# **KNEE PAIN CONDITION PROTOCOL**

## **Supplementation Regimen:**

Severe Knee Pain (pain is severe and inflammation is apparent before or after joint use):

- Natural NSAIDs Pak, 1 packet morning and night
- Optimal EFA, 1 capsule 3 times daily

Moderate Knee Pain (pain that flairs up intermittently, when full healing has not yet occurred, or when job/lifestyle put causes excess stress to joint):

- Natural NSAIDs Pak, 1 packet each morning
- Optimal Fruit & Veggie Plus, 1 serving daily

\*\*NOTE: IF THE NATURAL NSAIDS PAK CAUSES AN UPSET STOMACH. SWITCH TO ESSENTIAL PROTECT AND TAKE 2 CAPSULES BETWEEN MEALS, TWICE DAILY.

**OPTIMAL** 

E.F.A

OBS

#### Nutrition **Regimen:**

• Cut out processed foods, fried foods, and carbonated beverages

 Eat more raw fruits and vegetables, specifically cherries, blueberries, spinach, and arugula

 Eat more foods that contain healthy fatty acids, specifically avocados, coconut oil, flax seeds, soy beans, and salmon

### Exercise **Regimen:**

• Exercise in water (or other exercises with minimal pressure to injured area) for 20 minutes, 3 times per week

## Additional **Recommendations:**

**Right For You** BECAUSE IT'S MADE

FOR YOU

For

NATURAL **NSAIDS PAK** 

**31 HEALTH PAKS** 

DISPENSER INSTRUCTIONS

Press along the perforation and

push in the flap. Dispense packets.

• Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)

• If NSAIDs are used, supplement with: Optimal Whole C - Chewables, 2

chewables morning and night

**OPTIMAL** 

FRUIT & VEGGIE

 Optimal Liver Kidney, 2 capsules morning and night