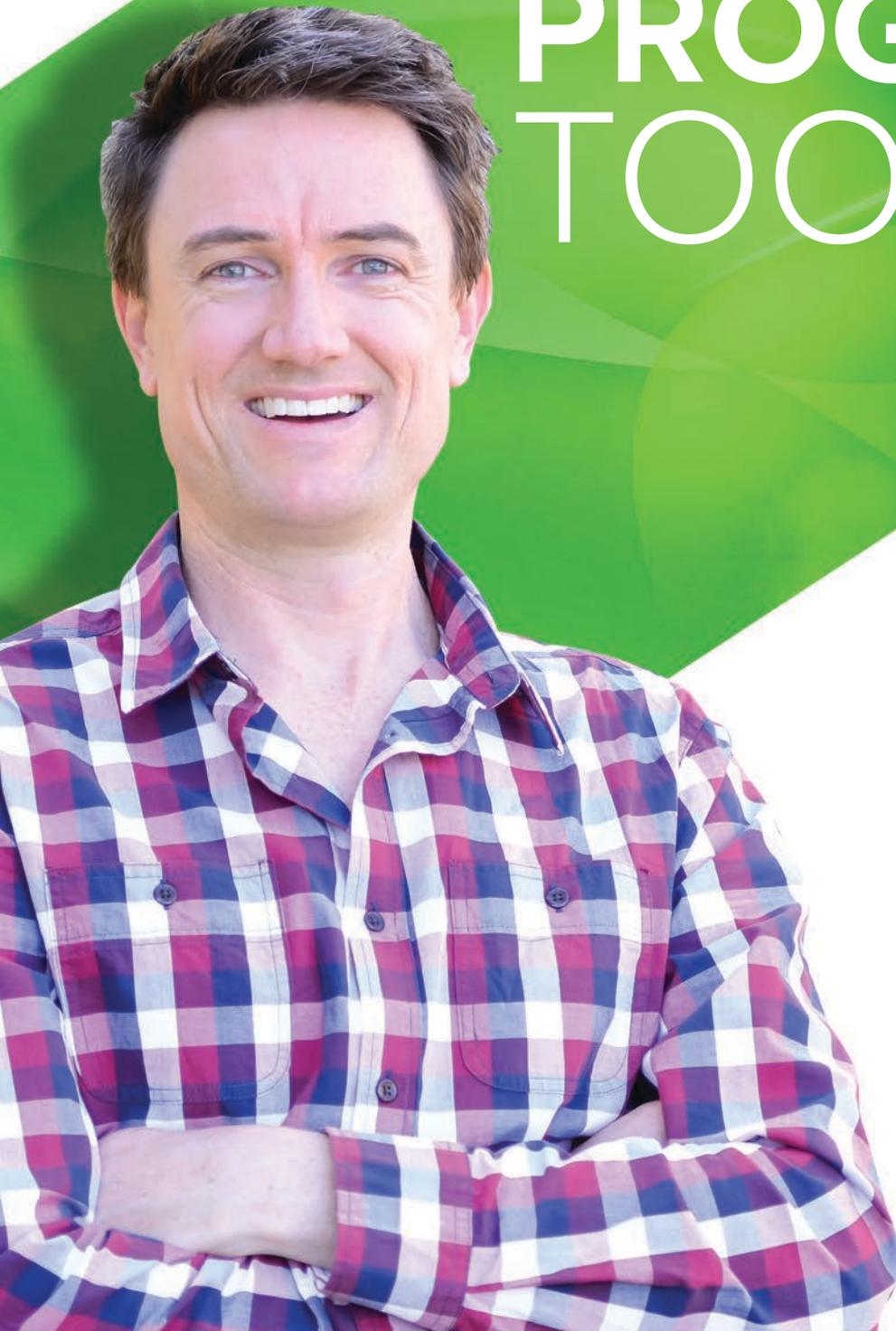




THE PADDISON PROGRAM TOOLKIT



About the Paddison Program Toolkit

My goal is to create the world's best system on how to reverse Rheumatoid Arthritis symptoms naturally. The Paddison Program is packed full of the strategies and tools I used to get rid of all Rheumatoid Arthritis symptoms, and become free of drugs — the same strategies, tools, and worksheets I use with clients in my Recovery Group to help them achieve the same. Print and keep these worksheets handy so you can complete them as you do the Paddison Program or as part of our Recovery Group.

