



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

*** Those items with an asterisk are suggest as the best to start with**

Acetyl-L-Carnitine & Alpha Lipoic Acid (aka Thioctic Acid)

There is good evidence that Acetyl-L-Carnitine and Alpha Lipoic Acid (aka Thioctic Acid) are effective for peripheral neuropathy, especially in diabetics. It not only may reduce the pain but also may improve the numbness and tingling. While their benefits for fibromyalgia and migraine are not as well defined, there is evidence to suggest they are helpful in reducing the frequency and severity of migraines and the pain associated with fibromyalgia.

Acetyl-L-Carnitine Dose: 500-1000mg 2x/day

Alpha Lipoic Acid Dose: 600mg/day, take on an empty stomach

Avocado-Soy Unsaponifiables (ASU)

This may improve the pain and stiffness associated with arthritis, especially in the hips and knees. It has an excellent safety record.

Dose: 150mg twice/day

Bromelain

Derived from pineapples, Bromelain may be effective for acute inflammation and for acute flare-ups of chronic inflammation as found in arthritis and LBP.

Dose: 250mg – 300mg twice/day

Precautions: Purchase only preparations that are enteric coated to allow for best absorption.

Contraindications: Should not be used with warfarin (coumadin)

***Butterbur**

Butterbur (*Petasites Hybridus*) may be very helpful in reducing the severity and frequency of migraine headaches and is safe for children. It also can be helpful with seasonal allergies. Clinical benefits may not become apparent for 2-3 months. It is marketed under the brand name Petadolex.

Dose: 75mg 2x/day x 4 weeks then 50mg 2x/day (available as "Petadolex")

Precautions: Do not ingest the plant itself, it contains a toxic alkaloid that must be removed prior to ingestion. Be certain that the product label confirms this. Some people may experience stomach upset, including gas, when they take butterbur. It is not recommended for young children or women who are pregnant or breast-feeding. Side effects may include belching.

***CoQ10**

This enzyme cofactor may be effective in reducing the frequency of migraine headaches by up to 50%, CoQ10 has few side effects (gastrointestinal, incidence less than 1%). It is considered safe for older children. Also likely effective in fibromyalgia.

Dose: 150-300mg/day

Devil's Claw

Derived from an African plant and used in Europe for decades, this may improve low back pain and the pain associated with arthritis. It has an excellent safety record.

Dose: 150mg/day

Feverfew

Though generally not thought to be as effective as butterbur in managing migraine headaches it nevertheless can be helpful.

Dose: 100-125mg/day (CO₂ extract)

Precautions: To be most effective, the leaf must be freshly picked, freeze dried or a CO₂ extract. People who take



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feverfew for a long time and suddenly stop taking it may have headaches, nervousness, insomnia, stiff muscles, and joint pain.

***Magnesium (Epsom Salt)**

Magnesium may be very effective in preventing migraine headaches. Magnesium in the form of epsom salt baths is absorbed through the skin and may reduce the frequency and severity of headaches, sometimes dramatically. It also may help protect against the development of diabetes. It is estimated that 60-80% of people older than 50 are magnesium deficient.

Dose: 350-700mg/day or epsom baths 3-4x/week

Precautions: Caution with kidney disease. Diarrhea is a common side effect.

Melatonin

Omega 3

This supplement offers many benefits including improving the pain associated with fibromyalgia, arthritis and the pain associated with menstruation. It is also an excellent supplement for improving the health of the heart and has been shown to reduce mortality associated with heart disease. It also reduces the severity and frequency of migraine headaches. Some studies argue for the need to obtain Omega 3 from fish oil or natural sources (fish, chia seeds) to be effective.

Dose: 2 – 4gms/day of Omega3 (total of EPA + DPA).

Rhodiola Rosea

This plant has been used in folk medicine for hundreds of years to improve mental clarity and fatigue. Studies show that it may be effective for anxiety, depression and insomnia.

Dose: 340mg – 680mg/day

Precautions: Purchase only preparations that are labeled “Standardized to 3% Rosavin) to assure proper quality and dosing.

***Riboflavin**

May require up to 3 months before full benefits may be appreciated. Studies found up to 68% improvement in migraines

Dose: 400mg/day

Salicin

Salicin is chemically related to aspirin and offers the same pain benefits but does not affect platelets so it offers no protection against heart attacks or strokes. It is derived from willow bark but can be found in many other plants including meadowsweet, willow bark, cottonwood, poplar, aspen and wintergreen.

Dose: 240mg /day **Contraindications:** Should not be used by those allergic to aspirin.

SAMe (S-adenosylmethionine)

This is a precursor to many of the neurotransmitters that play a role in pain and depression. Having been in popular use in Europe since 1975, SAMe may offer relief for the pain of arthritis with effectiveness equal to ibuprofen and other non steroidal anti-inflammatories (NSAIDs). It is also useful for treating depression with effectiveness equal to many prescription antidepressants. It may take one or more weeks of use for the benefits to be fully appreciated. SAMe appears to be free of any interactions with other medications and has few if any side effects.

Dose: Up to 1200mg – 1400mg/day. Start by taking 200mg twice a day and build the dose up slowly, increasing the dose every week or so until a maximum benefit is perceived.

Precautions: SAMe should be avoided in those with bipolar disorder as it may trigger manic behavior.



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Commercial Products

These are not endorsements of any commercial product, only references for further investigation.

Source Naturals: Acetyl L-Carnitine (500mg) with Alpha Lipoic Acid (150mg)

<http://www.swansonvitamins.com/source-naturals-acetyl-l-carnitine-alpha-lipoic-acid-240-tabs?otherSize=SN095>

Trigemin

Trigemin contains comprehensive multivitamins and combines the key ingredients riboflavin, magnesium, feverfew, and co-enzyme q10 that have been shown to reduce the frequency, and intensity of migraine headaches. Headache sufferers may find that it is easier to take one dietary supplement rather than each individual ingredient separately, savings in costs and quantity of pills.

www.Trigemin.com

(877) 938-7432 Ask for Amy and receive a 20% discount on your purchase

For More Information:

NCCAM Clearinghouse (National Center for Complementary and Alternative Medicine (CAM):

The NCCAM Clearinghouse provides information on CAM and NCCAM, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.

Toll-free: 1-888-644-6226

Web site: nccam.nih.gov/health/clearinghouse/

E-mail: info@nccam.nih.gov

References: Clinical Journal of Pain; 25:446-452

Disclaimer: This is a list of substances for which there is at least some research that supports the claims described. This list is provided for educational benefit. However, there may be a lack of definitive proof of safety and effectiveness and no guarantees are implied. Please discuss with your physician if you use or plan to use any of these or other supplements to treat yourself.