

Your Healing Arthritis Complete Supplement Kit

Instructions for the 12-Week Arthritis Protocol

Congrats! You will be receiving Dr. Blum's most highly recommended anti-arthritis supplements all in one box. Here you will find instructions for the entire 12-week arthritis protocol as outlined in Dr. Blum's latest book, *Healing Arthritis*.

You might notice that the doses we are recommending are lower than those Dr. Blum uses in the book. This is because these nutrients act synergistically when combined together, and often the lower dosing is enough when you take them all at the same time like you are doing when using this Healing Arthritis Complete Supplement Kit.

How will you know if you need a higher dose? We recommend that you wait until after you complete Step 2: Intensive Gut Repair to see how you feel. If you still have pain, then you should consider doubling your dosage of the following supplements: Omega 3 Fatty Acids and Curcuplus.

STEP ONE:

Your Arthritis Essentials Supplements

Instructions for the full 12-Week Arthritis Protocol

Here are your instructions for the Arthritis Essentials supplements that you begin in **Step 1 of the Arthritis Protocol** as outlined in Dr. Blum's book, *Healing Arthritis*. **These powerful anti-inflammatory supplements carry through the entire program**, and include the exact supplements that Dr. Blum prescribes to her patients at Blum Center for Health.

Please note: This supplement kit includes one bottle of each Arthritis Essentials supplement -- some will last the full 90 and a few you will need to reorder. We recommend trying all the supplements first before ordering more to determine your personal tolerance for and reaction to the supplements.

As you begin your program, we suggest adding the new supplements slowly over the course of the first week or so, to make sure they all agree with you. While these products are tried and true and have been used over many years at Blum Center for Health, you are a unique individual and we never know if a particular supplement will cause a side effect, whether gut related, or a headache. That's why we always suggest a slow "on-boarding" process. We recommend starting two new supplements, and two days later if all is ok, you can add the next two.

Possible side effects include digestive upset like nausea, or an allergic reaction like a rash or hives. If you have digestive upset, try

taking the vitamins with more food (all supplements should be taken with food unless otherwise instructed). If you have a rash or any other severe reaction, stop the new supplement right away, and put it aside. Wait for the reaction to go away before adding in the next new supplement from the list. We often suggest going back to the one that gave you a reaction at the end, once all the new products are on-board.

Welcome to Your Supplements

Multivitamin with Antioxidants — view supplement facts [here](#)

1 bottle has 120 tablets. Our Multivitamin with Antioxidants supplies key mitochondrial micronutrients and a smart combination of alpha lipoic acid, N-acetyl cysteine, and acetyl L-carnitine to jumpstart cellular energy production.

Essentials Vitamin C — view supplement facts [here](#)

1 bottle has 90 capsules. Our Vitamin C is buffered to prevent stomach upset, and also includes additional bioflavonoids to provide more powerful anti-oxidant activity. When combined with our Multivitamin, you will have the recommended amount of Vitamin C that you need for the program.

Essentials Vitamin D3 5000 — view supplement facts [here](#)

1 bottle has 120 softgels. Our Vitamin D3 is formulated as a small, easy-to-swallow, liquid gel cap.

Essentials Omega 3 Fatty Acids — view supplement facts [here](#)

1 bottle has 120 softgels. Your kit has 1 bottle. Our fish oil is purity guaranteed (no heavy metals or toxins) and concentrated to provide the high doses of EPA + DHA you need to reduce inflammation.

Essentials GLA 240 — view supplement facts [here](#)

1 bottle has 90 softgels. Our GLA is from borage oil, and each capsule has 240 mg, providing high concentrated dosing needed to treat arthritis.

CurcuPlus — view supplement facts [here](#)

1 bottle has 120 capsules each. Your kit has 1 bottle. Our curcumin features highly bioavailable CurQfen (curcumin and fenugreek), XNT ProMatrix (xanthohumol), boswellia and ginger extracts, all of which may help support the body's immune response and reduce inflammation and pain.

DIRECTIONS:

Introducing New Supplements for the First time:

Day 1: Start with Essentials Omega 3 Fatty Acids and CurcuPlus

Day 3: Add Vitamin D3 5000 and Essentials GLA 240

Day 5: Add Essentials Vitamin C and Multivitamin with Antioxidants

Supplement Chart

Supplement	Breakfast
Multivitamin with Antioxidants	2 tablets
Essentials Vitamin C	1 capsule
Essentials Vitamin D3 5000	1 softgel
Essentials Omega 3 Fatty Acids	2 softgels
Essentials GLA 240	1 softgel
CurcuPlus	2 capsules

STEP 2:

Your Gut Repair Supplements

For Step 2 of The Arthritis Protocol

Here are your instructions for the supplements that correspond to Step 2: Intensive Gut Repair of Dr. Blum's book, *Healing Arthritis*.

The Gut Essentials Supplements that come in your Kit, correspond to Weeks 3-10 of the arthritis protocol that Dr. Blum outlines in *Healing Arthritis*. It includes the exact supplements that Dr. Blum prescribes to her patients at Blum Center for Health to repair the gut.

As you know from reading Dr. Blum's book, *Healing Arthritis*, arthritis and joint pain are related to an imbalance in the gut microbiome. As Dr. Blum always tells her patients ... when you heal your gut you reduce inflammation, putting out the flames of joint pain.

