

# The Levaquin Tendonitis *Solution*



Overcome  
Levaquin  
Tendonitis  
and  
Toxicity  
Symptoms  
Naturally

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# What You Need to Know

## You Must Be Under Medical Care to Use This Book

In order to use this book, you must be under the care of a qualified physician and any other serious medical conditions that you may have should be diagnosed and managed by a physician. The use of this material is not a substitute for legal, health or professional services. It may NOT be constituted as medical advice in any way. Kerri Knox and Joshua Tucker are not doctors and can, in no way, know your individual health status.

Consult competent professionals to answer your specific questions. The information presented in this work is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Your physician should be aware of all medical conditions that you may have, as well as the medications or supplements you may be taking.

## Do You Have Medical Conditions?

If you have any current medical conditions, the information in this book may affect that condition. Sometimes it may make that condition WORSE, sometimes it may IMPROVE that condition. In any case, conditions such as high blood pressure and diabetes – for example- should be monitored by you and your doctor carefully.

By proceeding in this book, you agree to get medical care for any worsening of any medical conditions that you may have. Those with **KIDNEY FAILURE, RENAL INSUFFICIENCY, ANY ORGAN TRANSPLANTS, PREGNANCY** or any other serious medical conditions that could be worsened by following the instructions in this book should NOT follow ANY instructions in this book without the **DIRECT CONSENT AND SUPERVISION** of a qualified medical practitioner.

## Use Your Common Sense

Please also use common sense while using this book. If you begin to feel worse, then stop doing any part of it then check on the website forums for help with minor issues, or see a doctor for serious issues. Common sense is **REQUIRED** if you are using this as a guide- no exceptions! Remember, this book is NOT medical advice but INFORMATION.

## Have Questions?

Instructions are given at the end of the book about how to access the Question and Answer section to get a REAL person to answer your question. Please READ the book carefully before asking questions.

## Join the Members Only LTS Forum

[Levaquin Tendonitis Solution Forum](#)

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# **Part 1**

## **Introduction to Levaquin Tendonitis And Toxicity**

# Levaquin Tendonitis Introduction

## What is Levaquin Tendonitis?

Thanks for purchasing the **Levaquin Tendonitis Solution**.

While we've called this book, "The Levaquin Tendonitis Solution", the condition "Levaquin Tendonitis", in this book, refers to the tendon, muscle, joint, cartilage, internal organ, connective tissue, neurologic, mental, digestive, hearing, nerve and even EYE pain and damage that can occur after receiving any of the 'Quinolone' or 'Fluoroquinolone' antibiotics such as:

- Levaquin (Levofloxacin)
- Cipro (Ciprofloxacin)
- Moxifloxacin (Avelox)
- Any other antibiotic that ends in –floxin, –floxacin or- lox
- And Hydroxychloroquine, a drug used most often in the prevention and treatment of malaria as well as conditions such as Lupus or other 'Rheumatic' diseases.



Everyone will experience Levaquin Tendonitis differently and may have taken different Quinolone antibiotics that caused their problems. Some people even experience such diverse symptoms as panic attacks, memory loss, insomnia, constipation, abdominal pain, ringing in the ears, paranoia and muscle weakness. So even though you might have connective tissue pain and panic attacks from Cipro or joint pain and insomnia from Avelox- just to make it easy I'll be using the term '**Levaquin Tendonitis**' to refer to any of the painful conditions or adverse effects caused by the Fluoroquinolone and Quinolone Antibiotics. Please understand that this book is NOT intended to provide an exhaustive description of symptoms of this syndrome since it

is assumed that, having purchased this book, you've already seen lists of symptoms and that you already have decided that you have Levaquin Tendonitis or Toxicity.

For those that have symptoms above and beyond tendon pain and are experiencing any of the constellation of symptoms related to Levaquin Toxicity, please refer to the Levaquin Toxicity Companion book to this one. Make sure that you read THIS book entirely FIRST and then use the Toxicity book as an ADDED resource to help you manage the many symptoms of Levaquin Toxicity.

**If you have health problems after taking any of these drugs, there IS hope for a resolution of these problems- but you are going to have to be dedicated and give your body the maximum possibility to heal.**

Levaquin Tendonitis damages the tendon cells at the **cellular** and even the **DNA** level so there is **NO QUICK FIX!** While your condition may improve on its own, if you are reading this, it's likely that it has NOT improved on its own and you are looking for other answers.

**This protocol may be the only thing that will help you. Your doctor has no answers for you and will only suggest more toxic drugs. More drugs cannot heal damage done from drugs and there is only ONE thing that really can help you...**

## **The Only Thing That Will Help You...**

You have been poisoned and your cells have been damaged. You are in pain and you might even be disabled or your activity has been severely restricted. You have likely seen several doctors who have told you that there is 'No Treatment' for Levaquin Tendonitis and Toxicity, if they even believe in the existence of this condition, and they have sent you on your way with pain relieving medications and some antidepressants or sedatives and the hope that this might simply 'go away' if you are lucky- although they might have not quite said it that way.

While it MIGHT take some luck for you to heal, you can increase your 'Luck' by being dedicated to this protocol and giving your body the maximum possibility to heal. And **THAT** is the secret to healing from Levaquin Tendonitis- you must support your **OWN** body to heal itself.

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**"Usually, the fluoroquinolone-induced tendinopathy recovers in the course of weeks after cessation of fluoroquinolone therapy. However, such recovery may be incomplete, and may only represent cessation of the cytotoxic process in the tendon, rather than true tissue repair."**

***'Iatrogenic Tendinopathy Associated with Levaquin (levofloxacin)'***

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One of the main points that you should understand is that **there were specific conditions in place that allowed you to be susceptible to the toxic effects of this drug**, therefore not only do you need to reverse the ongoing damaging effects of the Quinolones, but you need to start reversing the conditions that ALLOWED your body to be **Susceptible** to the drug.

So, if you want to just be able to take a pill and get better, you can hope for that in the future, but the reality of the situation RIGHT NOW is that the only thing that is going to give you a CHANCE to get better is to give your body the absolute optimal environment for **HEALING ITSELF** that you can give it. And for many of you, that may mean that you will need to make some big lifestyle changes.

## What is NOT Going to Work?

If you've seen your doctor and have not been given any hope, THERE IS HOPE!! But you will **NOT** find answers or hope from your doctor because drugs and surgery are **NOT** going to help you.

- **Drugs:** Your body has just been POISONED! Levaquin damages tendon cells because it's TOXIC to your body. All drugs are toxic to some degree or another and adding MORE poison into your body will not repair the damage of a poison. While you may have to take pain medications, please limit these to the least amount possible as they do add to the toxic burden you are placing on your body and contribute to many other problems.
- **Surgery:** If you have a ruptured or almost ruptured tendon, you may need to have surgery in order to put the tendon together so that it can heal. Without surgery, you might never walk again -and surgery is necessary in that case. While surgery may be able to put a ruptured or almost ruptured tendon together or cut out a large damaged area so that the tendon can heal, for those without a ruptured or almost ruptured tendon, surgery is simply 'Not Indicated' and can't help you.
- **Just Taking the Supplements:** I'll be giving you the option of many different supplements to take, while these are EXTREMELY important -and I'll be telling you which ones are the MOST important- the lifestyle and in particular the dietary changes are a **CRITICAL** component of this program in order to give your body the most supportive environment in which to heal.

Drugs and surgery don't support the natural healing process of your body -and if you are smoking cigarettes, eating processed foods, taking in high levels of artificial sweeteners or drinking sodas every day, you will be sabotaging any efforts that your body is making to heal. Remember, this damage has occurred at the **CELLULAR** and **DNA** level- you need to give your body the best possible environment in which to heal that you POSSIBLY can so that it can do its job. If your cells can't heal, then YOU can't heal. And a large part of this program is YOU having to take responsibility for providing the optimal conditions under which to heal.

## Levaquin Tendonitis- The Basics

The Quinolone family of antibiotics has a LONG history of causing different types of toxic reactions. No less than **NINE** quinolones have been approved by the FDA, released onto the market and later removed due to the high numbers of toxic reactions reported!!

While Cipro, Levaquin and Moxifloxin are considered 'Safe' in comparison to the other Quinolones that have been removed from the market, the toxicity of these drugs has inspired the FDA to give a 'Black Box Warning', the strongest warning possible, for the problem of Levaquin Tendonitis.

While the FDA is aware of and recognizes this problem, doctors rarely warn patients about it despite the black box warning. And while doctors are **supposed** to take the 'risk factors' (outlined below) into account if they are giving this drug, in reality they rarely do.

As a nurse of 15 years, I can attest that I have given these drugs thousands of times on doctor's orders to people with multiple risk factors for Levaquin Tendonitis (BEFORE I was aware of this side effect). Nurses are NOT told about this problem, nor are they informed to stop giving it if patients complain of muscle pain or tendon pain. While I can't remember anyone complaining of this type of pain while I was caring for them, it's possible that I just don't remember because it wouldn't have meant anything to me if they had! It pains me to think that I could have disabled someone for life by giving them Levaquin.

## Tendonitis and Muscle Pain Too

While the FDA has a black box warning about Tendonitis -and the most commonly **RECOGNIZED** form of this is Achilles Tendonitis and Achilles tendon rupture- it can affect ANY tendon -or other connective tissue structure- in the body including the tendons of the **EYES** that can lead



to double vision!! Less commonly **RECOGNIZED**, however, is the muscular pain called myalgia that some studies show may actually OCCUR in up to 30% of people. **30%** ! This muscular pain may or may not occur with muscle weakness, a condition called myopathy as well as a whole range of neurologic symptoms, panic attacks, sleeplessness and more.

Anyone who experiences Levaquin Tendonitis can also experience this muscular pain that may show up as any symptoms ranging from LOCALIZED pain in the Achilles tendon, to all over body pain. And in fact, this pain can be so widespread and so persistent that there are researchers who speculate that many fibromyalgia sufferers may actually have unrecognized Levaquin side effects!! But just for the ease of speaking about this disorder, I'll be referring to any and all of these symptoms, whether they even include tendonitis or not, as "Levaquin Tendonitis".

## What Causes Levaquin Tendonitis?

OK. I'm going to attempt to make this section as easy to understand and as interesting as possible, but I'll warn you in advance that it is going to be a little technical and a little bit dry.

Those of you that aren't that interested in knowing HOW you got this problem and just want to know what to do about it can skip this section if you wish. However, understanding this section will help you to understand WHY we'll be making most of these recommendations- and most people are more likely to continue doing something if they understand the reasons behind why they are doing something.

If you want to heal, it's important that you DO continue following these recommendations.

There is no quick fix and there is no reason to start following this protocol if you are only going to do a quick trial and move on. Most people will need to follow these recommendations for a period of between 3 to 6 months to see noticeable results. So, understanding WHY you are following this program is likely to improve your resolve to be consistent for nearly half a year. So, now for the **WHY** and **HOW** of Levaquin Tendonitis and toxicity.

## Toxicity

Toxicity is really the first step in the damage that Levaquin causes to tendons. While researchers have identified all of these problems that I will be discussing as distinct issues, they are really just 'stages' of damage. Levaquin is a toxin, and all toxins cause damage. Whether you EXPERIENCE symptoms of toxicity or not is a matter of many different factors.



In any event, the toxicity of Levaquin overwhelmed your body's ability to detoxify it and it began to cause damage to your cells. While you may or may not have tendon pain, I'll be discussing tendon related issues at length throughout the book. Tendon cells seem particularly vulnerable for two reasons:

- **First:** they replace themselves very slowly
- **Second:** Tendon cells rely on magnesium for their health and Levaquin actually draws the magnesium out of the cells and causes it to be excreted.

This toxicity alters the metabolism of the cell and leads to an even slower replacement rate.

The body's inability to 'de-toxify' this poison then leads to the next stage of the equation... oxidative stress.

## Oxidative Stress

Oxidative stress is the KEY problem that you are experiencing and the reason why this condition has so many different aspects. Oxidative stress is the physiologic process that happens in your body whenever you have stress, and **EVERY** problem or disease- even simple aging- is caused by oxidative stress. Oxidative stress is **THE** cellular battle that is constantly going on in the body at all times.

Most people understand that emotional stress (getting in an argument or having money problems) contributes to 'stress', what most people don't realize is that MANY lifestyle factors also contribute to or overcome the effects of stress. Eating the right foods, getting enough sleep, putting toxins in (or on) your body or getting enough exercise all contribute to a positive or negative oxidative stress balance that either contributes to or overcomes the effects of 'free radicals'

While you may not have heard of 'Free Radicals' or 'Reactive Oxygen Species', almost everyone HAS heard of Antioxidants- the substances in fruits and vegetables that are supposed to be good for us and keep us healthy. Well, free radicals and reactive oxygen species (ROS) are the 'Oxidants' that 'Anti-oxidants' protect us from- and these oxidants are created from Oxidative Stress.

Oxidative Stress is really ANYTHING that causes stress in our body- anything. Everything from waking up to an alarm clock to drinking poison causes oxidative stress. Small amounts of it, like that from exercise, can actually help us by 'teaching' the body to fight these effects.

It is only when we get large amounts of stress that our bodies can't overcome that it becomes a problem. This is why some people have toxicity from Levaquin and some don't- it just depends upon the body's ability to detoxify the Levaquin and fight the oxidative stress before it causes damage. Importantly, it's rarely JUST the fault of the Levaquin- even though it seems that way- Levaquin is likely just 'the straw that broke the camels' back and caused you to EXPERIENCE the stress of Levaquin as severe symptoms. Even if you believed that you were perfectly healthy before you got the Levaquin, think about it, perfectly healthy people don't need antibiotics

While oxidative stress is very non-specific and can come from thousands of different sources, researchers can actually measure different 'Markers' of it, and therefore it's able to be measured and quantified. In the case of Levaquin Tendonitis, there is a LOT of oxidative stress produced that ends up overwhelming the cells and causing further damage- such as damage to nerves and the 'powerhouses' of individual cells where energy is made - the Mitochondria...

## Mitochondrial Damage

You may have heard about your Mitochondria in the context of the 'Mitochondrial Eve'. A few decades ago, it was discovered that nearly identical DNA has been passed from mother to daughter throughout time and scientists were able to actually trace the earliest DNA back to this presumed first ever woman that was named the 'Mitochondrial Eve' -the original mother of all human life.

While mitochondria might carry your mother's DNA, those of you with Levaquin Tendonitis are likely more interested in what your mitochondria are doing for a different reason. **This is because the mitochondria are responsible for all cellular energy in your body. This includes the energy to power muscles and the energy required for a cell to reproduce.**

And this now gets to the heart of what is causing your problems. When 'oxidative stress' continues, it damages the mitochondria of the cell – possibly even at the DNA level. And this damage at the DNA level is what is concerning. If you damage or kill a few cells, like what happens when you get a burn or a cut, then you simply create new cells to replace them.

**But if you damage a cell at the DNA level, then it may continue to reproduce- passing on weakened and damaged DNA to the next generation of cells!!** Damage enough of these cells in

a slow growing tissue like tendon and you can end up with a BIG problem, like Levaquin Tendonitis.

### Damage to DNA with Levaquin

Levaquin toxicity has been shown to damage the DNA in the tendon cells. When DNA is damaged, whenever that cell reproduces, it passes on the damaged DNA to the new cell which continues the damage. This is why it's so important to provide the 'optimal' cellular conditions where healthy cells will reproduce freely and eventually crowd out these old damaged cells that reproduce more slowly.

Along with tendon's natural property of **SLOW** cellular reproduction, this damage is at the mitochondrial and DNA level (remember, the mitochondria are where DNA is housed) is why it takes a LONG time to heal your Levaquin Tendonitis. You **MUST** provide the mitochondria with a continual supply of nutrients for repair of the DNA and for proper cellular division in order for the damage to be repaired in the next cellular 'generation' for the areas of healthy tendon surrounding the damage to 'crowd out' the damaged cells and repair the tissue.

## Risk Factors for Levaquin Tendonitis

Researchers have identified several risk factors for Levaquin Tendonitis and Levaquin Toxicity. One of these is magnesium deficiency which, as you'll find out in the magnesium section, is a LOT more common than anyone believes. This is due to a lack of good testing for magnesium and a lack of recognition by doctors that the testing they use is completely inaccurate. The point here is that while many of these risk factors look separate and distinct, when you know about magnesium deficiency, they ALL look like different 'Symptoms of Magnesium Deficiency'. So, while I'll mention the risk factors, many of them are really just conditions that lead to magnesium deficiency!

- Older Age- older people tend to be magnesium deficient and have 'worn down' cells
- Corticosteroid Usage (Prednisone, Methylprednisolone)- these deplete magnesium
- Diuretic Usage (Lasix,HCTZ)- these deplete magnesium
- Transplant Recipients- have undergone MAJOR stress that depletes magnesium
- Long Term Heavy Exercise- depletes magnesium
- Previous Usage of Quinolones- depletes magnesium, starts the process of damage

So, really magnesium deficiency is one of the BIGGEST risk factors for getting Levaquin Tendonitis in the first place. But other factors, such as undiagnosed mitochondrial problems can also contribute to the conditions that allowed Levaquin to cause the final 'Coup de Gras' to your body and cause such widespread damage.

**You also need to understand that if you were getting infections requiring you to take antibiotics in the first place, that you likely have some immune system problems and/or nutritional deficiencies that prevented your body from fighting off these infections in the first place.**



Remedying this underlying immune system problem, correcting your nutritional deficiencies, neutralizing the toxicity, stopping the oxidative damage and providing the best environment possible for healthy cells to reproduce is what this program is designed to do.

Now, that you know the WHY of what is going on in your body, it's time to discuss HOW you are going provide the best environment for the repair of your Levaquin Tendonitis damage.

## **Part II**

# **What to DO About Levaquin Toxicity**

# Preventing Future Problems

OK. So now that you know what Levaquin Tendonitis and toxicity IS, before we talk about what to actually DO about the pain and damage from Levaquin Tendonitis, we're going to talk about a few things that you need to do to prevent ever getting Levaquin Toxicity in the future, or to prevent your current problems from getting worse.

## Report it

While you will not hear this in most places, ANYONE can report ANY drug reaction to the Food and Drug Administration's drug reporting center (in the US). I strongly urge you to do this because only one out of every 100 drug reactions, and possibly even less, gets reported to the FDA. You were injured by a KNOWN reaction of a prescription drug that the manufacturers have a vested interest in keeping on the market.

Drug manufacturers almost never remove drugs from the market in order to serve the best interests of people, so it is ENTIRELY up to the FDA to make these types of decisions- and they rely on reports.



Most people would assume that the doctor or hospital reported the reaction, but this is RARELY the case. If you THINK your doctor reported it or even if you KNOW your doctor reported it, unless you yourself have seen a form that says that your doctor reported this to the FDA, then just report it. It doesn't even matter if it's reported twice.

