

HIP ARTHRITIS NUTRITIONAL FORMULA ALSO PRESERVES KNEE CARTILAGES, RESISTS CANCER & STRENGTHENS BONES.

Based on some research and veterinarian experience that other doctors and scientists have simply missed, I put together a regimen that has halted the symptoms of my bone-to-bone arthritic right hip and has my precariously-thin left knee cartilages performing perfectly for several years after they were scheduled to wear down to the bone. This program has successfully returned a friend's Rottweiler with hip dysplasia to being happy to again be jumping into the back of my friend's SUV. And the only time my hip bothers me is when I forget to take my supplements or if I don't give my joints 1 or 2 days rest between runs.

Here's the program in daily doses according to body weight. The FDA doesn't adjust dosage recommendation according to body weight because they think people aren't smart enough to do the mathematics; I'm guessing you are smart enough:

- 1,000 mcg selenium for every 25 pounds of body weight;
- 150 mg calcium (from citrate, malate, oxide or amino acid chelate) for every 10 pounds body weight;
- 150 mg magnesium (from citrate, malate, oxide or a chelate) for every 10 pounds body weight; Solaray has a 1:1 blend of calcium and magnesium so you only have to take one supplement. Other brands usually have a 2:1 calcium-magnesium ratio, so you have to take extra magnesium.
- 100 mg MSM (methyl-sulfonyl-methane) for every 10 pounds body weight;
- 100 mg glucosamine sulfate for every 10 pounds of body weight;
- 500 IU of vitamin D for every 10 pounds of body weight;
- 30 mcg vitamin K for every 10 pounds of body weight;
- 150 mg vitamin C for every 10 pounds of body weight;
- Avoid foods that aren't whole food, like sugars, corn syrup, enriched wheat flour, standard rice;
- Eat potatoes with skins, whole grain bread, brown rice, peas, beans, lentils, colored vegetables and foliage vegetables;
- Avoid mammal meats and poultry skin; go easy on eggs and dairy; have ocean fish be your major animal product;
- Exercise vigorously every day for at least a half hour. You can walk every day, but if your exercise is running, give your body 1 to 3 days rest between runs, and find some exercise on the between days that doesn't impact the structure so much.
- If you are overweight, choose an exercise and an environment that gets you thoroughly overheated. That will suppress your appetite.

The seed for this program started about 20 years ago when I read in a health magazine New Zealand veterinarians were giving dogs with hip dysplasia (the term used for hip arthritis in dogs) progressively higher doses of selenium until "the problem went away." I thought, "WENT AWAY?! I've never heard of arthritic hips in humans or our pets doing anything but get worse!" So I filed on a back shelf in my mind for future reference.

About 10 years ago, my friend Ted said his Rottweiler wouldn't jump in the back of his SUV because of hip pain, and asked me if I knew anything that would help. I told him to add progressively more tablets

of selenium to her food. A few months later, he thanked me. His dog was again jumping into his SUV. I asked him what dose he had given his dog. He said “a few” 200-mcg tablets per day. Since his dog weighed about 125 pounds, and “a few” would be 3 or 4, I calculated the dose of 3 tablets in a 125 body to be 100 mcg/20 pounds body weight. A few years later, I asked Ted if the selenium cure was durable. He said she was already an old dog, but her hips worked fine until she died 2 years later of other causes.

A couple years later I was doing a piriformis stretch, and found that couldn't put my right knee to my left chest. I did some range of motion work and got that motion back, but the mild pain that had caused me to do the piriformis stretch was worsening. So I paid for a x-ray which showed that I was bone to bone on the inferior-medial quadrant of my right hip joint. At that point I went treatment shopping, and tried sugar-injection prolotherapy, fish oil injections into the joint, and was contemplating stem cell transfers from my pelvic bone marrow to my hip joint, when I decided it was time to do all the nutritional interventions I could think of.

I started with the well-established stuff: calcium-magnesium, glucosamine, MSM, high vitamin D, high vitamin K, a high-powered multiple. All of that helped a bit: my hip felt just a little better. Then I hesitantly added selenium, because too much can be toxic. The FDA says 400 mg/day is the highest safe dose for adults and children over 12 years of age. However, that completely ignores the different concentrations of their nutrients in bodies of vastly different sizes; which is stupid, because both toxicity and effectiveness depend on concentrations of nutrients in our tissues. So I started with the 12-year-old child—typically 85 pounds—highest safe dose of 400 mcg/day, which calculated to 21.25 pounds for 100 mcg/day of selenium. (Amazing how close that was the Ted's guesstimated Rottweiler daily dose of 100 mcg/day for 20 pounds of dog.) upward to find out what the highest safe dose is at different heavier weights. So the maximum safe dose of selenium for a 170-pound person (twice as heavy as an 85-pound person) would be 800 mcg. I typically weigh 205-210 pounds, so my maximum safe dose would be about 935 mcg/day. Being a bit cautious, I decided on 800 mcg/day so selenium. Selenium usually comes in tablets that contain either 100 or 200 mcg, so the dose I advise is 400 mcg for a 100 pound person, 600 mcg/day for a 150 pound person, 800 mcg/day for a 200 pound person, and 1,000 mcg/day for a 250 pound person. These doses can be reached with 2, 3, 4, or 5 tablets of 200-mcg. People in between those 50-pound increments can get to their recommended dose by using a combination of 100-mcg and 200-mcg tablets.

There's an extra bonus in following this program. I wasn't able to find that original article on selenium in dogs with hip arthritis, the article that eventually saved my hips. But I did find a number of scientific studies showing that high blood levels of selenium were associated with much stronger bone and much less cancer. So, since we're all just animals, taking these doses of selenium should successfully defend against cancer and weak bones

I'm always interested in hearing about how people are doing who are on my nutritional programs, so feel free to call me at 530-320-5117