# 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.

## 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:

- Reduce the use of NSAIDs (Tylenol, Ibuprofen, etc.)
- If NSAIDs are used, supplement with:
  - Optimal Whole C - Chewables, 2 chewables morning and night
  - Optimal Liver Kidney, 2 capsules morning and night

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.