You can [Report Your Drug Reaction to the FDA Online](#) here

OR

You can Call it in to 1-800-332-1088

**Please do this so that the FDA becomes aware of the extent of this problem and please encourage everyone that you speak to on online forums, support groups etc to report their reaction.**

This drug will continue to disable and harm people unless it is taken off the market. The 'Black Box Warning' placed on the packaging has done little to prevent these damaging complications. Please do your part to help make sure that everything is done to help other people **NOT** to get Levaquin Tendonitis.

## Don't Take Quinolones

While this may seem glaringly obvious, it is important to mention because this not only gets overlooked by many people, but gets overlooked by their doctors as well. You should **NEVER** take **ANY** of the Quinolone antibiotics ever again unless that is the only thing that will save your life. (And remember that poultry and drinking water have quinolones in them too!)

And that means not JUST the drug that you took but ANY of the Quinolones. If Cipro caused your problems, don't EVER take Levaquin or Avelox or any other Floxin or Floxacin. Even though Levaquin Tendonitis is not an 'Allergy', if you are **EVER** asked if you have a DRUG ALLERGY, you must say, **"YES- I CAN'T TAKE THE QUINOLONE ANTIBIOTICS!"**

### Allergies vs Reactions

Even though Levaquin Tendonitis is not an 'Allergy', you should make sure that it is on every list of allergies with every health professional you have. Your list of allergies should state 'All Quinolone and Fluoroquinolone Antibiotics'. Even though they ask about 'Allergies', medical professionals **REALLY** want to know what drugs or substances it is unsafe to give you- whether it is truly an 'allergy' or not.

The people who are asking you the question don't care whether you have an 'allergy' or not, they want to know whether or not it is safe to give you a drug. So, for the rest of your life you should always say that you can't take the Quinolone Antibiotics and you should not 'Assume' that this is on **ANY** of your medical records- even the record of the doctor or hospital where it occurred. Please notify **ALL** of your health care providers that you had a 'Drug Reaction' and to please put it in your records that you are allergic to Quinolone Antibiotics.

Then, the next time that you go to the office, don't ASK them if it is on your medical records, QUIZ THEM to see if they really did. On EVERY visit to EVERY health care professional, you should say to the office staff when you check it, **"Can you please read me the list of my drug allergies so that I can make sure it's up to date."**

That way you will know for sure if it is **REALLY** there on the list. Do this every single time you go to a doctor or hospital until you know for sure that it is really on that doctor's list.



If you go to a new doctor, the previous doctor may tell you that they sent 'all' of your records, but don't assume that this information was placed on the new doctor's records. Always assume that it wasn't, then you can be sure that it is on the new one yourself.

In addition, EVERY time that you get a prescription or FILL a prescription, ask the doctor and the pharmacist, "Are there any Quinolone Antibiotics in here?" Even if you sound like a 'Broken Record' or you've said it a million times and 'everyone knows', medical personnel see hundreds of people every day and may have forgotten that you can't take quinolones. Don't be afraid to protect yourself by asking at **EVERY** step along the way.

## Don't Take Corticosteroids

Corticosteroid drugs are prescription drugs that reduce inflammation and are used for a huge number of medical conditions that have an element of inflammation- including painful conditions like Levaquin Tendonitis!! They go by names such as:

- Prednisone
- Methylprednisolone
- PediaPred (for kids)
- Glucocorticoids
- Steroidal Anti-Inflammatories (not to be confused with the over-the-counter drugs such as Ibuprofen that are known as NON-steroidal anti-inflammatories or NSAIDS or with the 'Anabolic Steroids' that some bodybuilders take)

Since these drugs treat conditions of pain and inflammation, they are sometimes used by ignorant doctors in the TREATMENT for Levaquin Tendonitis!! This is a BAD mistake as these drugs are a known risk factor for getting Levaquin Tendonitis in the first place and should not be taken by those affected by Levaquin Tendonitis except in Life Threatening instances.

Even taking inhaled Corticosteroids, very commonly used for asthma patients or for wheezing in the lungs, has been known to make the symptoms of Levaquin Tendonitis worse. If you do have asthma, please be aware of this problem with Inhaled Corticosteroids that go by names such as:

- Aerobid (Flunisolide)
- Azmacort (Triamcinolone acetonide)
- Beclovent, QVAR and Vanceril (Beclomethasone dipropionate)
- Flovent and Advair (Fluticasone propionate)
- Pulmicort (Budesonide)

And weigh the pros and cons of the necessity of taking these drugs versus controlling your asthma symptoms. If you can use a non-steroidal medication to control your asthma, then absolutely do so.

## Getting a Medic-Alert Bracelet

Great, so EVERYONE knows that you can't take Quinolone antibiotics, it's on every one of your hospital and doctor's records and everyone in your family knows too. Then you go on an out-of-state business trip, get in a car accident and become unconscious. You are taken to the hospital and you have emergency surgery which saved your life. You get out of bed for the first time after surgery, step down on your foot and rupture your Achilles Tendon or have severe memory loss for the rest of your life because they gave you Quinolone Antibiotics during surgery. Yipes! While this is not likely, you could avoid this possibility ENTIRELY if you were to wear a Medic-Alert bracelet at all times. [Click Here to Order Your Medic Alert Jewelry](#).

OK. Now that you know how to avoid ever getting Quinolone Antibiotics in the future, on to hat to do about the pain that you are experiencing RIGHT NOW. Let's talk about what to do about managing your current pain next...

## Dealing With Your Current Pain

If you have pain, none of these strategies for Levaquin Tendonitis are designed to **REPLACE** your current pain relieving drugs and it's understood that you need to do whatever it is that you need to do to get you through the day and if it takes over-the-counter or prescription drugs to do that, then that is exactly what you need to do. But over time, it's hoped that this protocol with help you require fewer and fewer drugs to control your pain. This is important because pain relieving drugs were designed for short-term usage. When these drugs are taken for long periods of time they can have detrimental effects on the body.

And these detrimental effects are not 'Theoretical'. They are well-known and fairly common side effects that not only cause problems, but lead to emergency room visits and even death. Even over-the-counter drugs are not 'Safe' just because they are 'Common' and easily available. Some of the most common and most detrimental effects that these drugs can have on the body are:

## Liver Problems

One of the most well-known, but most often forgotten side effects of pain relieving drugs like:

- Tylenol
- Acetaminophen
- Many narcotic pain relievers (particularly if they contain Tylenol)

is liver toxicity. Liver toxicity with the use of Tylenol is a HUGE problem. In fact, it is one of the top reasons for liver failure other than alcohol abuse in the US. While some of these problems are from overdoses, many are from 'Unintentional Overdoses'. Presumably, the vast majority of these unintentional overdoses were from people who attempting to relieve chronic pain. Also, if you drink alcohol- even casually and even when you are not taking Tylenol WHILE you are drinking alcohol- then you increase the odds of liver toxicity from Tylenol.

But for those 'Chronic' Tylenol users, they don't go from 'Perfectly Healthy Liver' to liver toxicity and in the hospital overnight. The chronic use causes gradual damage to the liver that is not likely to be noticed- even by your doctor. And decreased liver functioning can lead to problems like:

- Inability to detoxify foreign chemicals and toxins in your body
- Less effective immune system functioning
- Fatigue

NOT problems that you need when you ALREADY have Levaquin Tendonitis or Toxicity. In addition, Tylenol diminishes a gene that allows your body to detoxify substances. This SAME gene is decreased directly by the Quinolones as well. It's possible that if you are taking Tylenol with Levaquin damage that you are doing extra damage to your entire body due to a decreased ability to detoxify.

## Bleeding Ulcers

Both Aspirin and Ibuprofen-containing products can lead to stomach ulcers and stomach bleeding. This bleeding can be severe enough to send you to the hospital- and even cause death. These are not 'rare' events, but common side effects of these 'not so safe' drugs that don't even require a prescription. If you choose to take these products, taking 'buffered' products is best, but ideally you'll minimize the use of these drugs as much as possible.

## Constipation

As you might know if you have taken narcotic pain relievers, constipation can be a **BIG** problem! Not only is constipation a problem in and of itself, but it can lead to bloating, gas, abdominal pain and back

pain. Taking medication that makes you constipated and increases your pain is **NOT** a great idea when you are already in pain! Constipation can lead to other problems, too, like the decreased ability to remove toxins (when that ability is already decreased by a sluggish liver) and bowel inflammation. Taking magnesium as we'll discuss later, as well as taking a fiber supplement can really help to prevent this uncomfortable narcotic side effect.

## Increased Intestinal Permeability

Also called 'Leaky Gut Syndrome', this lesser known and less understood side effect of Non-Steroidal Anti-Inflammatory Drugs, is a big problem that is usually completely ignored by most doctors. These NSAIDS like:

- Ibuprofen
- Motrin
- Alleve

May be 'anti-inflammatory' temporarily in your back or your joint where you are hurting, but overall, they can lead to increased all-over inflammation that begins in the digestive tract. You see, the digestive tract is only **ONE CELL THICK** where it comes closest to the bloodstream in order to deliver nutrients. When NSAIDS come into contact with this amazingly fragile layer, then it causes microscopic gaps between the cells that can allow food particles to 'leak' into the bloodstream. Leaky gut syndrome has been implicated in food allergies, nutrient deficiencies and even autoimmune disorders.

## Better for You Drug Alternatives

You are given these drugs and assume that they are safe, but there are some major risks to taking pain relieving drugs. Now that you are aware of those risks, you can also be made aware that there ARE alternatives to these drugs that often relieve pain just as well- or better than- pain relievers. In many occasions these alternatives have **Excellent** peer-reviewed studies that have been published in major medical journals showing that they are able to relieve pain very effectively.

Many of these alternatives can also decrease inflammation, heal leaky gut syndrome and provide antioxidants to help your liver and your immune system! We'll focus on these alternatives next and provide you resources to get these substances in the resource box at the bottom of the section.

## Turmeric and Ginger

While turmeric and ginger are distinctly different substances, they are related and have similar effects and will be discussed together simply so that information is not repeated. Both turmeric and ginger have long histories as being consumed as spices or condiments safely in large quantities in traditional cultures like India and Japan. Both have also been used extensively by the ancient traditional system of medicine in India called Ayurveda with incredible safety.

The main usages of both Turmeric and Ginger are for pain and inflammation. There have not been extensive research studies done on these substances using the 'Double-Blind Placebo-Controlled' trials that are required for the western medical system to embrace new substances. But the controlled trials that **HAVE** been done are definitely confirming what these traditional uses have said for thousands of years- turmeric and ginger are safe and effective for relief of pain and inflammation.

When used regularly, these two substances have been shown to be particularly useful in joint pain and for digestive system disturbances. Turmeric, too, has been shown to be able to:

- Reduce the liver toxicity that can occur from acetaminophen-containing products
- Reduce the intestinal inflammation that can occur with Ibuprofen-containing products

If you are attempting to reduce the use of drug-based pain relievers, then turmeric and ginger preparations are certainly worth a trial.

It is extremely important to get high quality Organic turmeric and ginger products as some lower quality products have been found to be contaminated with pesticides and heavy metals like lead. The same product as recommended in the enzyme section, [Heal and Soothe](#), has both Turmeric, ginger and enzymes

## Enzymes



While it would seem that digestive enzymes would not be considered pain relievers, they actually have a very long history starting with the training of Olympic Athletes in the Eastern bloc countries in the 1950's and 1960's where they were extensively researched in actual usage by athletes who still use them today. Enzymes such as bromelain, papain and 'proteolytic' enzymes are used by athletes around the world to have faster recovery from the common complaints of sore muscles and injuries.

These observations have been backed up by hundreds of research studies, many of them the high quality randomized controlled studies that western doctors and scientists consider 'valid'. Not only have these enzymes been shown to relieve pain and inflammation,

but they can help to decrease the intestinal inflammation that occurs with use of aspirin and/or 'anti-inflammatory' drugs.

For a serious punch for pain relief, turmeric, ginger and 'digestive enzymes' can all be combined for a 'synergistic' effect that may not be able to be obtained with any one of the substances alone. And not only do these natural substances help to combat pain and inflammation, but they can also relieve some of the digestive problems that occur with the high levels of oxidative stress you are experiencing.

Again, of course, all enzymes are not created equal and it's important to get high quality enzymes that will actually be able to make a difference in your pain. When you take digestive enzymes for pain, two things are imperative in order to get benefit from painful conditions:

- They must be **ENTERIC COATED**. Most are NOT. You MUST read the labels
- You must take them **IN BETWEEN** meals. Taking them WITH meals will simply help you to digest food and will not help to decrease inflammation.

This book recommends a product called [Heal and Soothe](#) that contains turmeric, ginger proteolytic enzymes and more. You can even get a [Free Trial of Heal and Soothe here](#).

You can also get one of the most highly studied Enteric Coated Digestive Enzymes. [Wobenzyme](#) has more peer reviewed studies and clinical trials showing its effectiveness than any other enzyme product out there.

## Magnesium for Levaquin Tendonitis

Magnesium is the first of the strategies that we are going to discuss to help you overcome your Levaquin Tendonitis pain and damage. The reason that magnesium is the first actual strategy that I mention is because it is, by far, the most important. If you can only do **ONE** strategy to help you to overcome Levaquin Tendonitis and Toxicity, then use magnesium. But please do not just 'take some magnesium', it will be pointless and will not do any good. If you are going to use magnesium- and I highly suggest that you do- please follow the instructions in this section **EXTREMELY CAREFULLY!!** The risk is that you will not take nearly enough magnesium and you will have no benefit!!

Some of the best research on Levaquin Tendonitis shows that those who have magnesium deficiency are at a much greater risk for Levaquin Tendonitis in the first place and that Levaquin actually leaches magnesium from the body as well. It's VERY clear that many toxicity symptoms such as headaches, panic attacks and sleeplessness are also due to magnesium deficiency as well.

Really, magnesium status should be one of the number one considerations before a doctor gives Levaquin, but unfortunately this seldom ever happens. There are several reasons for its importance as a risk factor:

- **First:** Magnesium is a VERY important component of tendon and cartilage.
- **Second:** Magnesium is detoxifying. Remember that EVERY drug that you put into your body is a 'toxin'. If you have a decreased amount of magnesium, then you can't 'de-toxify' or get rid of toxins from your body.
- **Third:** The Quinolone antibiotics actually 'leach' or 'chelate' even more magnesium out of your cells. So, if you start with a magnesium deficit, then it becomes an even WORSE deficit.

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**"Pathogenesis of [Levaquin Tendonitis] can probably be explained by the magnesium-chelating properties of these drugs, leading to a deficit of functionally available magnesium and, subsequently, to radical formation and irreversible connective tissue lesions."**

*'Quinolones as an Example for Xenobiotics Exhibiting Skeletal Toxicity'*

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While most people would assume that they were NOT magnesium deficient before they received one of the Quinolones, and your doctor would surely agree, it's actually almost certain that you **WERE** deficient. The vast majority of people who receive Quinolones either have an infection or have just had some sort of surgery- both of which cause stress that require extra magnesium. The events leading UP TO getting the antibiotics are usually stressful as well- pain, fever, fear, seeing multiple doctors- all use up magnesium.

On top of that, according to two of the foremost experts and prolific authors on the topic of magnesium, Dr. Carolyn Dean MD,ND and Dr. Marc Sircus, ND, virtually anyone with a chronic health problem in the western world is magnesium deficient and describe the problem of magnesium deficiency as 'epidemic'. So, it's quite likely that due to our generally magnesium deficient diet- our constant exposure to stressful situations and the stress of being sick, in pain and/or having surgery almost invariably caused you to be magnesium deficient. And the fact that you have Levaquin Tendonitis is a sure sign that you WERE (and still are) magnesium deficient.

## Signs of Magnesium Deficiency

But how would you have known if you were magnesium deficient before starting Levaquin therapy? There are many symptoms that indicate magnesium deficiency, most of which have to do with tenseness, tightness or stress and can look like:

- Muscle Cramps
- Migraines and tension headaches
- Low Back Pain
- Unexplained Muscle Pain
- Anxiety or Panic Attacks
- Feeling stressed
- Constipation
- Insomnia
- Ringing in the ears
- Heart Palpitations



If you have even one of these then it's likely that you have magnesium deficiency. For the purposes of this book, you **DO** have magnesium deficiency because you have Levaquin Tendonitis or Toxicity.

If you have had magnesium blood testing and it shows that your magnesium level is normal- even right before you received the Levaquin- it doesn't matter. Magnesium blood testing is **WORTHLESS** and should be completely ignored (unless your level was too high)- as you'll see below.

## Magnesium Deficiency Testing

If you have had blood tests at the doctor's office, it's possible that you may have had a magnesium level done. These are extremely common lab tests that are done regularly for many different conditions. The availability and wide use of these tests make doctors believe that they are accurate and useful. Unfortunately, this is not the case at all because 99% of the magnesium in your body is not **IN** your blood but inside your cells (including tendon cells) - so a magnesium blood level is next to useless. If you have had a level and it is normal, then ignore it.

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"...the reason patients with symptoms of magnesium (Mg) deficiency do not get Mg therapy is acceptance of an inappropriate lower limit of the reference values for serum Mg concentration."

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Unless you have a **HIGH** magnesium level or kidney disease, then a magnesium blood level is not useful! If you have Levaquin Tendonitis or toxicity, then that **IS** a symptom of magnesium deficiency and, unless you have any of the problems in the 'cautions' section, follow the instructions here regardless of whether your magnesium level was low or normal- and don't bother asking your doctor for a test. There



is simply no good reason to do so, except to waste your health care dollars and make you even more confused.

## How Magnesium Helps You

So, now that we've determined that you were probably magnesium deficient and that was a contributing factor in your Levaquin Toxicity, you can also use magnesium to help yourself heal. And really, magnesium is absolutely the NUMBER ONE strategy to employ to resolve this debilitating problem

**First:** Magnesium actually neutralizes the Quinolones. In fact, you can't take magnesium supplements at the same time as the quinolones because it will completely stop their mechanism of action and it will not work to get rid of your infection!! That's how powerful magnesium is against the Quinolones. Taking magnesium in high dosages once you have already received the damage will saturate your cells, drive out calcium that may contribute to calcifications and neutralize any Levaquin that may still be present in your body.

**Second:** Magnesium is used up whenever you experience stress and anytime that you experience stress you create 'oxidative stress'. If you remember from the first section, 'Oxidative Stress' is what is partially responsible for your tendonitis in the first place. Therefore, the more stress that you experience, the less magnesium you have and the more 'oxidative stress' you create- thus causing even more damage to overcome. Magnesium counteracts this by making you better able to deal with stress and thus creating less oxidative stress.

**Third:** The natural state of all cells is to be 'Full' of magnesium. If cells lack magnesium, then calcium will flow into the cells to take its place. When tendon cells get full of calcium -instead of their natural magnesium- they will become calci-fied. This makes them hard and crunchy (think bone) instead of soft and flexible like they should be. When muscle cells take on calcium, they go into a perpetual state of contraction which can lead to symptoms like heart palpitations, anxiety, constipation, sleeplessness and muscle cramps.

Calcium is required for a muscle fiber to fire.

