

## Guide Toward Relief of Arthritic-Type Symptoms

1. Eliminate all sugar from your diet. Decreasing sugar helps, but eliminating it helps much more. That means no sweets (pies, cakes, pastry, ice cream, etc. or natural sweeteners of any kind. This includes maple syrup, corn syrup, honey, fructose, etc.).
2. Decrease fat intake. That means less meats of all kinds, oils, salad dressings, all forms of dairy, fried foods, margarine, and all other fats.
3. Decrease caffeine as much as possible. One cup of quality coffee daily if you must have it! One cup daily is most likely very troublesome. That means no soft drinks, chocolate, cocoa, etc., and restricted use of aspirin.
4. Take 1,000 mgs of vitamin C daily.
5. Take 400 I.U.'s (International Units) of vitamin E daily.
6. If not eating greens—

Take 1 rounded teaspoon of Green Magma twice daily.

OR

Take 3-6 Alpha Sun capsules daily (you might try Spirulina or Chlorella).

This is your body – be kind, be patient. It took a long time for those symptoms to appear. It will take awhile for them to disappear. Following these suggestions only should bring relief within 4-6 months. With treatments, soaks, additional nutritional considerations and more aggressive self-health care, this time should be reduced significantly.