



Richard D. Adelman, M.D.
Donna J. Griffin, P.A.C.
Kathleen Janus, F.N.P.

Health Care for Your Whole Family

7320 Six Forks Road
Suite 260
Raleigh, NC 27615

***ALTERNATIVE
THERAPIES
FOR JOINT PAIN***

- **Purple Pectin:** Add 2 TBSP of pectin (Certo) to 4 - 6oz of grape juice twice daily, or add 1 package per quart of grape juice and drink 2 glasses a day.
- **Gin Soaked Raisins:** Place golden (white) raisins in a shallow container and pour in just enough gin to cover the raisins. Let sit for a week or so until the gin evaporates then place the moist raisin in a jar with a lid. Eat 9 gin soaked raisins a day.
- **Apple Cider Vinegar:** Add 2 TBSP of apple cider vinegar to 4oz of water up to three times daily.
- **Aspartame:** Add 4-8 packages of Equal (blue) or NutraSweet (pink) to your tea or coffee each day instead of using sugar.
- **Black Strap Molasses:** Consume 2 TBSP of black strap molasses each morning.
- **Fish and Fish Oil:** Consume a serving of fish daily, or take one fish oil capsule a day.
- **Vinegar / Cabbage Wrap:** Soak a brown bag in vinegar or take a leaf of cabbage and wrap around pain inflicted joint and let sit over night.
- **Walnuts:** Eat three to four walnuts each morning on an empty stomach.
- **Weight Loss:** Losing 10 to 15 pounds for the overweight person can significantly decrease joint pain.
- **Acupuncture:** Acupuncture should be performed by an experienced and qualified therapist. Do not do this treatment yourself.
- **Magnetic Therapy:** Medical magnets range in strength from 450 gauss to 10,000 gauss. The higher the gauss, the better the pain relief. Affix the magnet over the painful area using an adhesive such as a band-aid. If magnets fail to provide relief, try repositioning them. If you do not see results in 30 days, odds are it is not going to work.
- **Supplements:** MSM (Methylsulfonylmethane), SAM-e, and Glucosamine 1500mg with 6 Tylenol per day are recommended for joint pain. Use as directed.