Magnesium is required for that muscle fiber to stop firing. When our muscles are too tight for too long then they pull lots of Magnesium from you, and leave you Magnesium deficient to some degree.

When this happens, your muscles CAN'T relax, and/or get stuck in painful mini-spasm.

And remember, tight muscles pull on tendons, adding to the constant tension that can irritate and make things more painful.

The vast majority of people with Levaquin Tendonitis and Levaquin Toxicity, no matter what their symptoms, look like walking magnesium deficiency to me!! Magnesium deficiency is **GLARINGLY** obvious once you know what it looks like. And it probably looks a lot like YOU right now.

So, now that you know WHY you should be taking magnesium, you need to know what KIND and how MUCH to take.

## The Best Forms of Magnesium

Magnesium supplements come in many different forms. Some are able to be absorbed well and others are not. You want to **Avoid Magnesium Oxide** because it is the least absorbable form as well as the least expensive and most common. Almost every other form of magnesium sold is much more bio-available and absorbable to the body. Some of these forms have names like:

- Magnesium Glycinate
- Chelated Magnesium
- Magnesium Aspartate
- Magnesium Malate
- Ionic Magnesium (such as Concentrace drops)
- Angstrom Magnesium

And the list goes on and on. The majority of these are fairly well absorbed and you may want to try out different formulations to see if any of them act better in your body than any others. Some people notice a difference with different formulations and others don't. Some come in powders, liquids, creams, gels and oils. **Also avoid 'Calcium and Magnesium' supplements.** In order to get enough magnesium, you'd have to take WAY too much calcium and, except for the small amount of calcium in your multivitamins, you'll want to avoid taking supplemental calcium (getting dietary calcium is fine).

**IMPORTANT:** You should also get a product called [Transdermal Magnesium Gel](#) in addition to any pills or powders that you take by mouth. Magnesium, surprisingly, is well absorbed directly through the skin. This is an excellent way to get **EXTRA** magnesium in ADDITION to the oral magnesium. For those who have **LOCALIZED** tendon pain- meaning that it is confined to a particular area like the Achilles tendon, it can be **PARTICULARLY** helpful to rub the transdermal magnesium right into the affected areas as it can push the calcium **OUT** and put the magnesium right into the local tendon cells. Transdermal magnesium can and has alleviated tendonitis pain on contact in some people. Even if it doesn't alleviate your pain, it is still working on a more subtle level to provide the conditions necessary for healing.

## Getting the Right Magnesium Dosage

The dosage for magnesium varies **WIDELY** from person to person, but in the case of Levaquin Tendonitis, you are going to **CONSISTENTLY** need to get a LOT of magnesium!! The idea is that you need to **SATURATE** the interior of your cells for maximum effect. You need to get it in the cells and **KEEP** it in the cells in order to neutralize any Levaquin and to push out any calcium that may be left there.

### Transdermal Magnesium vs Oral Magnesium

I can't emphasize enough how important it is to get as much magnesium as possible and keep your intake at a very high level for several **MONTHS** in order to saturate the cells and **KEEP** them saturated. This is really the **MOST IMPORTANT** part of this **ENTIRE** protocol and is why you should get oral magnesium **AND** transdermal magnesium and not one **OR** the other.

**STEP ONE:** Start out supplementing your magnesium by getting a **HIGH QUALITY MULTIVITAMIN** with lots of magnesium. The two that I will recommend at the end of this section each have 500 mg of magnesium, so start with **JUST** the multivitamin or a total of **ABOUT 400 to 500 mg** divided into **AT LEAST** two doses throughout the day – three is better.

**STEP TWO:** Loose stools or diarrhea is a sign that you are starting to get saturated with the maximum amount of magnesium that you can take. If you do not get loose stools or relief of your symptoms at the dosage in the multivitamin, then **INCREASE** the dosage from there. Each day that you don't have any problems, continue to increase your dosage between 100 to 200 milligrams (mg) per day until you:

- Get relief or improvement in your symptoms
- You get loose stools or diarrhea
- Or you reach approximately 900 to 1000 mg per day

**TIP:** Even if you get loose stools- and some people who are **VERY** deficient get loose stools almost immediately- it's likely that you still need a lot more in order to saturate your cells, and there are a few tricks that you can do to get more magnesium while limiting gastrointestinal problems.

- 1) Take the same dosage of magnesium that caused you to get loose stools, but take it more **FREQUENTLY** throughout the day. Magnesium should be taken **AT LEAST** twice a day. But you can increase the absorption of magnesium by taking it up **to 6 times per day** if needed to avoid loose stools.
- 2) Buy [Magnesium Bath Flakes](#) or Epsom Salt (really magnesium salt) as another supplemental source of magnesium. You can put a minimum of a pound and up to 5 pounds (yes, the more you put in the more that you will absorb) in the bathtub in warm water and soak in it. The

magnesium will actually absorb right through your skin and give you an extra magnesium supplement. If you don't have a bath, you can just use a foot soak for similar results. Taking a magnesium bath or foot soak at night is often **EXTREMELY** helpful for those who have insomnia or increased pain during the night.

- 3) Get [Transdermal Magnesium Gel](#) and rub it directly into the painful area. This non-oily oil is also great to just rub all over your body after a bath or shower. Use this **ESPECIALLY** if you have localized pain as a **FIRST** choice- even over oral supplements. Use it frequently and liberally. It can often have **DRAMATIC** results on tendon pain!!
- 4) If you get loose stools easily already, then you can get a product called [Angstrom Magnesium](#). The tiny particle size allows angstrom magnesium to absorb easily and cause few to no gastrointestinal side effects- even at quite high dosages.
- 5) Make sure that your multivitamin has a minimum of 50 mg of vitamin b6 (or take a stand alone supplement up to 200 mg per day). Vitamin B6 is a necessary 'cofactor' for absorbing magnesium. A SURE sign of B6 deficiency is premenstrual symptoms in women.
- 6) You will need to keep this up for AT LEAST 3 months in order to even initially saturate depleted cells. If you take less or are hesitant about your dosing, it could take up to a year to fully saturate your cells. Be aggressive about your magnesium therapy!!

## Cautions about Magnesium

### Who Should NOT Take Magnesium

There are only a few reasons that you should **NOT** take magnesium without the express direction of your doctor. These conditions are:

- Kidney Failure or Renal Insufficiency
- High magnesium blood levels
- Myasthenia Gravis
- Excessively Slow Heart Rate
- A Heart Condition called Atrial Fibrillation
- Severe chronic constipation or a 'Too Slow' digestive tract

If you have any of these problems, then you **MUST** not take magnesium without getting the OK from your doctor. But for the vast majority of people, magnesium supplements are extremely safe at doses up to 1000 mg.

**OVERDOSE:** There is little to no danger of an [Overdose on Magnesium](#) (as long as you have healthy kidneys) because get your body will simply rid of the rest in your urine and stool. The vast majority of people will notice symptom relief or gastrointestinal problems before this dosage anyway. But there **HAVE** been cases of overdoses on magnesium. You should familiarize yourself with the incidences and symptoms of [Magnesium Overdose](#), and simply stop taking magnesium if you notice any of the symptoms or if you begin to feel worse.

## Magnesium and Medical Conditions

**High Blood Pressure and Diabetes:** If you have either high blood pressure or diabetes, be extremely mindful of your blood sugar and blood pressure while you are taking magnesium because these conditions could IMPROVE. This **COULD** cause problems if you are on medication for these conditions and you need to be in contact with your physician if you begin to have low blood sugar, low blood pressure or any adverse symptoms. When you notify your doctor, let him know that you are taking magnesium and that you may need to reduce your medications.

**Kidney Stones:** Kidney stones are NOT the same as 'Kidney Failure' or 'Kidney Function'. You can absolutely take magnesium safely if you have suffered from kidney stones in the past as long as your kidney FUNCTION is still fine- and in fact it could actually help! Kidney stone formation may, in part, be just another symptom of magnesium deficiency.

## Magnesium Summary

- Magnesium deficiency almost certainly contributed to your tendonitis and toxicity
- Magnesium helps to 'neutralize' and de-toxify the Quinolones. It's an 'antidote' if you will.
- Determine your need for magnesium based on symptoms and not lab tests
- Take magnesium in small doses frequently throughout the day
- Increase your dose until you get relief or get loose stools
- In addition to oral supplements, use magnesium bath flakes, Epsom Salt baths, magnesium oil rubbed into your skin or angstrom magnesium.
- Be AGGRESSIVE and consistent with your magnesium therapy and saturate your cells. This ONE therapy could make a HUGE difference in the experience of your symptoms
- Add between 50 to 200 mg per day of vitamin b6 to help absorb magnesium.
- Please read the [Overdose on Magnesium](#) page. The possibility of overdose is **RARE** and extremely unlikely, so PLEASE do not panic or constantly worry that you are taking too much magnesium now that you know it's a possibility (constant worry about taking too much magnesium is a sign of magnesium deficiency!). But you will reduce the chance of taking too much even further by being aware of the symptoms and simply stopping your magnesium intake and drinking plenty of water if you DO happen to take too much magnesium. You should NEVER feel WORSE when taking magnesium. If you do, then stop or decrease the amount.

## Magnesium Resources

<p>Multivitamin Choices That Have Magnesium</p>	<p><b>**Multivitamin Supplement</b></p> <p>Has 500 mg of high quality magnesium Selenium and Vitamin E (Tocopherols) at the correct dosage</p> <p><a href="#">Beyond any Multiple Multivitamin Supplement</a> - also contains 100 mg of Vitamin B6, which may help with magnesium absorption.</p>
<p>Extra Supplemental Magnesium Choices</p>	<p><b>**<a href="#">Transdermal Magnesium Gel</a></b>- Non oily magnesium for the skin. Just rub it in. Also called:</p> <ul style="list-style-type: none"> <li>• Magnesium Oil</li> <li>• Magnesium Cream</li> <li>• Magnesium Gel</li> </ul> <p><b>** <a href="#">Magnesium Bath Flakes</a></b>- Absorb the magnesium right in a relaxing warm bath</p> <p><b>**<a href="#">Oral Magnesium Supplements</a></b> –Capsules that contain small amounts of magnesium for flexible dosing</p> <p><b>** <a href="#">Angstrom Magnesium</a></b>- Angstrom magnesium is the best absorbed magnesium and is the least likely to cause loose stool. If you get loose stools when you take magnesium, this formulation should solve that problem.</p>
<p>For Further Reading About Magnesium</p>	<p><b>**<a href="#">Magnesium Medicine</a></b> – Downloadable Ebook will astound you with how much information you DON'T know about Magnesium. Seriously, this book will completely change your perspective on magnesium with the volume of information and research that there is on this life changing mineral. Get this book and you will understand exactly WHY I advocate magnesium so much.</p> <p><b>**<a href="#">Transdermal Magnesium, the Book</a></b> -In depth information about the science behind transdermal magnesium therapy.</p>

# Vitamin D For Levaquin Tendonitis

**\*\* Important: Even If you already take Vitamin D, You STILL**

**Need to Read This and Follow the Instructions\*\***

**V**itamin D is the second strategy that I recommend for EVERYONE with Levaquin Tendonitis.

Even if you already take vitamin D on a regular basis, drink lots of milk and/or get 'plenty' of sun, you need to read this because you are probably STILL deficient!!

**Vitamin D is one of the most overlooked and underutilized nutritional therapies in the medical world.**

Vitamin D is actually not a vitamin, but a powerful pro-hormone with the ability to regulate the immune system, decrease inflammation and activate thousands of genes that control diseases like multiple sclerosis and many different cancers. It's a shame that this inexpensive nutrient has **STILL** not become part of mainstream medical treatment despite thousands of studies on its multiple modes of action that has the potential to benefit so many.

In fact, there are **MANY** drug companies that are, right now, attempting to develop 'Vitamin D Analogues' that mimic the **EFFECTS** of vitamin D in a patentable synthetic form. In the meantime, despite the drug companies having read the impressive research about vitamin D, doctors are leaving up to 85% of the population vitamin D deficient **DESPITE** the fortification of foods like milk.

## Nearly 100% of Pain Patients are Vitamin D Deficient

Vitamin D deficiency is **SO** rampant in those with **ANY** kind of pain, that in one study of chronic pain patients at a pain clinic, almost 100% were vitamin D Deficient- regardless of WHY they had pain! And there are a multitude of studies showing that when vitamin d deficiency is treated, that many different types of pain that are **COMPLETELY** unrelated to each other and seem **COMPLETELY** unrelated to vitamin D go away.

Your pain may or may not have **ANYTHING** to do with vitamin d deficiency, but once you have pain it's almost certain that you'll **BECOME** vitamin d deficient because you're not likely to be getting outside in the sunshine as you might have before you were in pain. I ALWAYS recommend that **ALL** of my clients get a vitamin D LEVEL- and not just take 'some' vitamin D- because even if being sufficient doesn't help your pain, if you BECOME vitamin d deficient BECAUSE of your pain:

- Your pain may get worse
- You may develop other pain that you THINK is from Levaquin that's really from vitamin d deficiency
- You will be at higher risk for diabetes, cancer, multiple sclerosis and autoimmune disease

## If you have Muscle Pain from Levaquin

For those of you with isolated tendon pain, it's LESS likely that has to do with vitamin D deficiency, but for those of you who have also developed muscle pain or weakness (myalgia or myopathy) as a result of taking Levaquin, it's possible that it was TRIGGERED by vitamin D deficiency- or it could be due ENTIRELY to vitamin D deficiency!!

Muscle pain and weakness and fatigue are probably **THE** single most common symptoms of vitamin D deficiency that can resolve once vitamin D levels begin to rise. In addition, one interesting study on the muscle pain caused by statins concluded that vitamin D deficiency was the **TRIGGER** that caused the muscle pain! In other words, the statins – which cause similar symptoms as Levaquin Toxicity- didn't actually CAUSE the muscle pain and weakness, the Vitamin D deficiency did. The statins were 'The straw that broke the camel's back' that TRIGGERED the pain and weakness!!

Is this the case with Levaquin as well? We don't know, but since vitamin D is absolutely safe and has so many other health benefits and its deficiency leads to muscle pain and weakness- are you willing to wait for 5 or 10 years for researchers to find out that the same thing is true of Levaquin muscle pain?

## Other Good Reasons for Taking Vitamin D

If those reasons aren't enough for you, then how about the fact that vitamin D is responsible for increased muscular strength and could improve the strength in the muscles near your tendons, giving you greater stability and better blood flow.

Last but not least, the vast majority of you probably just feel pretty depressed right now with all this pain and going from doctor to doctor with no good answers. Well, vitamin D can also help improve your **MOOD** as well- and you can probably use all the help with that that you can get right now!

Even if vitamin D doesn't **ELIMINATE** your pain, it has been shown to decrease the need for pain medication! So, either way, if you are in pain, it is really imperative that you make sure you are vitamin D sufficient.

But what **SUFFICIENT** means is not as easy as you think. Nearly everyone 'believes' that they have sufficient vitamin D, but hardly anyone actually does. And there is only one way to prove that you are not vitamin d deficient.





## Getting a Vitamin D Level

**\*IMPORTANT, IMPORTANT\***

### You **MUST** get a vitamin D level...

Whatever it takes, you **MUST** have a vitamin D Level drawn.

You cannot skip this step. I cannot stress the importance of this. Everyone **BELIEVES** that they are **NOT** vitamin D deficient and everyone who is severely vitamin D deficient says, "But I take a multivitamin with vitamin D, I get 'plenty' of sun and I drink milk. So **WHY** am I vitamin D deficient?"

Unless you happen to be a lifeguard in Hawaii, the odds say that **YOU** are vitamin D Deficient too. And in order to alleviate the pain of vitamin D deficiency, you need to know your level because even **MILD** vitamin D deficiency can cause continued pain or mood issues. Unless you get your Vitamin D Level to between 50 to 80 ng/ml (158- 252 nm/L) then you are **ASSUMED** to have vitamin D deficiency. Particularly if you have muscle pain or any pain unrelated to Levaquin Tendonitis, your pain is **ASSUMED** to have been **CAUSED** by vitamin d unless you are in the levels below.

Your Pain is **Assumed** to Be from Vitamin D Deficiency  
until your vitamin d level has been consistently maintained  
in the range below for **3 to 6 months**.

It can take up to 6 months for pain due to severe Vitamin D Deficiency to be completely resolved. Again, **ANY** pain due to vitamin d deficiency can take up to 6 months to resolve completely once levels are in the range below. You **MUST** be patient. This is a long term problem that takes time to resolve.\*

#### Optimal Vitamin D Level

50 to 80 ng/ml

(nanograms per milliliter)

Or

158- 252 nm/L

(nanomoles per liter)

**\*\*Note the UNITS of measurement on your test\*\***

Yes, that **IS** correct vitamin d deficiency can have such **DRAMATIC** pain relieving effects, that it is assumed that your pain is from vitamin d deficiency until it is proven otherwise by your level being at the recommended levels above. I have seen so many different types of pain completely disappear using nothing but magnesium and vitamin D that I'm not even convinced that your Levaquin Tendonitis IS from Levaquin. If it goes away after magnesium and vitamin d, are you **SURE** it was caused by Levaquin? In fact, the muscular pain experienced from the cholesterol lowering statin drugs is a vitamin d deficiency problem that goes away when proper vitamin d levels are reached.



## How do you get a Vitamin D Level

If you have insurance and/or you can easily see a doctor, then you can ask for the following test:

- 25(OH)D level  
Also Called
- 25 Hydroxy vitamin D Level

If you don't have insurance or your doctor is uncooperative and refuses to give you a Vitamin D Level, then you can actually get a test sent right to your home that you do not need to get blood drawn for. It is called a 'Blood Spot' test and it's done with a drop of blood on a card that is mailed right back to the lab. Go to the resource area at the bottom of this section to get ordering information.

## Once You Have Your Vitamin D Level

Once you have your vitamin D level, please **IGNORE** the so called '*normal*' levels that are on your laboratory sheet. For various reasons, it is too low and researchers have found that the '*optimal*' vitamin D level is between **50 to 80 ng/ml** (nanograms per milliliter) or **158- 252 nm/L** (nanomoles per liter) as in the chart above.

If your level is lower than this and your doctor tells you it is "**Fine**", do not pay attention- it is **NOT** fine and needs to be in the optimal range.

- If your level is 50 ng/ml (158 nm/L) or HIGHER, then you are doing great. Vitamin D deficiency is NOT your problem and you can skip to the next chapter.
- If your level is BELOW 50 ng/ml (158 nm/L)- which is MOST LIKELY- then keep reading for more instructions.

## The Right KIND of Vitamin D

If your vitamin D level is less than 50 ng/ml (158 nm/L), then you need to be taking supplemental vitamin D. You **CAN'T** get enough vitamin d in foods (You'd need to get 28 ounces of wild- not farmed- salmon or 70 glasses of milk every day- Bon appetite!) -and unless you live in Hawaii or Arizona, then you are not getting enough sun and likely **CAN'T** get enough sun to meet your needs. If you could, then you would not be vitamin d deficient! So, really the BEST idea is to simply take supplements. If you live in the southern latitudes of the northern hemisphere or the northern latitudes of the southern hemisphere and have access to DIRECT warm sun and the ability to expose your skin regularly without burning, then this is an option as well. But only if you can get DIRECT warm sun directly on large amounts of your exposed skin without burning.