ACHIEVE COMPLETE CONFIDENCE AND CONTROL OVER YOUR RHEUMATOID ARTHRITIS - KEY MILESTONES

KEY MILESTONES

- Milestone #1** Short-term control: 4 Consecutive Groundhog Days = Same Pain

- Milestone #2** Transition (with natural medication substitutions) off counterproductive drugs
 - NSAIDS
 - Proton Pump Inhibitors
 - Long term antibiotics
 - Prednisone

- Milestone #3** Long term control (3 consecutive months of normal CRP/ESR, pain 1-2/10)

- Milestone #4** Advanced Long term control (as above, with some Advanced foods in diet)

- Milestone #5** Drug tapering whilst meeting Rheumatologist and PP guidelines

ACHIEVE COMPLETE CONFIDENCE AND CONTROL OVER YOUR RHEUMATOID ARTHRITIS - KEY MILESTONES

FOOD

- Paddison Program (PP) diet in place, utilising the Baseline Phase for greatest results
- Using PP Resets when you get a 'flare' (reaction) to 'empty the pain bathwater'
- Maximum daylight-hours food intake and minimum evening-hours food intake
- Water intake at least 2L per day, more as required when exercising
- PP approved salads with lunch and dinner

EXERCISE

- Muscle maintenance plan to stay strong while healing
- Daily cardiovascular exercise plan that makes you sweat
- Daily targeted exercise plan for affected small joints (fingers, wrists, ankles, feet)
- Daily targeted exercise plan for affected large joints (elbows, knees)

STRESS REDUCTION

- Daily mental calm time (exercise/meditation)
- Sleep protection plan
- Careful carrying approach to avoid loading wrists/elbows

SUPPORTIVE REQUIREMENTS

- Vitamin D - Between 100 to 150nmol/L
- Probiotic Push – Paddison Program fermented foods + non dairy probiotics
- High Proteolytic enzyme consumption – High potassium intake via potassium power smoothie or supplementation (if temporary fruit intolerance)

MINDSET AND MOTIVATION REQUIREMENTS

- "Why" list of why you MUST get well
- Project (Not Problem) with SMART goals in place
- Language shift from 'flare' to 'reaction', from 'remission/cure' to 'complete confidence and control'
- Daily affirmations, personalised

PROGRESS MONITORING

- Rheumatologist plan in place (See 'How to get the most out of your Rheumatologists' and Guide for Rheumatologist)
- Daily pain scoring and range of motion tests in place, results charted.
- Monthly blood tests of CRP and ESR in place, results charted.
- Two bowel movements minimum per day
- [Women] Monitor monthly cycle dates to develop inflammation/cycle awareness and adjust each month accordingly

Pain Scoring Table

DATE													
Left (pain/10)													
Index finger													
Middle finger													
Ring finger													
Pinkie													
Thumb													
Ankle													
Knee													
Elbow													
Foot													
Right (pain/10)													
Index finger													
Middle finger													
Ring finger													
Pinkie													
Thumb													
Ankle													
Knee													
Elbow													
Foot													
TOTAL PAIN													
ENERGY (LEVEL/10)													
WEIGHT (KG)													

Medication Reduction Checklist

IF all of the following are in place:

- Regular Rheumatologist is overseeing your progress
- Rheumatologist agreeable to potential reduction plans, and has clear milestones required for drug taper
- Normal CRP for 3+ consecutive months
- Low pain (1 or 2 out of 10)
- Lot's of "pain buffer" in place in case pain creeps back with a medication reduction
- Lots of enthusiasm and willingness to persist if challenges present themselves
- Reasonably diverse diet, so that going back to baseline if necessary for a while will provide relief.

THEN

- A small taper of medication only may be possible, depending on your Rheumatologist. Then, hit all these markers again at the lower dose.