Here is a list of what is included in your Kit. You will also find two charts that lay out exactly when and how to take your supplements. The charts are broken down into Month 1: Weeks 3-6 and Month 2: Weeks 7-10.

1. Gut Cleanse Packets: view supplement facts [here](#)

1 Box with 60 Packets. Take this twice a day, one packet with breakfast and one with dinner. This is an herbal, antibacterial and anti-yeast formula that also has some anti-parasite activity. This is the core part of your treatment for the first month of the Intensive Gut Repair and one box will last you 30 days.

Each packet includes 2 capsules of an herbal blend, and 2 capsules of oregano to treat dysbiosis; 1 enzyme capsule to improve digestion; and 1 glutamine capsule to treat leaky gut.

Instructions:

- First and second day: Take 1 packet in the morning only, with breakfast.
- Beginning day 3: Take 1 packet twice each day, AM and PM. The first packet with breakfast; the second packet with dinner. Take all the packets in each box.
- You should notice a reduction in digestion and gut-related symptoms by the end of the first week, especially since you are

following the **Leaky Gut Diet for Arthritis**. However, for some people this can take longer.

- **Potential side effects from herbs, whether you take ours or supplements you purchased on your own:**

- If you have lots of bad bacteria or yeast (moderate to severe dysbiosis) you might have what's called a "die-off reaction." This means that as the bad microbes are killed with the Gut Cleanse supplements, you might feel more fatigue, brain fog, possibly a headache or GI symptoms, such as nausea. If the side effects are uncomfortable, cut back the dosage for a day or two.
- Herbs can reduce the effect of birth control pills. While on the program we suggest using another form of contraception.
- Herbs can interact with antibiotics. If you need to take antibiotics, stop the Gut Cleanse Packets until you are done.
- Rarely, herbs can irritate the liver, causing nausea and vomiting. If this happens to you, stop taking the supplements and this should go away within 1-2 days. If your vomiting continues, contact your doctor.

2. GI Cleansing Herb Capsules: View supplement facts [here](#)

1 bottle with 60 capsules. Beginning Week 7, GI Cleansing Herb Capsules will replace the Gut Cleanse Packets. Take 2 capsules in the morning with breakfast. We use these herbs for Month 2 of your Intensive Gut Repair, and they continue the work of treating your gut dysbiosis and repairing your gut microbiome.

3. Probiotics: view supplement facts [here](#)

1 bottle with 60 capsules each. This is a multiple-strain formula that helps reduce inflammation. It should be refrigerated for best results.

- We recommend taking 1 capsule at bedtime during your first month of treatment because you should not take Probiotics within 2 hours of taking your Gut Cleanse Packets.
- Beginning Week 7, when you switch to the GI Cleansing Herbs, you have the option to take your Probiotics with dinner.
- Beginning Week 11, after finishing the GI Cleansing Herbs, you will stay on Probiotics, 1 per day, for 3-6 months for deeper gut healing and repair. At that time, you can take the Probiotics with any meal.

4. Soothe Protein Powder with Antioxidants for Gut Integrity: view supplement facts [here](#)

1 scoop of powder each day, mixed with water, juice, almond, rice or coconut milk, or put in a blender and add your favorite fruit. We have several smoothie recipes for you to try in the recipe section of this guide.

Your kit comes with 1 canister of this protein powder, for the first month of your Gut Repair. If you like this protein shake, you can reorder [here](#), and continue it as long as you like.

In fact, it is a terrific option to have this breakfast shake for the full 6 months that you are working on healing your gut. And if for some reason you can't tolerate protein powders, you can do Step 2 Gut Repair without making these shakes, and simply take the rest of the supplements.

5. Strengthen Powder: view supplement facts [here](#)

Concentrated L-Glutamine for enhanced treatment of leaky gut.

- Add 1 tsp of Strengthen powder to your shake every morning, or mix with 4 oz of water and drink before breakfast.
- Beginning Week 11, after finishing Step 2: Gut Repair supplements, you will stay on Strengthen, 1 tsp/day, for 3-6 months for deeper gut healing and repair.
- *You will only need 1 container of Strengthen powder for the full program.*

Gut Essentials Supplements Charts

Month 1: Weeks 3-6

Supplement	Breakfast	Dinner	Bedtime
Gut Cleanse Packets	Take 1 packet in the morning, before with breakfast	Beginning Day 3: 1 packet with dinner	N/A
Soothe Protein Powder	1 scoop of powder each day	N/A	N/A
Strengthen Powder	1 tsp added into the smoothie	N/A	N/A
Probiotics	N/A	N/A	1 capsule at bedtime, not within 2 hours of your Gut Cleanse packets

Month 2: Weeks 7-10

Supplement	Breakfast	Dinner	Bedtime
GI Cleansing Herbs	Take 2 capsules with breakfast		N/A
Probiotics	N/A	1 capsule with dinner (or before bedtime)	
Strengthen Powder	1 tsp added into smoothie, or mixed with 4oz of water before breakfast	N/A	N/A
Optional: Soothe Protein Powder	1 scoop of powder each day	N/A	N/A

What to do if you still have pain upon completion of 2 months of gut repair:

If you still have pain, then you should consider doubling your dosage of the following supplements:

Omega 3 Fatty Acids

Curcuplus

You may either double your dose at breakfast, or add a second dose with dinner.

In either case, you will need to purchase an additional bottle either from us, or another reliable source.

If you have any questions, go to www.blumhealthmd.com, click on **Support** and send us an email. We're happy to help.