Now, if you got your vitamin d level from a doctor and the doctor writes you a prescription...

### DO NOT TAKE YOUR DOCTOR'S PRESCRIPTION!!!

Prescription Vitamin D is the **WRONG KIND** of Vitamin D. It is Vitamin D2- also called Ergocalciferol. What you need to take is Vitamin D3-with emphasis on the "3". Please read this research study that says

["Vitamin D2, or ergocalciferol, should not be regarded as a nutrient suitable for supplementation..."](#)

Therefore, when you need to correct your vitamin d deficiency, you will need to purchase [Vitamin D3 Supplements](#) on your own at the dosage that will be discussed in a few moments. Do **NOT** bother to ask your doctor to write you a prescription for Vitamin D3 or ask the pharmacist to get you 'Prescription Vitamin D3'- it does not exist (in the United States anyway).

Also, do not expect your insurance to cover Vitamin D3- it won't (again, at least in the US). However, it may qualify as a medical expense on the taxes of those who qualify. Save your receipts and speak to a tax professional about any and all of these supplements being considered as medical expenses for income tax purposes.

## The Right Dosage of Vitamin D

The RDA for vitamin D is between 400 to 800 IU's per day. If you stick with these recommendations, you will **NEVER EVER** treat your vitamin D deficiency. Most people will need close to **10 TIMES** more Vitamin D than RDA recommendations- and sometimes even twice that AGAIN in order to treat vitamin d deficiency! If you are still reading this, then your Vitamin D Level is less than 50 ng/ml (158 nm/L), so you should go to the [Vitamin D Deficiency Treatment](#) page and determine how much vitamin D that you

should take. Read these instructions **BEFORE** you take any vitamin D that your doctor wants you to take because it might be the wrong **KIND** or the wrong **DOSE**.

According to the guidelines on the Vitamin D Deficiency Treatment page highlighted above, you will need to take **AT LEAST** 50,000 IU's of Vitamin D3 per week. That is approximately 7000 IU's of Vitamin D per day! These are **VERY** well researched dosages that, while they may seem high, give an adult **ZERO** chance of an overdose. Do not think that these dosages are too much. If you take less because they "*seem*" too high, it's likely that you will remain in pain if your pain really **IS** due to vitamin D deficiency and you'll definitely remain vitamin D deficient.

After you take the Vitamin D for the recommended amount of time (usually between 8 to 12 weeks), then you **MUST** get a retest. You would be amazed at how many people's Vitamin D Levels do **NOT** rise to the recommended levels at these dosages. So get a retest and make sure that your levels have risen to the recommended levels, if they have not, then go back to the [Vitamin D Deficiency Treatment](#) page and repeat the instructions. Do this as many times as needed to get your levels up.

## When Will You Feel Better

If you do not get your Vitamin D level to between 50 to 80 ng/ml (158- 252 nm/L) then you may **Never** feel better. While some people feel better with the first dose, if your level was very low to start with, then it might take longer for you to feel better. Once your level is optimal, it may still take several weeks to months for you to feel better. In some studies it took **8 to 12 weeks** for pain to be relieved when it WAS from vitamin d deficiency. It may take up to 6 months for pain to be completely relieved if it's due to vitamin d deficiency. For Levaquin Tendonitis, it may NOT relieve your tendon pain, but it may very well help with your muscle pain- OR it might not help at all. Either way, getting your vitamin d level up is CRITICAL in order to make 100% sure that that is NOT the cause of your pain.

## Warnings about Vitamin D

### Who Should NOT Take Vitamin D

The **ONLY** reason that you should NOT take Vitamin D is if you have a disease that gives you an 'altered calcium metabolism' such as:

- Sarcoidosis
- Tuberculosis
- Active Parathyroid Disease
- High Calcium Levels
- Those who have had organ transplants or who are on anti-rejection medications

Parathyroid disease is **NOT** the same as 'Thyroid' disease. It is fine to take Vitamin D if you have **THYROID** problems, but not **PARATHYROID** problems. If you have had parathyroid disease in the past, ask your endocrinologist if it is safe for you to be on Vitamin D.

## Overdose

Everyone is always worried about overdosing on Vitamin D. You **CAN** overdose. But this is almost a nonexistent problem if you follow the recommendations here and get a vitamin D level before you start as well as getting a level about 3 months into treating your deficiency. If you skip getting a level- well, you **COULD** overdose, but even then, it is **MORE** likely that you will simply not take 'enough' vitamin D, remain in pain and then think that vitamin D did not help.

Many people worry about the large dosages that need to be taken to relieve deficiency, but please understand that overdose on vitamin D is not based on **DOSE**, but on vitamin d **LEVELS**! So, therefore someone with low levels (like you) would need to take well over One Million IU's all at once to overdose. But if you would like to learn more, you can go to the [Vitamin D Overdose](#) page.

## Increased Pain

While there are practically no side effects of vitamin D, the one side effect that you should be aware of is **INCREASED** pain- particularly muscle or bone pain! This is **NOT** cause for alarm, but a cause to realize that you have probably been vitamin d deficient for many years and your bones have become demineralized. The increasing bone or muscle pain signifies that calcium is going back **INTO** the bones where it belongs.

While the increasing pain may be uncomfortable and scary for you, do **NOT** stop taking Vitamin D. The best thing that you can do is to realize that you are probably much **MORE** deficient than the average person. Stopping vitamin d treatment because of the increased pain will leave you where you are right now- still in pain with no way out and very vitamin D deficient. The pain will likely last between a few days to a few weeks and getting to the 'other side' of the pain by continuing your vitamin D, being gentle with yourself and taking other pain relievers as needed is the **BEST** thing that you can do.

## Magnesium Deficiency

Many people who are given high dose vitamin d by their doctors experience increased pain in the form of muscle cramps. They may also become anxious, jittery, get headaches or become constipated. This is almost always due to a provoked **MAGNESIUM DEFICIENCY** from the vitamin d. You **SHOULD** be following the magnesium instructions so this shouldn't be an issue for you. I actually mention it in case you show these vitamin D instructions to friends or family to help them become vitamin d sufficient too (a GREAT idea by the way!!).

Make sure that they don't end up experiencing some of these side effects by having them be safe and taking Magnesium Supplements with their Vitamin D Supplements. Even better, you AND anyone that

you help to get on vitamin d therapy should take a full multivitamin like [Beyond Any Multiple](#), one of the highest quality supplements that I know of and contains 500 mg of magnesium in 2 serving.

## Medical Conditions

If you have diabetes or high blood pressure, these conditions COULD improve while you are on Vitamin D therapy- particularly if you are taking the vitamin D with magnesium as you should be. Pay extra attention to your blood pressure and blood sugar levels and contact your doctor to possibly decrease your medications if necessary.

## Summary of Vitamin D and Levaquin Tendonitis

Now you know a lot about vitamin D and you are well on your way to resolving any vitamin D deficiency that you most probably have. Once you resolve this, you will be happy to find that you either have less pain, need less pain medicine to manage the pain that you **DO** have or your mood has improved. Those are the odds.

So, here are the major points that we covered.

- Vitamin D Deficiency can cause pain- particularly muscle and bone pain
- Nearly 100% of patients going to pain clinics have vitamin D deficiency
- Correcting vitamin D deficiency often decreases or eliminates pain
- The RDA of Vitamin D is ridiculously low and you could still be severely deficient even if you take the 2 to 3 times the RDA of vitamin D
- You MUST get a vitamin D level before taking vitamin D
- ONLY take Vitamin D 3 – also called Cholecalciferol
- Prescription vitamin D is NOT vitamin D3- Do not take it
- Your Vitamin D level MUST be between 50 to 80 ng/ml for maximum benefit
- Get a level 2 to 3 months after you start taking vitamin D and every 3 months until your level has been stabilized- then once a year thereafter.

Vitamin D Resources	
Purchase Vitamin D3 Supplements	<a href="#">High Quality 5000 IU Vitamin D Supplements</a>

Comprehensive Vitamin D Reports. Excellent resources for doctors or for those who want to know the 'technical details' and science.	<a href="#">'Vitamin D- a Neglected Analgesic'</a> - Report about Vitamin D and its use for pain.  <a href="#">'The Use of Vitamin D in Clinical Practice'</a> – A teaching paper by doctors for doctors. Very detailed information about Vitamin D.
Vitamin D Testing without your doctor	<a href="#">In Home Vitamin D Blood Spot Testing</a> - This test is done in your home. You simply prick your finger and get a few drops of blood that you put on a card and send the card back to the laboratory. Effective, easy, accurate and affordable.
Get Your Questions Answered about Vitamin D	<a href="#">Easy Immune Health Website</a>

## Vitamin E and Levaquin Tendonitis

I'm glad that you were able to get through the magnesium and vitamin D sections. They were a bit long and detailed, but it was necessary to be able to have you understand the importance of those two supplements.

This section will be much shorter and much less complex. And if you are prioritizing your supplements due to cost constraints, then you should choose:

- Magnesium
- Vitamin D
- High Quality Multivitamin with Vitamin E and Selenium

### Why Choose Vitamin E

Vitamin E has been well-studied in relationship to Levaquin Tendonitis. **Low levels of both Vitamin E and Magnesium have actually been found in the damaged tendon cells of those affected by Levaquin Tendonitis.** Along with magnesium, it has been successfully used to prevent damage to tendon cells in animal and culture studies- unfortunately there have been no human studies using vitamin E to prevent Levaquin Tendonitis yet.

## "Supplementation with magnesium and vitamin E alone or in combination may relevantly diminish joint cartilage

### lesions induced by quinolones"

#### *'Diminished Ciprofloxacin-Induced Chondrotoxicity by Supplementation with Magnesium and Vitamin E'*

Vitamin E works for Levaquin Tendonitis for several reasons:

**First:** It is an actual measurable component of tendon tissue that is depleted when the cells are exposed to Levaquin. Since this component of tendon is depleted, you want to fill up the reserves again so that your tendon can rebuild properly.

**Second:** Vitamin E, apart from being a nutrient, is an anti-oxidant. And if you read Part I, you'll remember that we talked about oxidative stress being a problem. The reason that vitamin E is depleted from the tendon is that it is 'used up' as an antioxidant fighting the stress that is being caused by the Levaquin. So, having your tendon cells filled up with vitamin E allows you to rebuild the tendon and fight off any of the residual oxidative stress that is occurring.

**Third:** One interesting study showed that vitamin E sufficiency gave greater stability and less damage to the building blocks of tendon- a substance called collagen. Collagen (which we'll talk about a bit more in the diet section!) is what gives skin its elasticity and flexibility- important characteristics for tendon.

**Fourth:** Vitamin E is also an imperative component for the health of nerves and muscles. The symptoms of chronic Vitamin E deficiency look VERY much like the muscle pain, weakness, fatigue and neurologic problems of Levaquin Toxicity.

## Vitamin E Dosage

After the complicated dosages for magnesium and vitamin D, you'll find this section refreshingly easy.

400 IU's of vitamin E is the standard dosage and there does not seem to be any advantage to increasing that in this case. It is important to make sure that you do **NOT**, however, get Vitamin E **AS** 'Vitamin E'. If your product says 'Vitamin E', then it is a SYNTHETIC form that is not nearly as beneficial as the 'natural' or 'Food-Based' forms of Vitamin E that come in the form of:

- Tocopherol
- Mixed Tocopherols



Fortunately, these are readily available and already in most high quality multivitamins, and so are not hard to find. If you use my recommendations for Beyond Any Multiple, then you'll automatically be getting 400 IU's of vitamin E in the form of Mixed Tocopherols.

If you are already taking a multivitamin that you are happy with- just make sure that it has Vitamin E in the form of mixed tocopherols. If it does NOT, then throw it away and purchase one that does.

## Selenium for Levaquin Tendonitis

The next nutrient that you should use for Levaquin Tendonitis is another that should be easy for you to implement. If you take the advice to get a HIGH QUALITY multivitamin supplement, most already contain selenium as a critical component anyway.

Selenium is really an amazing nutrient that even has an FDA health claim that supports its ability to "reduce the risk of some cancers". You may be wondering why I'm discussing a nutrient's cancer-fighting ability when right at this moment you are **MUCH** more interested in Levaquin Tendonitis!!

Well, believe it or not, by the same mechanism that selenium is able to "reduce the risk of some cancers", it can help your Levaquin Toxicity. Again, refer to section one where we discussed oxidative stress and its damaging effects on your tendons. Well, one very specific thing that happens in oxidative stress-and that has been specifically noted to occur in Levaquin Tendonitis- is a decrease in a substance called Glutathione.

Glutathione is an amazingly powerful antioxidant that is present INSIDE the cells and is designed to protect the Mitochondria inside cells from the damaging effects of oxidative stress. Since the Mitochondria are literally the powerhouses and keepers of DNA that are present in each and every single cell in the body. Glutathione acts somewhat like a 'Guardian' of the mitochondria, fighting off the 'free radicals' and 'reactive oxygen species' that are created from oxidative stress.

## What Does This Have to Do with Selenium

In Levaquin Tendonitis, a **SIGNIFICANT** reduction in glutathione has been noted thus leaving the mitochondria vulnerable to damage. You CAN simply take glutathione to replace the lost glutathione if you want to, but glutathione is not particularly 'Bioavailable' when taken orally and is quite expensive in the oral form anyway.

You can get glutathione in an Intravenous form if you have access to an 'anti aging' doctor in your area (discussed at the end of the book), but this is even MORE expensive than the oral form and not everyone has access to an alternative physician that will administer glutathione.

A much more cost effective solution to increase your glutathione is to take selenium. Selenium is probably the most cost effective way to increase glutathione that there is, and since it's also a critical component of the immune system, by getting sufficient selenium you are getting two benefits in one. And let's face it, while not **ALL** of you ended up taking Levaquin due to some sort of infection, the VAST majority of you had some sort of infection that got you where you are now.

Selenium can help to improve the functioning of your immune system- which in part caused you to need antibiotics in the first place.

## Dosage of Selenium

Selenium is measured in MICROGRAMS, which are 1/1000 of a MILLIGRAM and the RDA for selenium is 55 micrograms (mcg) for adults. But there have been many studies showing the safety of taking selenium in doses up to 400 mcg per day in adults. Since you CAN overdose on selenium, this is NOT a nutrient that you want to experiment with larger than normal doses. The amount present in most HIGH QUALITY multivitamins, which is generally between 100 to 300 mcg, seems to be the sweet spot of safety and effectiveness.

Aside from the correct DOSAGE of selenium, you ALWAYS want to make sure that you:

- 1) Get Selenium from a food source or other 'natural' source in the form of:
  - Selenomethionine
  - Selenium enriched yeast
  - Methylselenocysteine
  - Chelated Formulations
- 2) Take your selenium with Vitamin E (in the form of Tocopherol) for maximum effectiveness

Selenium and vitamin E are nearly always naturally present together in foods, and they have a 'Synergistic Effect' on each other- each one increasing the effectiveness of the other and together increasing glutathione significantly. This synergy of nutrients is one of the reasons why I suggest NOT taking single nutrients but also taking a multivitamin as 'insurance' in order to cover any other deficiencies or synergistic effects that one vitamin may have on another that science may not even be aware of yet.

And again, you can choose ANY high quality multivitamin that has the recommended nutrients IN THE RECOMMENDED FORMS, but I've done the hard work of finding them for you and that is the reason why I recommend getting [Beyond Any Multiple](#) by Longevity Plus.

# Omega 3 Fatty Acids for Levaquin Tendonitis and Toxicity

Omega 3 fatty acids are substances that are naturally present in small quantities in some vegetables as well as many seafoods and free range meats. In the days when humans were mainly hunter-gatherers, we ate large quantities of Omega 3 fatty acids in the free range game meats, seafoods, nuts and vegetables that were dietary staples. However, in modern days, the grain-fed feed-lot animals and processed foods that the vast majority of people eat today have almost no Omega 3 fatty acids.

Omega 3's influence health in many ways, but from a Levaquin Tendonitis perspective, you'll be interested in 2 of these. The first are their impressive ability to decrease inflammation and the second is their influence on cell wall integrity and elasticity.

## They are Anti-Inflammatory

Corticosteroids, also called Steroidal Anti-Inflammatories are drugs such as Prednisone that decrease inflammation related to a variety of chronic health problems. It's **EXTREMELY** likely that YOU have taken these drugs too, because up to 75% of people used corticosteroid anti-inflammatory drugs prior to getting Levaquin Tendonitis.

This means that the **VAST** majority of you have **ONGOING** chronic inflammation that needs to be addressed **IN ADDITION TO** the Levaquin Tendonitis - and by addressing your Omega 3 fatty acid status, you can deal with **BOTH** of these problems at once.

In study after study, Omega 3 fatty acids have shown an impressive ability to reduce inflammation. While only a small percentage of people with Levaquin Tendonitis have **OBVIOUS** swelling to their joints or tendons, biopsies always show **CELLULAR** inflammation; in particular there is swelling in the mitochondria of the cells, which is a HUGE problem.

While inflammation DOES serve the purpose of bringing extra circulation and immune cells to an area when it's initially damaged, the vast majority of **CHRONIC** health problems are defined by their continued long-term inflammation that ends up doing more harm than good. The cellular inflammation that occurs in Levaquin Tendonitis is no exception and this inflammation may be one of the reasons that cellular DNA becomes damaged. Therefore it is **VITAL** that you decrease this inflammation so that the mitochondrial inflammation is cooled down and new healthy cellular growth can begin. Getting sufficient Omega 3 Fatty Acids is one of the best ways to accomplish this.

## Omega 3's Make Cell Membranes Flexible and Healthy

All cell walls in your body are made from essential fatty acids, yet the vast majority of people in western countries eat only poor quality fatty acids. Poor quality fatty acids are more prone to the same 'oxidative stress' that caused your problem in the first place. In the case of fatty acids, however, oxidative stress is called 'Lipid Peroxidation' instead of 'Oxidative Stress'- but it's the same problem with the same results.

As I mentioned earlier, most westerners get few Omega 3 fatty acids, yet throughout our evolution our fatty acids have been largely Omega 3 fatty acids.



Even in animal foods that traditionally have 'Saturated Fat'- such as beef, milk and eggs- the percentage of Omega 3 fatty acids in the 'marbling' of steak or the butterfat of milk is much much higher in wild or pasture-raised animals than in feed lot raised animals.

This is significant because you **WANT** your cell membranes to be made of the flexible and strong Omega 3 fatty acids instead of fats that contribute to more rigid cell membranes and that are more affected by lipid peroxidation.

Omega 3's are also FAR superior to the Omega 6 and Omega 9 fatty acids that are now called 'vegetable oil' and that we are told are 'healthy'. Unfortunately, most modern vegetable oils are NOT healthy and should not even be considered fit for human consumption. By far the healthiest fats are Omega 3's with olive oil, butter and coconut oil being other sources of healthy fats that you should include in your diet.

