where do I start? What do I take? and How much do I take?

Since everyone is totally unique, the answers are not the same for everyone. However, there are some basic nutritional needs that apply to everyone ….. therefore, it is essential to have a start-up “road map”, which is provided below.

Picture the bloodstream as the smorgasbord table for the cells of the body. That is where the cells gather their fuel. If the nutrient needs are greater, the smorgasbord table must be more amply supplied. In order to meet the increased nutrient needs, the following “roadmap” is provided in a four step program for the average adult sized body (for best results, Steps 1 to 3 are recommended as a starter point:

Step 1: Vita Lea (Multivitamin/mineral) - 2 to 4 daily

Vitamin C – 2 to 4 daily

Alfalfa – 3 to 6 each meal (high potency minerals for healing & anti-inflammatory)

Step 2: Soy Protein – 3 to 6 tablespoons daily (Multiple Essential Amino Acids)

Joint Health Complex (glucosamine hydrochloride) – 2 to 3 daily (repairs cartilage)

Optiflora – 1 daily (improves mineral absorption & strengthens immune system)

OsteoMatrix (U.S.) / Super Calcium Magnesium (Canada) – 4 daily (essential cellular building minerals)

Step 3: OmegaGuard and/or Flaxseed Oil Capsules (Canada) – 2 to 3 daily (nourishes and lubricates joints)

Vitamin E – 1 daily (antioxidant and healer)

Step 4: Other Nutrients, based on personal health appraisal

**Health is like “Life Insurance” … each person has to decide how much to invest in it**