

# ARTHRITIS/RHEUMATISM



- Traumeel
- Zeel
- Discus compositum
- Enzyme preparation
- Glucosamine/  
chondroitin sulfate



**Traumeel** is a well-known non-steroidal, anti-inflammatory that quickly reduces swelling by acting on the circulatory system and on the connective tissue matrix. It is a staple in any protocol for rheumatism or arthritis. The tablets can be taken at a rate of 3-5 times daily for maintenance of a chronic arthritic or rheumatic condition. It is best to use the ampoules during the acute phase and if possible, use them as injectables; either i.v. or s.c. at the rate of 2-4 ampoules a week for 2-4 weeks depending on the severity of the condition. A 2-week protocol is the minimum.

**Zeel** acts systemically, specifically on the connective tissue matrix, the lymphatic system, and on enzymes. It can be useful in cases of rheumatism and of arthritis with the following typical protocol: 1 ampoule 2x/week i.v., s.c., or orally for 5 weeks + 1 Traumeel ampoule 2x/week i.v., s.c., or orally for 8 weeks. These products can be given or taken together. Injections may be replaced by tablets at the following rate: Zeel: 1 tablet 3x/day for 5 weeks + 1 Traumeel tablet 3x/day for 8 weeks.

For acute « spot » swellings and painful aggravation, apply Traumeel or Zeel ointment. Applying both Traumeel and Zeel ointment on an alternating basis can be beneficial in relieving acute phases of the disease and its associated pain. Alternate by using Traumeel ointment in the morning and Zeel in the afternoon or evening. Three daily applications to the affected area are ideal during the acute phase: Traumeel in the morning, Zeel in the afternoon, and Traumeel before bed time.

**Discus compositum** acts at the structural level right on bone and enzyme systems. It is usually used after the acute phase, i.e., after the initial inflammatory response, and in conjunction with Zeel, Traumeel, or both. A typical protocol for arthritic conditions would be: Discus compositum 1 ampoule 2 days in a row orally, then 1-2x/week for 2-3 weeks. Give in conjunction with maintenance doses of Traumeel. Zeel can be added during the second week at the rate of 1 ampoule every other day. Or use the tablets at a rate of 1 tablet 3x/day for 10 days.



## GENERAL PROTOCOL FOR ARTHRITIS DURING THE ACUTE PHASE:

1 Traumeel ampoule 3x/week i.v., s.c., or orally for 5 weeks + Zeel at 1 ampoule 2x/week for 2 weeks + Discus compositum at 1 ampoule 2x/week for 2 weeks starting the 3<sup>rd</sup> week of the protocol. After the 5<sup>th</sup> week protocol period, continue with Traumeel tablets at a rate of 1 tablet 3x/day for one month.



## GENERAL PROTOCOL FOR RHEUMATISM DURING THE ACUTE PHASE:

1 Zeel ampoule 3x/week for 2 weeks + 1 Traumeel ampoule 3x/week for 2 weeks. At the end of the two weeks, continue with Traumeel tablets at a rate of 1 tablet 3x/day for 5 weeks + Zeel tablets at a rate of 1 tablet 3x/day for 8 weeks.

## MAINTENANCE PROTOCOL FOR ARTHRITIS/RHEUMATISM

- 1 Traumeel tablet 2-3x/day indefinitely (for anti-inflammatory effect).
- 1 Zeel tablet 2x/day for 1 month and then review.