## Dosage and Forms of Omega 3 Fatty Acids

While Omega 3 Fatty Acids are extremely powerful in their anti-inflammatory effects, they are not drugs and can't be expected to act like them. You don't take Omega 3 fatty acids for two or three weeks and expect your inflammation to be gone. **This is a LONG TERM strategy to not only decrease LONG TERM inflammation, but to repair and replace cell membranes in the very slow growing tendon cells that have become damaged as well as reducing the overall inflammation caused by oxidative stress.**

Please do not take Omega 3's for a couple of months and then stop taking them because they 'didn't help'- or worse, stop taking them because now you're 'better' and don't need them anymore. They are a critical part of your diet that is likely missing and should be incorporated on a regular basis in the form of food and/or supplements for the rest of your life in order to maintain good health.

The studies that use Omega 3 fatty acids to reduce pain and inflammation in chronic health problems generally studied the people using them over periods of months to years- not weeks. While I can't give you an EXACT dosage of Omega 3's to take, the studies that showed good results for many conditions

generally use **between 2.5 to 3 grams** of omega 3 fatty acids per day. That is **2500 to 3000 milligrams** per day. Some practitioners are even recommending a dosage of up to 15 grams per day for those with acute inflammation. While I would not continue these high doses for long periods of time, if you have obvious inflammation or you have multiple health problems or severe pain, higher dosages for a period of one to two months could be beneficial to help relieve pain and inflammation more quickly.

While I'll discuss vegetarian sources in a moment, animal sources are the best and most abundant sources of Omega 3's. You can incorporate more Omega 3 fatty acids into your diet by eating:

- Fatty fish such as sardines, herring or WILD SOCKEYE salmon regularly. Make sure that you eat SMALL fish as they accumulate much less mercury. Wild fish have many times the level of Omega 3 fatty acids as their farm-raised counterparts.
- Omega 3 eggs or eggs from chickens allowed to roam and forage (cage-free is not good enough, they must be free roaming and able to scratch for bugs and worms)
- Meat and dairy from pasture-raised grass-fed animals
- Wild game

Even if you add these dietary sources of fatty acids, I also recommend that you include Omega 3 fatty acid supplements in the form of:

- High Quality Purified Fish Oil (NOT Cod Liver Oil)
- Krill Oil (which contains extra antioxidants)
- Green Lipped Mussel Oil



While I absolutely **DO** recommend Omega 3 fatty acids from animal sources, if you are a vegetarian and absolutely won't use animal sourced products (Consider Green Lipped Mussel at least, since mussels don't have 'faces' - a consideration for some vegetarians) to obtain your Omega 3 Fatty Acids, then Chia seeds are the most concentrated sources of Omega 3 fatty acids (and contain lots of magnesium as well). Since Chia is a potent fiber as well, this is a great addition for those of you in which constipation is a problem. You can also use Flax Oil as a vegetarian source of Omega 3's, but you must make sure that it was: cold pressed, shipped cold, stored cold in a light proof container and that you buy it VERY soon after it was made and that you use it within two weeks of opening it- while keeping it in the refrigerator.

Flax Oil goes 'rancid' very quickly which can cause a net INCREASE in oxidative damage (remember the discussion about Lipid Peroxidation?) and be undoing all of your good work if you choose to use flax oil and don't take the necessary precautions to get it VERY high quality and very fresh.

## Cautions

You should discuss taking omega 3 fatty acids with your doctor if you have any history of thin blood or if you are on blood thinners like Coumadin, Warfarin, Plavix or Aspirin. Otherwise, Omega 3's in the dosage of 2500 to 3000 IU's have been shown to be remarkably safe in

studies. Always make sure that your fish oil sources are independently tested to be free of mercury and PCB's and to make sure that your Omega 3's from ANY source are not rancid.

## Summary of Omega 3 Fatty Acids

- Omega 3 fatty acids are a critical part of our diet as humans
- Most of us are extremely deficient
- Omega 3 Fatty Acids help to reduce inflammation
- They provide flexibility to cell walls and resistance to lipid peroxidation
- A dosage of 2000 to 3000 mg is used in many studies safely
- A dosage of up to 15 grams (15,000 milligrams) may be used for one to two months
- Improvement occurs **ONLY** with consistent and continued use.
- Check with your doctor before supplementation if you have thin blood, bleeding problems or are on blood thinners

## Summary of Section 2

This first section covered all of the 'Must Do' supplements:

- Magnesium
- Vitamin D
- Vitamin E
- Selenium
- Omega 3 Fatty Acids

For those on a budget, if you do only these supplements and follow the instructions in the diet section, you'll have covered the most important bases and will be well on your way to reversing the conditions that got you where you are now and giving your body what you need to allow it to heal itself.

For those who want to do everything you possibly can to heal as quickly as you can, continue on to the 'Super Supplements' section after the Levaquin Tendonitis Diet section and you can add on several more supplements that can help to support your body to the maximum extent possible. But be sure **NOT** to skip the Levaquin Tendonitis Diet section as it is absolutely **CRITICAL** for **OPTIMIZING** your cellular functioning by eliminating toxins and inflammation while maximizing your nutritional status...

## Recommended Sources for Supplements Core Supplement Program

### Easy Immune Health Website

#### Beyond Any Multiple –

- 500 mg of Magnesium
- 100 mg of B6 to help absorb magnesium
- Recommended dose of Selenium
- Recommended dose of Vitamin E

Transdermal Magnesium- Sorry, none offered from Easy Immune Health, but you can get transdermal magnesium from [Ancient Minerals](#).

Oral Magnesium Supplements- Capsules come in small dosages for ease of increasing or decreasing dosage.

Vitamin D Supplements- Come in capsules of 5000 IU's each. Excellent quality supplements that aren't packed in oil and so won't go rancid.

Omega 3 Fish Oil Supplements-High Quality Fish Oil supplements. Pharmaceutical grade and independently tested for toxins, mercury, etc.

# **Part III**

## **Levaquin Tendonitis**

### **Lifestyle Factors**



# Levaquin Tendonitis Lifestyle Factors

I hope by now it makes sense to you what is going on in your body and why, at least in part, you are experiencing Levaquin Tendonitis. There is a reason why YOU got Levaquin Tendonitis and why tens of thousands of others who took Quinolone antibiotics didn't- and that reason is because you have some genetic predisposition that interacted with your environment that allowed you to get this severe damage when others don't.

And since you had a particular environment in your body that allowed you to get this damage, the best (and maybe the only) way to repair this damage is to change the conditions in your body that allowed you to be susceptible to the Levaquin Damage. Are you still with me?

**There is MUCH research showing that your genetics are not 'static' (Read Bruce Lipton's 'The Biology of Belief' and the NY Times article, 'A Decade Later, Genetic Map Yields Few New Cures'). We think that we have a certain 'genetic code' and that this code is fixed and not changeable. We are what our genetics are. Period. End of story.**

**While this is a great bedtime story for kids and**

**It's nice and easy to teach in public school- it's not true!!**

Our genetics are mutable throughout our lives depending upon the environment that we give our genes. If this were not true, there would be no reason to exercise to prevent heart disease- you'd simply have heart disease or not depending upon your genetics. But we understand almost intuitively that exercise can help us to overcome bad heart disease genes. The ability to switch genes on or off is also true with almost every disease out there- including Levaquin Tendonitis.

It's likely that YOU inherited some genes that made your mitochondria more susceptible to the damage from Levaquin- but YOU supplied whatever underlying environmental conditions it took, even before the Levaquin was introduced, that allowed the damage to take place.

And now you are going to have to change those environmental conditions to the most OPTIMAL conditions possible if you want to heal the damage. If you already have a dysfunction that allows your mitochondria to become easily damaged, then you need to be especially careful to provide maximum nutrition and minimal oxidative stress and inflammation if you want to get well. And the most effective way to accomplish these goals are by changing the lifestyle factors that contribute to oxidative stress and nutritional deficiencies.

Get ready to learn about and begin eating the Super Soup Tendonitis Supplement...**Enjoy!!**

# Super Soup Supplement For Levaquin Tendonitis

This Super Soup is one of the BEST supplements for Levaquin Tendonitis that you can take. This natural food is a 'Super Food' that you should be eating on a daily or almost daily basis while you are trying to heal yourself. What is this Super Soup?

**This Super Soup is also known as Bone Broth or Homemade Soup Broth.**



Whenever I mention Bone Broth, I always get asked, "What is THAT!!!" with a stare as if I would be **CRAZY** to be eating something with bones in it. But your grandparents and their grandparents ate Bone Broth on a regular basis, but they would have simply called it 'Soup Stock' or 'Broth'.

Nowadays we have powders and cubes and jars of stuff that makes water **TASTE** like what we might call 'broth', but ironically most people have never even tasted what the cubes and powders are trying to imitate!

What they are trying to imitate is Bone Broth. And I call it bone broth to distinguish it from the 'broth' that is a poor imitation for **REAL** broth. And answering your question in advance, "NO, it's not OK to substitute canned, jarred, boxed, cubed or any other type of broth for bone broth". Unless you make it yourself or otherwise know for certain that it's slow cooked from bones, then you can't call it bone broth and it's not going to provide you with the substances that are the reason to eat bone broth in the first place.

But why am I talking about something called Bone Broth in a Levaquin Tendonitis book and what **IS** bone broth anyway? Bone broth is just what it sounds like- broth made from simmering bones and other leftover parts of animals. The reason that I'm talking about in a Levaquin Tendonitis book is because it is probably one of the most nutritionally 'Dense' foods that there is- and it contains substances such as:

- Collagen
- Glucosamine
- Chondroitin
- Silica

And other substances that make up **YOUR** bones and tendons -because it's **MADE** from bones and tendons! Eating bone broth on a regular basis in a fantastic way to get the building blocks of tendon in

your diet that you may just not be able to get anywhere else. And even if you do not have tendon pain, you should **STILL** eat bone broth due to its amazing nutritional components.

Historically, nearly all cultures made bone broth from whatever animals they had eaten. These days, we **ONLY** eat the steak cuts and we throw out what we don't eat. By doing so, we miss out on the nutrition in all those various parts, bones, joints, tendon, connective tissue, bone marrow, etc. and this may be a risk factor for many of the tendon and other connective tissue problems that we have today.

I am a big fan of **REAL FOOD** that is nutritionally dense and provides us nutrients that we just don't get on a daily basis from other sources. If you think that this doesn't apply to you because **YOU** can't be deficient in anything- remember that is almost a sure thing that a magnesium deficiency got you where you are now, so what else might you be deficient in? You need all the help you can get, and really, it tastes **WONDERFUL**- it's **JUST** soup stock that your grandmother would have made.

## How to Make Bone Broth

**NOTE: ALL ingredients MUST be organic and/or grass fed free range from a known source that does not use pesticides or hormones. You can even use intestines, organ meats (giblets), tendons, meat scraps, skin – whatever you have left over after eating an animal or whatever clean butcher scraps there might be- except for brains. If you can find a butcher or farmer's market supplier that sells 'dog bones', you can ask if there is any reason why they can't be used for your broth. Most of the time, it's just a marketing strategy. But always be sure to ask just to be on the safe side.**

### Ingredients:

- You can use the parts from ANY animal to do this. Beef and chicken are just the most common
  - Get some beef thigh bones and joint parts cut into 3"ish long cuts
- OR**
- An entire chicken carcass – skin, bones, cartilage and meat scraps. Everything that you didn't eat after you ate a chicken. You can add the feet, neck and giblets if you have access to them.
- OR**
- Leftover fish parts (wild caught, NOT farmed) **including** the head and tail
- OR**
- Butchers scraps or leftover parts of any other animal that is regularly used for food
  - Filtered Water
  - 1 or 2 ounces of any kind of vinegar or any kind of wine (the acid helps leach the minerals out)

### Directions:

1. Throw all parts into a crock pot (preferred way) or simmer on a stove and add 'enough' filtered water to cover the bones completely.
2. Simmer beef bones for 48-72 hours, chicken can be 12 to 24 hours. Chefs believe that you should check on it every few hours and scrape off any of the 'floating bits' and foam that come to the top as they can affect the flavor. I don't do this and don't notice a difference, but your palate may be more sensitive than mine.
3. Allow to cool.
4. Strain it through a colander or sieve to get out the 'bits and pieces' and put it in the fridge.
5. Scrape the fat off of the top after it has congealed. You can also use a gravy separator to get the fat out. After you have scraped the fat off, if you put it back in the fridge to cool, it should congeal like Jell-O. This means that you have a bowl full of nutrient dense bone broth with tons of collagen and other great things for your tendons, cartilage and connective tissue.

If it doesn't congeal like Jell-O, then you either didn't let it simmer for long enough OR you used 'battery' raised chicken that doesn't have enough nutrients in its bones and connective tissue to have been able to donate any to YOUR bone broth. Your animals MUST be of high quality.

### There's Quinolone Antibiotics in Your Chicken!

Most 'battery' raised chickens are pumped full of Quinolone Antibiotics so that they won't get sick in the horrible conditions in which they are raised. While battery-raised chickens don't contribute enough collagen to make bone broth worth eating, there's another reason to avoid eating them. Eating animals that have been injected with Quinolone antibiotics may have **YOU** ingesting the very Quinolones that you are trying to get out of your system!! Be safe and only eat hormone-free, organic and free-range animals products at all times. Unless your chicken specifically says 'Hormone Free' then you must assume that it has been treated with Quinolones- and it probably has been

## How to Eat Bone Broth

For you engineers or detail-oriented people out there, you will be very frustrated with my instructions on how much and how often to eat bone broth.

Every bone broth that you make will have different nutrients in it, and everybody's nutritional **NEEDS** are going to be different so there is no way that I can give you a formula on how much and how often to eat bone broth. In the beginning, you should be eating bone broth AT LEAST once a day and even carry it to work in a thermos and drink it as a drink throughout the day if that 'Feels Right' for you to do. You **CAN'T** eat too much bone broth unless you become obsessed with it and are eating it constantly. **Don't Do That!!**

## Super Tip

### Eat More Tendon

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While this might sound a little bit crazy, a study on dogs with Levaquin Tendonitis showed that the dogs that ate tendon healed faster than those who didn't. While most people would never think of eating tendon, if you go to almost any Vietnamese restaurant and order the noodle soup known as 'Pho', one of the many options is tendon. Ordering tendon in Pho is as common as ordering pepperoni on pizza! Yes, I've eaten it many times and it tastes pretty good. Ideally, if you have access to an organic butcher you can get tendon on a regular basis and make your own homemade soup with bone broth and tendon pieces.

Bon Appetite!

While it is a supplement, it is first a **FOOD**. Treat it as a food and just notice if your body 'wants' to have more or not. When I first began eating bone broth, I craved it and made pot after pot for months at a time. Now, since I've probably satisfied some nutritional need, I don't crave it so much and simply make broth whenever we have a chicken. But I don't go out of my way to specifically buy beef bones like I did when I first began eating it. But I can tell you that when I eat it consistently, my nails become very hard and durable. The difference is noticeable and I can't help but think that your tendons are being strengthened as much as my nails are- only in a different way. Simply start eating bone broth and 'trust' that your body will tell you how much bone broth to eat. Some ideas for bone broth:

- Use the broth as soup base to make any kind of soup- including vegetable soup.
- Use it as the liquid to cook rice or other grains.
- For breakfast, you can poach eggs in it then allow it to 'boil down' and pour the 'gravy' over the top of the eggs.
- Make it into real gravy and use it on mashed potatoes or over chicken.
- Add miso, green onions and a sprinkle of tofu for miso soup
- Put a little salt in it and drink it in a cup like a 'tea'. In much of Asia, they drink bone broth as if it were a 'tea', often 2 or 3 times per day.
- Whatever it takes to make it taste good just do it. Don't choke down unseasoned bone broth because it's supposed to be good for you. This isn't torture, it's food. It should taste good and be a pleasant experience for you.

When you begin eating **REAL** foods like bone broth and Raw Milk (yes, I said RAW), you'll find that it takes much less food than you're used to in order to feel full and nutritionally satisfied. Joshua, owner of [The Tendonitis Expert](#) website where you might have bought this book and who you'll hear from a bit later on, can eat a **GIANT** bowl of the Vietnamese soup known as Pho from a Vietnamese restaurant (made with cheap broth and not real bones), but he is **FULL** after a small bowl of bone broth.

Why?

**Bone Broth is nutritionally dense.** It contains all the nutrients leached out of the bone, bone marrow, tendon, collagen and joints. This includes glucosamine, chondroitin sulfate, calcium, trace

minerals, silica and various other nutrients including protein and amino acid components. The high levels of trace minerals in broth is sorely lacking in the western diet with our incredibly depleted soils and high levels of processed foods that we eat instead of real food.

One other big advantage of bone broth is that the amino acid profile of bone broth, as well as organ meats, is so 'complementary' to the muscle meats that we eat that it actually allows us to require less of these muscle meats. Because muscle meats don't have all the amino acids that humans need in all the same proportion, we actually need to eat more protein than we otherwise would if we ate more broths and organ meats. To say that another way, gelatin and organ meats can actually reduce your need for other types of animal protein by as much as 50%! It's not only an efficient way to get protein, but it's cheaper too.

Our ancestors evolved eating the ENTIRE animal, nothing was wasted. They constantly ate gelatins, bone marrow, bone broths, organ meats and all of the other components of the animals that we don't tend to eat today. It's only been the past 40 to 50 years that we have stopped eating these animal components that allowed us to thrive for tens of thousands of years- and our health is suffering for it.

This takes some work to make and manage the bone broth, but it's worth it.

**NOTE TO VEGETARIANS:** I always get asked for an equivalent food for vegetarians. Unfortunately, there is just not any vegetarian food that can provide the collagen, glucosamine, chondroitin and amino acids that are all present together in bone broth. But if you are absolutely opposed to using animal based food, then you can try adding a silica supplement. I've not used silica supplements, but I have seen claims that they can help to repair collagen and cartilage.

Basic How-to Make Bone Broth at: <http://www.easy-immune-health.com/essential-bone-broth.html>

## The Levaquin Tendonitis Diet

While bone broth isn't the only food you'll be eating, I devoted a whole section to it because it is such an important food to add to help with healing that it really deserves its own section. But eliminating any processed foods and 'Non-Foods' like soda is an integral part of bringing your body to a place where it has optimal healing abilities.

Therefore, ideally you should COMPLETELY eliminate:

- Sugar
- Processed Foods
- Non-foods
- Foods that have artificial ingredients or low nutrient value
- Artificial Sweeteners of ANY kind (Stevia and honey should be your ONLY sweeteners!)

What this means is that you will be eating almost nothing that is in packages or boxes. The vast majority of the food that you eat should be in the form of ORGANIC fresh fruits, vegetables, legumes and wild or free-range organic animals and animal products with a few select non-gluten grains (this will be explained in a moment). If your great-grandmother wouldn't have recognized it as food, then it doesn't belong in you.

