

Case Study

62 year old female with chief complaint of
RHEUMATOID ARTHRITIS



The patient has also been suffering from nutritional deficiency, disrupted sleep, general weakness, joint pain and stiffness, night sweat for 1-2 years, numbness of feet and swollen ankles. Medications she had been taking included 2 mg daily of Prednisone (tapered down from 6 mg daily) and Sulfasalazine. SpectraCell's MicroNutrient Testing revealed functional deficiencies of Vitamin B3, Calcium, Zinc and Magnesium. **Based upon these deficiencies, she was administered the following protocol:**

- 1) 1,500 mg daily of Calcium
- 2) 600 mg daily of Magnesium
- 3) 5,000 IU daily of Vitamin D3
- 4) 500 mg daily of Vitamin B3
- 5) Glutathione Plus Cream, 1 pump daily
- 6) Zinc A.G., 1# daily

In addition to targeting her functional deficiencies, she was still prescribed 2 mg daily of Prednisone and Sulfasalazine. She also began an IV infusion of a T-Cell suppressant drug – Orenzia. Diet and exercise programs were also implemented. Due to disabilities, the patient could only perform limited exercises. Her diet was regular, but rich in fruits and vegetables.

Clinical Outcome:

Her follow up results are pending, but the patient feels much better in terms of general aches and pains. Her energy and mood have greatly improved. Her patient awareness has been raised and she still takes the above supplements regularly.



MicroNutrient
Testing

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