

WellnessPlus
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MD

QUICKIES

Ankylosing Spondylitis

WAIVER OF LIABILITY

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Root cause reasons

1. Standard American diet/alcohol and overall inflammation
2. Lymph stagnation
3. Parasites
4. Diet high in mold or exposure to water damaged house
5. Klebsiella Pneumoniae bacteria
6. HLA-B27 genotype on labs or other genetics
7. Blocked drainage pathways or trauma

Solutions

1. Massage, myofascial release, trauma work and Cellular release therapy
2. Change in diet-low processed carb, aim for paleo
3. See parasite quickie
4. Rotating binders every 2-3 months so you are pulling out parasites, viruses, mold and toxicities
5. Watch Blocked Drainage pathways course
6. NSAIDs, ibuprofen, Inflammcontrol by Cellcore
7. Low dose naltrexone