In addition, one thing that is NOT intuitive that I HIGHLY recommend in order to provide the BEST environment for your body and your best chance at healing is a Gluten Free Diet.

## The Gluten Free Diet

What is gluten? Gluten is the protein portion in some grains such as wheat, rye barley and other 'Whole Grains'. Gluten Sensitivity is THE most unrecognized causes for chronic health problems in the western world!! Researchers describe gluten sensitivity as an 'Epidemic' that is analogous to an ICEBERG. That is because the 1% of people who actually GET diagnosed are the 'Tip of the Iceberg' while the remaining 99% go undiagnosed.



As we discussed earlier, the VAST majority of you required antibiotics because you had some sort of serious infection. Most of you will also have been diagnosed with AT LEAST one other health problem- diabetes, high blood pressure, high cholesterol, recurring infections or an auto-immune disease. If this is the case for you, then the chances of you having an undiagnosed Gluten Sensitivity that may actually be the UNDERLYING CAUSE of your health problems is EXTREMELY likely and you should ABSOLUTELY be completely gluten free for at LEAST two months as a trial. For those who are sensitive to it, going on a gluten-free diet could **RADICALLY** change your health in so many ways.

But even if you have no other health problems and don't think that you are gluten sensitive, try it out anyway. No matter whether you are sensitive to it or not, gluten- in ALL cases- is an inflammatory food that generally contributes to

minor inflammation in the digestive tract that can impair the immune system and/or prevent full absorption of all of the nutrients that you are taking in. You just might be surprised to find that minor conditions you don't even think about as 'health problems' clear up and you feel better than you've felt in a **VERY** long time!!



## How to Eat Gluten-Free

A gluten-free diet is somewhat complicated and definitely **NOT** intuitive.

There is gluten in nearly every pre-packaged or pre-prepared food that you might purchase. Therefore, going into the details of a gluten-free diet would make this book MUCH longer than it already is! There are many books and websites (See the Resources at the End of this section) that are dedicated to teaching about a gluten-free diet and it is worth your while to get one of them before you attempt to start your gluten-free experience.

Once you begin your gluten free diet, give it 1 to 2 months of being **Completely 100% Gluten-Free** in order to see if you improve.

**You cannot eat a 'low gluten diet' and expect to have improvements in your health if you are one of the large numbers of people who are sensitive to gluten.** There are people who are so sensitive to gluten that the smallest amount in a soup or their medications will prevent them from getting well. And they may even think that they are NOT sensitive to gluten because they tried the diet and it didn't improve their symptoms. In many cases, it's the opposite: people are SO sensitive that they can't get well until they eliminate every trace of gluten from their diet. Until you have been 100% gluten free for up to 2 months, you CANNOT judge whether a gluten free diet was beneficial for you or how much you can return to eating without having problems.

### The Most Important Thing to Know About

#### Starting a Gluten Free Diet

**You must do the initial 2 month trial while being 100% gluten-free. Not 99%, not 98%. Being 100% gluten-free is the ONLY way that you can determine whether you are sensitive to gluten or not. Once you've done the initial 2 months 100% gluten free, then rely on how you feel to determine how much gluten (if any) you can add back to your diet.**

Surprisingly, some people can feel **AMAZINGLY** better within days of starting a gluten-free diet. For others it can take up to 2 months to heal the digestive tract and to really notice a difference in their health. After 2 months, if you have not noticed an obvious difference in your health, then plan a specific day where you allow yourself to eat gluten in large amounts throughout the day. Have pancakes for breakfast, spaghetti for lunch, etc and observe your body for **2 to 3 DAYS** to see how you feel.



After your 'gluten challenge', depending upon how you feel, you will have to decide whether to eat gluten again and, over time, to determine how much you are able to eat without having your symptoms return.

## Cautions

A gluten-free diet is completely safe. The human race existed with virtually no gluten in our diets for the VAST majority of our history, yet many people and many doctors will 'Warn' you that you might harm your health if you don't eat gluten containing grains. Since hunter-gatherers societies lived without gluten until extremely recently- **until the mid 1900's in some cases** – I can assure you that a gluten-free diet is ENTIRELY safe.

The only reason that a caution is even **MENTIONED** is because there will be people who think that you are going to damage yourself somehow by not eating bread and cereal grains. This is simply not true and is absolutely silly when you realize that gluten grains didn't even exist except in trace amounts for 99% of our evolution!! Remember, this is NOT the Atkin's Diet and you can eat liberal amounts of carbohydrates if you desire and there are thousands of vegetarians who eat a gluten free diet.

**WARNING, WARNING:** The other caution for gluten-free eating is the '**Rookie's Mistake**' of replacing all of the unhealthy breads, pastas and pastries that you are eating now with gluten-free breads, pastas and pastries. **This is a big mistake.** If you are trying to heal yourself, then you need all the nutrients that you can get. The vast majority of gluten-free pastas, pastries, etc. are processed junk food that are not beneficial to your health in the long run and are best avoided. If you are committed to healing your Levaquin Tendonitis, then NO non-food or even, ideally, no non-organic foods that are not WHOLE and REAL FOOD should enter your body. A gluten free diet, in this context, is much more a Paleolithic diet than it is simply trying to replace all of your old foods with gluten-free foods. The 'trick' to an easy gluten free diet is to eat nothing but WHOLE real foods (organic, free-range, pasture raised) that your ancestors would have eaten. Quality of your food is just as important as the food itself.

## Fats

We discussed fats earlier in the Omega 3 Fatty Acid Section, but fats are AMAZINGLY important and we'll go over fats in more detail here. The ONE thing that I can say is to NOT be afraid of fat.

Healthy fat like Omega 3's, olive oil, coconut oil, butter and milk and saturated fat from healthy, free range or wild animals does NOT make you fat or clog your arteries. Our ancestors sometimes ate MASSIVE quantities of fats and did not get fat. Add healthy organic, natural fats LIBERALLY to your diet and they will help you to repair and make healthy cells membranes and tissues as well as being the source of energy for the mitochondrial power plants of each and every cell in your body.

## Good Fats

While we have been told all of our lives that we need carbohydrates for energy- that is just not true inside the mitochondria; the Mitochondria ONLY use fatty acids for fuel and could care less about carbohydrates.

While carbohydrates are important, they are overrated as an energy source- and indigenous cultures around the world, such as Alaskan natives, have not only survived but THRIVED on a diet of almost strictly proteins and fats. You MUST HAVE high quality fats for mitochondrial energy. We briefly touched on the importance of fats when discussing Omega 3's, but the reality is that most people are 'afraid' of fat and just don't get enough high quality fats. We believe that we will get heart disease and high cholesterol if we eat fats, but this is only true if we eat **LOW** quality fats, such as:

- Trans fats
- Soy Oil
- Corn Oil
- Safflower Oil
- Canola Oil (even if it says 'a rich source of Omega 3's or some other nonsense like that)
- Anything labeled 'vegetable oil'

And other 'vegetable oils' that have been highly processed (Olive Oil and avocados are perfectly acceptable and do not fall under the category of 'vegetable oils'). Yes, vegetable oils are POOR quality fats despite what you've been told by your doctor and the media. So called 'Vegetable' oils must go through a HUGE amount of processing that requires toxic solvents and dangerous chemicals in order to obtain the oils.

Think about it, the last time that you boiled corn on the cob, was there a layer of oil on the top of the water? Does corn FEEL oily?

No.

You don't get corn oil by pressing corn like you do olives to obtain olive oil. In NO indigenous culture do they make corn or soy oil- this is because it requires modern processing to do so. And have you ever even SEEN a 'safflower' before? I haven't.

In addition, and even more importantly to you, vegetable oils contain pain causing chemicals! Really, they contribute to pain! These 'so called' vegetable oils contain Omega 6 fatty acids that convert to something called Arachidonic Acid, which produces substances in the body called PRO-inflammatory cytokines. **They INCREASE inflammation.** Increasing inflammation increases pain and is the last thing that someone who already has inflammation wants to increase in their body. If you are serious about healing from Levaquin Tendonitis, then you really must eliminate 100% of the vegetable oils in your diet by dumping those bottles sitting on your shelves and reading labels.

While we have been brainwashed to believe that so called 'vegetable' oils are good for us, we have also been told that saturated fats are 'bad' for us. But this is simply not true. Again, an example in nature is the Masai tribe in Africa who traditionally have a diet that is almost EXCLUSIVELY:

- Cow's Milk
- Beef
- Cow's Blood



It's almost impossible to imagine a diet with MORE 'artery clogging' saturated fats than that- yet the Masai are some of the tallest and healthiest people in the world. With almost no heart disease and cholesterol levels consistently below 150, the saturated fat/cholesterol connection just simply doesn't hold up. Heart disease has **MUCH** more to do with the amount of **PROCESSED** food someone eats than it does fats that are found in nature.

So, in order to heal and provide energy to your mitochondria, you **NEED** to have plenty of good quality fats in your diet. Good fats come from sources such as:

- Coconut Oil
- Coconut Milk (get the full fat, not LITE)
- RAW butter and dairy products (do NOT eat pasteurized and/or homogenized dairy- ever!!)
- Avocados
- WILD caught Fish and Fish Oil (NOT farmed fish and NOT fish LIVER oils)
- Pasture raised organic meats or wild game
- Eggs from chickens allowed to run freely and eat bugs, insects, etc.
- Extra virgin cold pressed olive oil. If you feel that you just **MUST** have olive oil, purchase **ONLY** from 'boutique' markets who buy directly from the company that presses it. Do NOT buy from the grocery store since almost all of them contain trans-fats that are not disclosed on the label and they may have been sitting on the shelf for months. If the seller can't tell you when, where and how it was pressed, then don't buy it. Once bought, keep it refrigerated.

While not an 'official' risk factor, I suspect that a lack of healthy fats in the diet **IS** one of the risk factors for the development of Levaquin Tendonitis. Almost without exception, most people's ancestors ate large –sometimes ENORMOUS– amounts of healthy fats while consuming **ZERO** unhealthy trans-fats and vegetable oils; you should follow their lead.

## Protein

You **MUST** eat adequate amounts of high quality organic only protein. Protein is what your body needs to repair damage and while most everyone thinks that they get 'plenty' of protein, often by just adding

*Smoothies are a way to get a healthy gluten-free high protein, healthy fat meal. Using any combination of ORGANIC WHEY PROTEIN POWDER along with full fat coconut milk, frozen fruit, an avocado and any number of 'superfoods' like green powder, maca or raw cacao powder (different from chocolate powder or 'cocoa powder') is a quick and easy way to get an AMAZING power packed healing meal into your body.*

in a whey protein shake every day can make a huge difference for people suffering from tendonitis pain and/or muscle pain, muscle weakness, fatigue and edema.

When you begin the gluten free diet, when you avoid 'gluten free junk food' and stop eating processed foods completely, there are really two choices- you can either eat mostly vegetarian or you can eat a 'Paleolithic Diet' with larger amounts of high quality fats and proteins (this is NOT an Atkins Diet, you can

eat carbohydrates as you desire). While I'm 'partial' to the Paleolithic/Weston A. Price Diet because of its higher protein and fat content, I can understand and respect that there are those of you who just absolutely cannot bring yourself to eat animals.

For those of you that just can't or won't eat animals, do consider eating high quality eggs and RAW dairy from a farm where you can see the animals first-hand to know for yourself that they are being cared for well. And for those of you that just can't bring yourself to eat any animal products in any form I encourage you to also take a critical look at your diet to see where improvements might be made as I see MANY vegetarians and vegans who eat non-nutritious processed foods continually. Eating vegetarian does not necessarily equal eating healthy so be honest with yourself.

## Water

Water is another one of those things that most people take for granted and that they will likely not read about or pay attention to- BIG MISTAKE!!! In the case of Levaquin Tendonitis and Toxicity, the wrong water can actually completely prevent you from healing!! There are some people who have actually overcome their Levaquin Toxicity symptoms by changing nothing BUT their water.



Water is SUCH an important factor in Levaquin Tendonitis for many reasons, but we'll go over the two main ones:

- Fluoride
- Antibiotic residue

## Fluoride

While we are absolutely sure that one of the certain causes of Levaquin Tendonitis is its propensity to chelate magnesium from the cells, some serious researchers are hypothesizing that fluoride is another one of the root causes of Levaquin

poisoning. And indeed, the Fluoroquinolones- of which Cipro, Levaquin and Avelox are members- have fluoride molecules as part of their chemical structure. At high doses fluoride has been shown to definitely inhibit collagen production and thyroid function. Even though fluoride IS a substance found in nature, the fluoride that is added to the Fluoroquinolones and to drinking water is a more toxic synthetic chemical substance that is NOT found in nature and that is actually a waste product of industrial manufacture.

I will not go into the long and detailed argument about why and how fluoride ended up being put into drinking water or whether it is actually good for teeth or not. These arguments are FAR beyond the scope of this book and you can do the research on this yourself. The argument that I will make here is that there are researchers linking fluoride to the damage done from the Fluoroquinolones and also suggest that the pain and fatigue from not ONLY Levaquin Toxicity but also from Fibromyalgia and Chronic Fatigue Syndrome is due to the fluoride molecules present.

Since there are no peer-reviewed studies of this and I've not had any personal experience with isolating out this one cause as contributing to the problem, I'll just suggest that some are suggesting this as a possibility and that there are 'anecdotal' (meaning reports from people that have not been confirmed in studies) that Levaquin Tendonitis and other chronic pain syndromes have been improved by the strict avoidance of fluoride. I do have the research at the end of this book for those who are interested in reading it.

## Antibiotic Residue

Even if you don't believe the hypothesis that fluoride could be a contributing factor in your Levaquin Tendonitis, I still urge you to drink ONLY water and get your water ultra filtered from a reputable

company that will assure the removal of chemicals and pharmaceuticals. This is because nearly every study that looks for it has found Quinolone antibiotics in municipal water sources.

Unless you take a sample of your water and send it to an independent company to analyze it, there is just simply no way for you to know if this is true or not. If it IS true and you continue drinking your municipal water, then you are getting tiny amounts of Levaquin every single time that you take a drink of water. Most filters that can guarantee removal of pharmaceutical residue also remove fluoride. Therefore it's prudent to get a high quality water filter that can remove both pharmaceuticals and fluoride and to do your absolute best to avoid municipal water or any other sources that may be contaminated with Quinolones, and in the process you will almost surely be avoiding the vast majority of sources of fluoride at the same time.

## Aspartame and Other Artificial Additives

If you are eating or drinking foods or beverages with artificial anything, particularly artificial sweeteners and/or Mono Sodium Glutamate (MSG), you'd be VERY wise to eliminate them entirely. While Aspartame and MSG have been given thumbs up for safety by the FDA, there are still significant



questions by many about their safety. MSG is well-known to cause severe headaches, weakness and even heart palpitations in people sensitive to it, causing a condition often called 'Chinese Restaurant Syndrome'. Aspartame has had more side effects and health problems reported to the FDA than any other food additive in history- and many of these symptoms look suspiciously like many of the symptoms of Levaquin Toxicity. Aspartame also degrades into compounds like formaldehyde and glutamate- such as the 'glutamate' in mono-sodium glutamate.

While many of the symptoms of Levaquin Toxicity look A LOT like reported aspartame toxicity, it's also interesting to note that tendon samples of people with chronic tendonitis showed high levels of glutamate in the tissues that were NOT seen in the samples of those who did not suffer from tendonitis! In addition, there have been many reports of people with tendonitis, Fibromyalgia, joint and muscle pain

and even neurologic symptoms that appeared to look exactly the same as Multiple Sclerosis who have given up Aspartame only to find their symptoms resolve.

Again, while the FDA denies that Aspartame and artificial sweeteners cause health problems, the large numbers of reported cases show that they certainly may cause problems in some people. Could that person be you? Since they share so many of the same symptoms, there could very well be a connection between the two. Be on the safe side and **Completely Eliminate 100%** of these flavorings from your diet. Honey and Stevia in small amounts are acceptable sweeteners.

Levaquin Tendonitis Diet Resources	
Comprehensive research studies on Gluten Sensitivity and Celiac Disease	<a href="#">The Arthritis of Celiac Disease</a> <a href="#">Celiac Disease, the Great Imitator</a>
Gluten Free Eating: Recommended Eating Guides and Recipe Books	<a href="#">The Healthy Urban Kitchen</a> - Higher in protein and fat and is closer to an ancestral Paleolithic Diet or a Weston A. Price diet. <a href="#">The Paleo Cookbook</a> - Also a more Paleolithic, meat based practical resource <a href="#">The Real Food Summit</a> - 20 Lectures covering the most cutting edge topics in nutrition today.
Smoothie Recipe Book	<a href="#">Smoothies for Optimum Health</a> - Comprehensive smoothie recipe book for power packed nutrition.
For More Information and to Get Your Questions Answered	<a href="#">Easy Immune Health Website</a>

## Levaquin Tendonitis and Exercise

OK. This is Joshua – The Tendonitis Expert- talking now. Kerri is going to take a break and let me have the microphone for a little while to talk about the physical side of things. While this is definitely for everyone regardless of whether you specifically have Levaquin Tendonitis or other Levaquin Toxicity symptoms, it will probably make the most sense to those who have actual tendon damage.

**While this discussion is specifically designed for those with localized tendon pain, it can be used for anyone no matter where your pain is located- even if your pain is all over your body.**

In any case, regardless of your symptoms, on the chemistry side of things, you HAVE to correct your nutrition. In this section we talk about the physical side of things.

Doctors and PT's will likely have you doing physical therapy. While it's true that eccentric exercise helps make structures stronger, and some people with Levaquin Tendonitis symptoms get benefit from this, I personally would advise against 'strengthening' activities if you really do have damage to your tendons from a Quinolone antibiotic.

Tendon damage from Levaquin is NOT the same as 'normal' damage. If you step on a nail, it will heal. If you have normal wear and tear damage on a tendon, it will heal. But damage from Quinolone cytotoxicity is DIFFERENT. Your cells and DNA have been damaged. More importantly, when you grow NEW cells, they can be damaged too (if you're not following this protocol)! So healing is not the same. For the people who haven't gotten better in the first year, hoping for time to heal things IS NOT GOING TO WORK. You HAVE to use nutrition to change the ecology of your body and 'out health' the bad cells and other mechanisms at play.

**So. Should you exercise?** Yes, absolutely. If you can, exercise is great. Movement of ANY kind is beneficial to the body/entire system.

Is it going to 'fix' anything? No, unfortunately it is not.

Having said that, it is vital that you MOVE. The body works on a 'Use it or lose it' basis. The more you can move it, even just a little bit, the better all your systems work. So find a pool, or just wiggle around in bed, it doesn't matter. Move to keep circulation happening, the lymphatic system detoxifying and, information to the nervous system flowing, etc.

**It doesn't particular matter HOW you move, but it is vital that you DO move.**

Movement helps make and keep your system healthy. Do NOT become immobile.

**MY ACHILLES HURTS, SHOULD I STAY OFF IT OR KEEP EXERCISING?**



This is a great question with no easy answer, but I'll say this:

Exercise doesn't 'Damage' your tendon. It causes 'Further Damage'.

Levaquin causes a cytotoxic reaction that attacks your connective tissue, damaging even the DNA.

Even while lying in bed after taking a Quinolone, parts of your tendon were being seriously damaged.

The new tendon cells are already damaged when they regrow.

-THEN- when you stand up, or exercise, etc, if the structure can no longer handle the load, it can literally fall apart.

You have to help your body grow good cells faster than it is growing damaged cells.

Tendon damage from Quinolones is DIFFERENT than normal damage. You've been trained to think that pain equals damage. While this isn't necessarily true, in your case, let's consider that it is.

So, you have damage. But you've also been trained to think that if you stay off it long enough, it will heal. In your case, THIS IS FALSE. I'm going to repeat this again for emphasis. Some of your DNA has been damaged. When new cells grow in the problem areas, they grow in -damaged. Brand new but cells damaged at the DNA level will still be damaged (at least until you begin to change that with this protocol!)

So, this brings us back to the question. Should you stay off your feet in hopes of not damaging your Achilles tendon more? Here's the rub. **Your tendon is ALREADY damaged.** Standing up on it isn't necessarily going to damage it more. Many people report simply getting out of bed in the morning and blowing out their Achilles tendon, complete or partial rupture.

Here's what has happened in this case: Your tendon was/is poisoned by the Quinolone, and cells are dead and dying. When enough of a tendon's cells die, the tissue becomes structurally weak. Imagine a bridge, with one of the pillars having severe damage. SOME of the concrete in a pillar is dry and crumbly but the pillar is still standing. It looks fine, but then a car hits the concrete pillar and the pillar collapses. The car hitting the pillar was the 'trigger' that caused the entire pillar to collapse, but the pillar was structurally damaged and would have collapsed in a matter of time no matter whether the car hit it or not.

That is like your tendons after being damaged by the Quinolones, on the surface it seems like you're fine, but then you get out of bed, add weight to your tendon, and it snaps. It was just a matter of time before that happened and not exercising would only have delayed the inevitable. Exercising is not going to 'cause' it to snap or tear if it is badly damaged, but it might be the 'trigger' that finally causes it to finally tear or snap.

**The damage was already there. Standing up, or exercising didn't CAUSE it to tear or rupture.**

So, it's a tough place to be. Understanding that you ALREADY have

damage makes it a tough choice, whether to walk, exercise, etc. But it is an important concept to understand. It's not the exercise that hurts you, it's the pre-existing damage from the cytotoxicity. Depending on how bad your tissue has been poisoned, you may be able to do soft gentle exercise, like moving around in a pool, or gentle yoga kind of movements on the floor, couch, or bed.

Or maybe you can walk briskly around the block with your arms swinging, or do something even more vigorous. It just depends on you and your specific situation. You need to ask that question of your doctor and MAKE him/her give you an actual answer. They probably won't be able to. And even if they could, they won't, as it sets them up for legal liability if your tendon does rupture.

The only way to come close to answering that is to do an MRI or other test to SEE the extent of the tendon damage. If the doctor doesn't do that kind of test, s/he has NO IDEA whether or not it's safe for you to exercise. If the doctor does do that kind of test to visualize the tendon, s/he MAY have an idea. As far as I know, other than surgery, there's no way to get a clear idea of how much degradation has happened to a tendon.

The bad news is, realistically, people have different experiences. Some just hurt but can be active. Some hurt a lot, have to moderate their activity, and then years later, not doing anything different, something gives way. Some wake up in bed after getting Levaquin and their tendon has ALREADY ruptured, before they ever stood up on it. And some just hurt for a couple months and it all goes away and they're fine.

Dealing with the symptoms and physical changes of Levaquin Tendonitis is not a quick fix. And it may or may not be totally -fixable-. Having said that, this ebook is about doing everything you can to support your body to heal. It's going to take some work. Good news/bad news, this program needs you to consistently maintain a high level of nutrition and healing which takes a lot of work on your part, but there is simply no better option and no shortcuts out there for you to actually begin to repair the damage. It was your nutritional status along with your genetic predisposition that got you into this mess in the first place, taking a drug or resting is not going to get you out of it!

**Your job now is to understand the problem, and then outsmart and fix the problem.**

I honor you and stand by you as you put in the time and effort and persistence and dedication that this quest will require. Most of you CAN get well and heal the damage that has been done to you, but you need to stay focused and do the right things day in and day out to provide the absolute best environment for your body to heal.

## CHANGE THE SURROUNDING TISSUE

Now let's talk about a couple specific, physical things you can do to help the physical structure of your lower leg or other areas surrounding your Levaquin Tendonitis. When you have pain, the nervous system 'protects' you by tightening up the surrounding muscle. The problem is, these tight muscles puts constant tension on the tendon and other connective tissue. This constant tension not only irritates a tendon, but can pull a damaged tendon apart, little by little. The following are a couple of easy activities to effectively 'open up' all the tight muscle and connective tissue of the lower leg. This will help make the ecology of the area more healthy, and it can very likely help lower pain levels.

**Keep in mind, you don't have Achilles Tendonitis.**

**You have Achilles Damage From Quinolone Cytotoxicity.**

## Specific Massage

**Over the last many years, your muscles have gotten tighter and connective tissue has started to shrink- wrap down around everything. It's going to take a little bit of work to get it relaxed and open again.**

This Specific Massage counts as a very specific stretch. You don't need to do any regular stretches, though you certainly can if you do some, keep them slow and gentle. Not only does Specific Massage count as stretching, it is more effective at opening up **specific** spots that need opening. It also counts as squeezing the sponge, creating circulation, mobilizing fibers, and sending a lot of information to the nervous system.

## How to Do Specific Massage

You can use your fingers, your knuckles, your palms, your forearm bone, your elbow, etc. You can do circles, squares, twang and dig across the fiber direction or go with the fiber direction, press straight in over and over, press straight in and hold it, push in at an angle and stretch the skin and other fascia layers, then push in a different angle and direction.

The HOW doesn't matter so much as long as you GET IN THERE and plow it up.

**Rules:**

1. Start easy, then go deeper and harder. Don't hurt yourself. Don't cause a 'bad' pain signal to be sent to your nervous system.
2. Pay attention. Feel what things feel like and see what changes.
3. Don't make yourself sore. (A little sore's ok.) Pain is not necessarily a sign of benefit.
4. Don't waste your time. Get in there and get it.
5. If it's tender/painful, the more you do it, and the more you do it over time, the less tender/painful it will become. It's an endurance race, not a sprint.



I like just leaning on my muscle with a fist or that edge bone at the corner of the palm. I get my body weight behind it and lean in, lean out and find a different spot, lean in, repeat, repeat.



You can change positions, whatever works for you, so you can get ALL your lower leg. It's good to stay over your leg, so you can easily use your bodyweight to lean into and get pressure onto your tissue without having to work at it. Use momentum and gravity and fall into it. Remember when you're leaning in and engaging the tissue, to push in a variety of directions. Stretch the different layers of connective tissue in different directions. Stretch it out.

The more you play with this, the more you'll get a feel for it. Your intention is to stretch and lengthen the saran wrap that is tightly wrapped around the half squeezed sponge(s) of your muscle(s).



Dig in with your finger tips. Fingertips are a sharper, more specific tool. This is useful to pick apart specific little stuck spots and to really focus. Using knuckles or finger/thumbs as shown, work small painful spots in the muscle, and down the length of the tendon, and where the tendon attaches to the ankle bone.

If it hurts, BE CAREFUL! Soft gentle rubbing is good. Solid deep rubbing is good. IF it REALLY hurts, go gentle at first. As you do this, you will push out some of the chemicals that are contributing to your pain, and then you will be able to push harder with less sensitivity.

**\*\* As you are pushing in, you can PIN AND STRETCH. This means that you pin the structure, and then flex and extend your foot. So you will trap muscle and connective tissue fibers, the muscle will contract/relax/move, essentially being forced to stretch around your grip.**

**Imagine how a rubber band stretches if you pull it from both ends. Now pin it to a table with your thumb in the middle of the band, and pull on one or both sides. You can see how the stretch dynamic is forced to change. You can pinpoint where a stretch happens this way.**





Even if you only have pain on one leg, if you're motivated, work the other leg too. You'll find tightness and tenderness on that side too. Remember, the other side has its own Pain Causing Dynamic going on. Feel free to work down in the bottom of the foot too.

## Ice Massage

Ice Massage on the calf muscles and connective tissue structures stretches muscle and connective tissue, breaks up adhesions where fibers have stuck together, **AND** forces cold deep into the muscle and tissue to get deeply embedded chemicals that enhance pain out.

Ice Massage on and around the tendon itself - **VERY GENTLY**- forces circulation to the tendon and helps break up scar tissue (And weak/dead tendon cells sloughing off or ready to slough off) when you grind it right.

Do not skip this activity!

With the Specific Massage and Ice Massage, target the lower leg and tendon all over, then tender points on the tendon, then target painful knots and stuck parts in the muscle. Explore. It's a learning experience.

**If you have tender spots on the tendons themselves, or lumps/scar tissue build up on them,** you can/will use Ice Massage as a grinding tool on those spots. Technically, Ice Massage is exactly the same as Specific Massage, but you are using an ice cube or frozen water bottle instead for added benefit.

## How To Ice Massage

Freeze a plastic bottle full of water. You can use a big 2 liter bottle, or a smaller one.

As they say, size doesn't matter. :)

Go slow, and be specific. Cold penetrates deeper than heat, and doing this ice massage is incredibly effective and reduces inflammation at a deep, specific level in your tissues.





With pressure from the weight of your leg, roll...

It's not the best position ergonomically to roll from end to end. But you can let the weight of your leg push down onto the bottle, and if you can roll an inch or three, great. Roll on tender spots primarily, roll on non-tender spots.



You'll want a rag to hold the bottle since it's so cold. Get in there and dig around. The Soleus muscle runs below the Gastrocs (Calves). So dig in there through all the layers. You'll learn a lot about your anatomy just by digging in there and feeling around.

**Remember, there's not just muscle in there. There's connective tissue which wraps around EVERYTHING, and various layers and directions of sheets of connective tissue. It connects to EVERYTHING!**



Do both sides of the lower leg, whether it hurts or not. Get in there and find out.

Imagine all the pictures in the Specific Massage section and add a frozen water bottle to them.

**Rules:**

- Rub it all. Dig in there. Tissue should be ready for it by now. Each side of the lower leg, all of the lower leg, need to get worked.
- If you notice a hot spot on the tendon or otherwise, and you may, pester it with the ice. Hot spots can be on the tendon itself (damage site) or anywhere in the muscles of the lower leg.
- Good pain is good. Bad pain is bad. Don't cause yourself bad pain. Remember, the nervous system is always watching and WILL punish you if you cause yourself bad pain.

Now, back to Kerri for more ways to change your body's ecology to start the healing process...

# Levaquin Tendonitis And Sleep

# Levaquin Tendonitis and Sleep



For those of you with insomnia, this chapter will be a lifesaver, but for those of you that don't have insomnia, it's still extremely important for you to read this as well.

I find that sleep is one of the most overlooked remedies there is for most chronic health problems- and Levaquin Tendonitis and Toxicity is no exception.

**Sleep is one of the main ways that your body restores and regenerates**

**itself** and not getting enough sleep or not getting sleep at the appropriate times can prevent your body from healing, lead to adrenal fatigue and lead to worsening oxidative stress. Lack of sleep can even lead to conditions such as Chronic Fatigue Syndrome and Fibromyalgia. Most of us take sleep for granted, but I urge you to think of sleep as a powerful healing tool in your arsenal to help yourself heal from Levaquin Tendonitis.

If you are suffering from Levaquin Tendonitis then you **MUST** take your sleep seriously and make sure that it becomes a highly consistent 'treatment' for your condition. If you think of sleep as a vital treatment, then you will think about it more seriously. Make sure that you get sleep as if your life depended upon it- your health certainly may.

**I Simply Can't Stress Enough the Importance of Consistently Getting 7 to 8 hours of Deep Sleep Per Night Between the Hours of 11 pm and 7 am.**

Sleep helps the body in many ways, and getting the appropriate amount of sleep at the appropriate times can help you to:

- Reduce oxidative stress
- Produce antioxidant hormones
- Repair and regenerate
- Keep cortisol levels (stress hormones) down
- Conserve magnesium

## Sleep and Oxidative Stress

Not getting enough sleep causes stress.

Your body was designed over millions of years to get 7 to 8 hours of sleep per night and to get that sleep between 10 or 11 PM and 7 AM. Remember that electric lights are a VERY modern phenomenon and for tens of thousands of years humans just simply did not venture out after dark. And because it was dangerous out in the dark and we were attuned to danger, being up late or not getting much sleep would have been a sign of danger.

So humans evolved to get plenty of sleep in the almost pitch dark without electric lights in the hours between 10 or 11 PM and 6 or 7 AM. In this modern age, we VERY often are up late or there are a lot of electric lights on around us in the evening or even when we are sleeping.

## The Adrenal Glands

Every time that you go to sleep late or don't get enough sleep, your adrenal glands will produce cortisol (a stress hormone) for the 'Fight or Flight' episode that it expects is coming any minute. This causes stress which both uses up magnesium and produces free radicals in the body which causes oxidative stress. And oxidative stress is exactly the wrong thing for you. The production of stress hormones also uses up magnesium which, as you already learned, is probably THE single most important nutrient to counter the effects of Levaquin Tendonitis.

## Human Growth Hormone

**Another reason to get to bed on time is the fact that you begin to produce a hormone called Growth Hormone only after you fall into a deep sleep and ONLY between the hours of 11 pm and 2 AM regardless of what time you decide to get sleep or how well you sleep.** This is critical because Growth Hormone is one of the MAIN hormones for the growth and repair of tissues in the body.

If you don't fall asleep until AFTER 2 am regularly, you are missing out on the vast majority of this natural hormone to allow your body to grow and repair its cells- regardless of whether you are sleeping deeply for 8 hours. If you get to bed late, you are not getting HGH and you're producing excess stress hormone- exactly what you DON'T need right now.

## Melatonin

The production of melatonin is another MAJOR reason why you want to get plenty of sleep AND why you want to get to sleep in the most pitch black environment that you possibly can. While it's somewhat 'common knowledge' that you begin to produce the hormone melatonin when the lights go out and that melatonin is a common supplement to help you sleep, there is MUCH more to know about melatonin in terms of Levaquin Tendonitis.

Melatonin not ONLY helps you to sleep, but it's also a VERY powerful antioxidant that has even been used to augment cancer treatments and to reduce symptoms of neurologic problems. It also helps increase glutathione levels (we'll talk more about glutathione later) that help you to detoxify and protect the DNA of your cells.

Since melatonin is an antioxidant that you can make every single night, it's smart to harness the power of this oxidative stress quencher to help you with your Levaquin Tendonitis. You can get melatonin in one of two ways:

- Make it
- Take it

**Making Melatonin:** Try to do everything that you can to make as much melatonin as you possibly can. You can do this by:

- Dimming the lights in your house when darkness starts to fall
- Leaving electronic devices (including television and computers) off after dark
- Going to bed no later than 11 PM
- Going to bed in pitch blackness or wearing a sleep mask

**Taking Melatonin:** If you don't sleep well, I URGE you to take melatonin at night in order to help you get to sleep. If you take sleeping pills already, try to transition off of your toxic sleeping pills that contribute to oxidative stress and get onto stress-relieving melatonin instead.

**The Prime Reason for Insomnia in Levaquin Toxicity** is the Magnesium depletion that we discussed earlier. If you have insomnia, it's likely that you are not getting enough magnesium. If you have trouble sleeping for any reason, then shift your magnesium intake to be higher towards the evening. A great way to maximize your magnesium before bed is to rub transdermal magnesium all over your body in the late evening. One half hour later soak in a warm bath saturated with Epsom Salt or magnesium bath flakes. Sometimes the results of a warm magnesium bath before bed are AMAZING.

## Melatonin Supplements and Dosage

- Choose a high quality synthetic –not animal based- supplement
- Take between 1 to 5 mg. Dosage does not appear to be extremely important and some studies have even shown greater benefit with a LOWER dose.
- Take one pill at night before you go to bed. Never take melatonin in the daytime.
- Get extended release tablets if you tend to wake up in the night
- If you have insomnia and melatonin does not help, then DECREASE your melatonin dosage to as low a dose as 0.1 mg. While this sounds counterintuitive, studies using melatonin for sleep have actually shown that doses of 0.1 to 0.3 mg actually work BETTER than higher doses in many cases.
- If you still are having trouble sleeping, consider using the Magnesium Bath Flakes, as discussed in the Magnesium section, in your bath as a soak in the evenings to get more magnesium and to help you to relax before bed.

So that's it for the sleep section.

### **Again, please do not underestimate the powerful 'medicine' that sleep can be**

It is an incredible tool that most people take for granted, yet most are not following the rhythms that our bodies have adapted to over millions of years and are suffering for it. Lack of sleep BY ITSELF has caused people to develop a condition that looks strikingly similar to Fibromyalgia. What if much of the body pain, muscle pain and brain fog that you are experiencing is being caused by lack of sleep and NOT as a result of the drug!? This is actually a higher possibility than you might believe.

# **Part IV**

## **Super Supplements for Levaquin Tendonitis**



# Super Supplements

## for Levaquin Tendonitis

As stated at the beginning of this ebook, I've attempted to put supplements in terms of 'priority' for those without the ability to or desire to take a lot of supplements. Therefore, the supplements that I have already outlined and the diet are really absolutely the highest priority for EVERYONE with Levaquin Tendonitis, but for those who want to go 'all in' and have the desire and ability to do everything that they possibly can for their Levaquin Tendonitis, I've included some 'Super Supplements' that can also be extremely beneficial in order to further:

- Enhance the functioning of your Mitochondria
- Increase Glutathione Production
- Quench Oxidative Stress
- Decrease inflammation
- Provide optimal nutrients for healing

The more that you are able to influence these areas, the BETTER your chance at reversing the damage, so if you are able to do more, then by all means add in some of these super supplements. Be sure to not to skip the first parts of this program in order to ONLY do the super supplements, the first part of supplements, the diet and sleep are INTEGRAL to making this work and providing your body the overall nutrients that it needs to heal and repair.

## Super Supplements Part 1

### Improving Mitochondrial Energy

If you are not sure what 'Mitochondrial Energy Production' means then please go back to the introductory chapter and read or re-read the information on the Mitochondria there. To summarize, the mitochondria are entirely responsible for two things:

- ALL cellular energy production
- Housing and protection of DNA

Damage at the mitochondrial level is **ALWAYS** seen in Levaquin Tendonitis studies where the tissue is biopsied and when the mitochondria are actually visualized. The level of damage that occurs can be

anywhere from a small amount of swelling to cellular destruction and death (in studies, cellular death is known as 'apoptosis'). Obviously, the less damage to the cells, the better your chance of recovery. But since tissue biopsies are not done routinely, there is no way of knowing how bad the cellular damage is. It is in your best interest to assume that the cellular damage is as bad as it gets and to do the best that you can to reverse this damage.

This is NOT being pessimistic, the brutal reality is that this protocol may be your only hope of EVER overcoming Levaquin Tendonitis and Toxicity - and repairing as much of the damage as possible as quickly as possible is your best hope of getting better. You can assist this process by improving the health of the 'Power Plants' of your cell- the mitochondria- by providing each nutrient needed at each step of energy production. And that's what this chapter will help you to do.

## The Mitochondria are like a Steam Engine

Throughout this discussion on Mitochondria, I'll be using the analogy of the mitochondria as a 'Steam Engine' that provides all of the energy to run the complex mechanism of the train (your body) in order to help you to understand what nutrients are involved in what step of the energy production process.

In the diet section, I talked briefly about good fats powering the mitochondria. In our steam engine analogy, good fats are like the Coal- the fuel of a steam engine. Without sufficient fatty acids, you have **NO FUEL** for energy. While we have been told all of our lives that we need carbohydrates for energy- that is just not true inside the mitochondria.

**The Mitochondria ONLY use fatty acids for fuel and without plenty of good fatty acids, you won't have energy inside the cell- which means that YOU won't have any energy.** So please be sure that you read the Levaquin



Tendonitis Diet section and make sure that you are getting plenty of high quality fatty acids.

## Coenzyme Q 10 and Levaquin Tendonitis

I talk about Coenzyme Q10 last in this section, not because it's the least likely to work, but because it's the most expensive. And if you are going to take Coenzyme Q 10, I suggest that you take a LOT of it. And

while it's expensive, if nothing else has worked for you or you want to do everything in your power to improve, then give Coenzyme Q10 a good 3- 6 month high-dose trial.

So, in our analogy of the steam engine again, Coenzyme Q10 is like the FIRE in the steam engine. Coenzyme Q10 BREAKS down the fuel (fatty acids) into the individual components that the mitochondria of the cell use for energy. It makes the fuel **USABLE** by the cell. Coenzyme Q10 has been used in studies of Levaquin damaged tendons and it was able to decrease oxidative stress significantly and was able to prevent the mitochondrial membrane that houses the DNA from becoming damaged.

## What's the Right Form of CoEnzyme Q10

There are 3 forms of Coenzyme Q10, namely:

- Coenzyme Q10
- Ubiquinole
- Ubiquinone

And it DOES matter which form that you take. From the perspective of how they ACT in the body, there is almost no difference, but from an absorbability perspective there are HUGE differences. Coenzyme Q10 itself is the LEAST absorbable form of Coenzyme Q10 and should be used only if you have no access to ubiquinole and ubiquinone- which are essentially equivalent and are more absorbable than Coenzyme Q10 itself.

HOWEVER, there have been specially formulated Coenzyme Q10 preparations that absorb better than regular CoQ10 and these are fine. If you are detail oriented and are going to be shopping around for the best deal on Coenzyme Q10 (I'll give you my recommended sources at the end of the chapter) then make sure that you are comparing 'Apples to Apples' by comparing price based on the average ABSORPTION and not JUST the milligram dosage- this may take some work as getting the numbers for absorption may not be particularly easy.

However, if you simply get Ubiquinole or Ubiquinone, then you avoid having to figure out absorption- just purchase it based on milligram dosage.

## How Much CoQ10 to Take

The answer is "However much you can afford".

Coenzyme Q10 is not cheap and so may not be for everyone. But for those who want to give it a try, I would suggest that you take AT LEAST 100 to 200 mg per day for 6 months would be ideal.

If you can afford more, then the upper limit that has been taken in studies is approximately 1200 mg per day safely in people with Parkinson's and with genetic mitochondrial problems (of which it's possible that you have, but have gone undiagnosed). For Levaquin Tendonitis, taking more than 600 mg per day doesn't seem to have any benefit, but if you ALSO have severe fatigue (be sure to also take Carnitine if you do), Parkinson's Disease or any other chronic health problems that involve muscle weakness OR you are on Cholesterol Lowering Drugs (or you were when you got Levaquin Tendonitis) – then you may want to try up to 1200 mg per day for a few months to see if that improves your weakness, fatigue or muscle pain as well. Coenzyme Q10 is a FAT SOLUBLE vitamin, so be sure to ALWAYS make sure that your capsules either contain fat or you take them with a small amount of good fat or with a meal that contains some fat.

## Summary of CoQ10

- CoQ10 is required to break down fatty acids into energy
- Studies have used it to improve Levaquin Tendonitis symptoms
- It's a powerful intracellular antioxidant that protects DNA from damage
- The preferred forms are Ubiquinol, Ubiquinone or high absorption CoQ10
- A dose of 100 mg per day would be minimum, 600 mg is likely to be the max dose that is beneficial.
- Up to 1200 mg can be taken if you wish to go 'all out' or if you suspect that you have a true mitochondrial disorder

# Super Supplements Part 2

## Increasing Glutathione Production

In the introduction, we discussed the important role that 'Oxidative Stress' has in you getting Levaquin Tendonitis, and we'll delve into the subject a bit more here with some details about Glutathione. Glutathione is the 'Holy Grail' of antioxidants and is a well-known substance throughout anti-aging proponents who have found that high glutathione levels can contribute to staying young.

But glutathione isn't a 'general' antioxidant, it is SPECIFIC to the INTERIOR of the cells. Going back to the steam engine analogy, glutathione would be a combination of a security guard that protects the engine and someone who constantly cleans and maintains the engine. You can certainly do without it for a short time, but in the end the gunk will pile up and the engine will stop working.

In studies that look for it, glutathione is decreased in the cells of those with Levaquin Tendonitis. While this decrease is probably due to oxidative stress, it is a circular problem of:

- Stress decreasing glutathione
- Less glutathione means more damage from stress
- Which leads to less glutathione
- Which leads to more damage from stress

This cycle also leads to the question of whether glutathione levels were low in the cell even BEFORE the Levaquin damage. The low amount of Levaquin in the cells could very well have been one of the contributing factors that allowed you to get Levaquin Toxicity in the first place! In any case, you can help to decrease the ongoing intracellular damage to your cells by increasing your glutathione levels, but this is easier said than done. There ARE glutathione supplements, but the vast majority of them don't work because glutathione is not directly absorbed through the gastrointestinal tract.

If finances are not an issue, you can directly take glutathione supplements in one of two forms:

- Special oral preparations that are designed to be absorbed well
- Intravenous glutathione treatments

Unfortunately, you can't get intravenous glutathione just anywhere. You need to find an ANTI-AGING doctor who supplies this alternative therapy. If you can afford it and you can find an antiaging doctor in your area, then I suggest that you do Intravenous Glutathione treatments along with Intravenous Vitamin C treatments as well. Since most people don't have access to an antiaging doctor or they simply can't afford these treatments, another alternative is to increase your glutathione with other supplements.

## Lipoic Acid

Along with Coenzyme Q10, Lipoic Acid- also called Alpha Lipoic Acid and ALA- is another one of the 'Master Antioxidants'. Lipoic Acid has been EXTENSIVELY studied and dollar for dollar, it is likely to be one of the most powerful and cost effective ways to increase your glutathione levels. This is because not ONLY does it RAISE your glutathione levels, but lipoic acid is able to recycle the end products of glutathione back into glutathione again!

This recycling of glutathione is likely what gives lipoic acid its ability to decrease problems from a whole host of diseases. Interestingly for those with Levaquin Tendonitis, Lipoic Acid has not only been shown in studies to prevent the 'Oxidative Damage' from many prescription drugs (unfortunately it hasn't been studied with Levaquin or any of the other quinolones), but it also 'potentiates' the effects that vitamin E has on preventing this oxidative damage. Since vitamin E HAS been shown to help prevent Levaquin Tendonitis, then taking Lipoic Acid along with vitamin E should make your treatment that much more powerful.

And indeed, one of the most consistent patterns that I see on those with Levaquin Tendonitis is the need for Lipoic Acid and Coenzyme Q10. These two powerful antioxidants seem to be the ONE-TWO punch that puts most people on the path to healing their Levaquin Tendonitis and Toxicity.

## Forms of Lipoic Acid

Lipoic Acid supplements may be labeled in one of four ways:

- Alpha Lipoic Acid
- Lipoic Acid
- Thiotic Acid
- ALA

These are NOT different forms, but simply different names and they are all equivalent to each other. The only difference is in the Intravenous Form (that you can get from an anti aging doctor) and it is generally called Thiotic Acid in the intravenous form.

## Dosage of Lipoic Acid

Studies generally range in effective dosages from between 300 mg to 600 mg per day with the higher dosages often needed to reverse conditions such as peripheral neuropathy or the vascular damage done in those with long standing diabetes. So, again between 300 mg to 600 mg of Lipoic Acid or Alpha Lipoic Acid per day in two divided doses is the optimal and most effective dosage for reversing the oxidative damage that is present in your Levaquin Tendonitis. It can cause insomnia, so start out with a low dose first thing in the morning until you know how Lipoic Acid affects you.

## Milk Thistle

Milk thistle, also called Silymarin, is an inexpensive supplement that you can get in almost any health food store. Most supplements are of good quality and have virtually no side effects. While milk thistle is best known for its detoxifying action on the liver, another good reason to take it for Levaquin Tendonitis, it also CONSERVES glutathione.

This is a neat trick because glutathione is 'Used up' and constantly needs replacing every time that you encounter stress. And as we discussed, it can be difficult and/or expensive to replace. But taking milk thistle can actually help to recycle the glutathione that you DO have, which means that you need to take fewer expensive supplements to increase your glutathione levels.



## **\*\* Other Benefits of Milk Thistle**

Milk thistle is also a very strong detoxifying agent that can help you to get rid of any toxins in your body that potentially CONTRIBUTED TO the conditions that allowed you to get Levaquin Tendonitis in the first place. But even more importantly for many of you is Milk Thistle's ability to detoxify the liver from alcohol and Tylenol!

If you are drinking alcohol in ANY quantity right now, you should stop IMMEDIATELY as this is likely contributing to further decreasing the amount of glutathione in your body and retaining more toxins by putting strain on your liver. But milk thistle can also help to improve your liver by helping to detoxify any alcohol that you HAVE had in the recent past.

But what is probably MORE interesting for you is that it can help to detoxify and decrease any potential liver damage from the chronic Tylenol (Acetaminofen, Paracetamol) usage that some of you may be using for your Levaquin Tendonitis pain. For those of you that can't avoid taking pain medicine, I urge you to consider taking Milk Thistle everyday in order to help you to detoxify these pain relievers.

## **Milk Thistle Dosage**

Unfortunately, we don't have studies that show the best dosage to use for increasing glutathione, but studies from liver patients show that its effects are usually minor at about 400 mg with good results and long-term safety at dosages of 600 mg. Therefore this book recommends a dosage of between 400 to 600 mg for your 6 month trial protocol.

## **Vitamin C**

Vitamin C is another very strong antioxidant with a LONG history of being safely used at high- and sometimes EXTREMELY high dosages. Even though Linus Pauling won the Nobel Prize in his work on vitamin C, subsequent studies have NOT used the high dosages and long time frames that Linus Pauling used in HIS studies- and have declared his studies a failure.

But those of us that use vitamin C in clinical practice on people with health problems are ABSOLUTELY CONVINCED that vitamin C is an amazing supplement. And one of the reasons that it may BE so amazing is that it increases the production of glutathione in the cells.

## **Dosage of vitamin C**

Even just the amount of vitamin C present in most multivitamins, 500 mg per day, increased glutathione production a remarkable 50%. Vitamin C is also a critical component in actually building tendon fibers,



so getting at least the small amount that is in your multivitamin every day is critical. But taking more is absolutely safe and may be a less expensive way to fight off some of the oxidative damage that is occurring in Levaquin Tendonitis.

There is no 'upper range' dose of vitamin C , since you will begin to get loose stools before you can get too much. So, it is safe to take as much as you can – spreading your dosages out as many times per day as possible at least one hour apart- until the point that you get loose stools. You can also get Intravenous vitamin C treatments through anti-aging doctors that provide that service (this is discussed in more detail at the end of the book). Taking both oral AND intravenous vitamin C is 'synergistic' and can be amazingly beneficial for long-standing chronic health problems.

However, you can 'mimic' the effects of Intravenous Vitamin C with a specially prepared 'neutrally acidic' vitamin C called BioEner C (offered below). It has been formulated to be able to allow MUCH larger doses to be taken before you reach the point that 'Bowel Tolerance' is reached. It is HIGHLY recommended that you get at least one bottle at the start of this protocol and finish the bottle as quickly as possible to saturate your cells and increase glutathione levels.

After the first bottle, it's GREAT if you continue taking BioEner C indefinitely for a myriad of long-term health benefits, but simply getting the minimal amount that is in your multivitamin for the duration of the Levaquin Tendonitis protocol is good for those on a budget or who want to take as few supplements as possible and will maintain your increased glutathione levels by up to 50% from baseline for as long as you continue to take it.



## Intravenous Supplements

The use of Intravenous Supplements was mentioned briefly in a few different sections, so I wanted to go into more detail about that. In case you don't know, the term 'intravenous' means 'into your veins' and it requires you to go to a clinic or hospital to have an intravenous line or 'IV' inserted into your arm into which substances are put directly into your bloodstream. While almost no regular doctors do intravenous therapy using nutritional supplements, physicians that specialize in Anti Aging Medicine often use intravenous antioxidants and nutritional therapy for various conditions. These physicians have the ability to administer:

- Vitamin C
- Magnesium
- Glutathione
- Alpha Lipoic Acid (also called Thiotic Acid when given intravenously)



Intravenously right in their offices. IV glutathione may be particularly useful in Levaquin Tendonitis, but both IV vitamin C, magnesium and Lipoic Acid can certainly be of great benefit. You can find out if you have an Anti Aging doctor in your area by using [World Health's Anti Aging Doctor Directory](#). You will find that most anti-aging doctors are extraordinarily knowledgeable about the therapies used in this book and likely will have a specific intravenous protocol that they use.

If you do happen to begin intravenous vitamin C therapy, consider also taking high dose BioEner-C, the vitamin C supplement that I outline on the super supplements section on the previous page. It acts synergistically with Intravenous Vitamin C supplements and you can take much more of both, saturating your tissues with vitamin c more efficiently than either could do on their own.

Each individual doctor may or may not accept insurance or have the ability to do these therapies. Please direct any questions about services, costs, insurance, safety of treatments, specific protocols etc. to the individual doctors and their offices.

## Summary of Part IV

These Super supplements are a great way to raise your glutathione levels, increase mitochondrial energy and to quench the oxidative stress in your body. The supplements that I recommend are:

- Coenzyme Q10
- Lipoic Acid
- Extra Vitamin C
- Milk Thistle
- Intravenous supplements if you have access to an anti-aging doctor

Super Supplements
Easy Immune Health Website
<ul style="list-style-type: none"><li>• <a href="#">Melatonin</a> - Sublingual quick dissolve tablets and Extended Release capsules. 3 milligram each.</li><li>• <a href="#">Coenzme Q10 Supplements</a></li><li>• <a href="#">Milk Thistle</a>- Included in the Lipoic Acid Supplement Below.</li><li>• <a href="#">Lipoic Acid</a>- ThioGel L contains Alpha Lipoic Acid, milk thistle and selenium together in one product.</li></ul>

- [Vitamin C](#)- Specially formulated BioEner C is specially formulated to be less acidic so that you can take MUCH larger amounts without getting digestive cramping or diarrhea.

# Part V

## Levaquin Toxicity

### Additional Help

### For

## Specific Symptoms

### Of

# Levaquin Toxicity

## Additional Protocols for Symptoms of Toxicity

### IMPORTANT

Since many who are reading this will be experiencing a constellation of different symptoms that may or may not include tendonitis, this section will address some of the most common symptoms of Levaquin Toxicity and how to manage them.

**The protocols in this book are ADDENDUMS to  
The Previous Sections**

**And are NOT intended to be used by themselves.**

**To Use Any of the Protocols outlined here, you must be following the entire LTS Protocol or  
you will not see results. Just doing ONE supplement or therapy is guaranteed to fail!**

**PLEASE UNDERSTAND:** This section is not going to cover in detail every symptom that you have or why you have it. What is important for you to understand is that by correcting the underlying CAUSES of your

symptoms, many symptoms go away without the need to specifically address them. Most of the symptoms of Levaquin Toxicity **ARE ALREADY ADDRESSED** in the first section even if they are not mentioned specifically.

For instance:

- Migraines
- Headaches
- Low back pain
- Twitching eyelids
- Insomnia
- Heart palpitations
- Bone pain
- Muscle pain and weakness
- Joint pain
- Tinnitus
- Constipation
- Joint Pains

Can all be addressed at the same time with the protocol from the first section, so there is no need to go looking in this book for a specific solution to a specific symptom. The big picture is that correcting the UNDERLYING problem and changing the ecology of your body tends to correct MANY of your symptoms at once.

## Introduction to Levaquin Toxicity

Levaquin Toxicity is a whole body reaction to Levaquin (as opposed to the localized tendonitis and/or tendon rupture) that can involve a MULTITUDE of symptoms involving the entire body and may include, but is not limited to:

- Neurologic Problems
- Musculoskeletal Problems
- Vision Problems
- Circulatory Problems
- Mood Disorders
- Skin Problems

Again, this is NOT INTENDED to be an exhaustive list of symptoms. I'm assuming that if you are reading this, you've already come to the conclusion that your problems ARE due to Levaquin Toxicity and that you are looking for a solution. Well, that's what this book attempt to do. Unfortunately, those with this problem are often not taken seriously due to the fact that Levaquin TOXICITY is not a 'medically accepted' problem.

This makes a difficult situation all the more difficult as doctors often don't believe people who are suffering from this often debilitating condition. Some of the reasons that they don't recognize this problem are that:

- Symptoms aren't the same for every person, therefore there is no 'clear picture' of what the exact symptoms of Levaquin Toxicity are

- People don't report their symptoms to the FDA so they don't know the extent of the problem
- It's difficult or impossible to test for
- It looks like a LOT of other problems that doctors also have no solution for
- Doctors don't like to admit that they can't help someone and so it's easier for him to say that it's all in your head than to admit failure

This is interesting because some of the problems that Levaquin Tendonitis look like are other 'toxicities' and problems that people get disbelief from their doctors and don't get diagnosed either. In fact, they look so much alike that- from my experience- I believe that it is a combination of toxicities and that Levaquin is not the sole culprit, but a combination of exposure to possibly several different toxins along with a genetic predisposition to an inability to detoxify substances effectively (which is actually much more common than you think and is a known contributing factor to many diseases). But Levaquin seems to be the 'Trigger' or the 'Straw that broke the Camel's Back' and not the ONLY problem as most people believe.

Some of the other conditions that look similar or even identical to Levaquin Toxicity are:

- Fibromyalgia
- Chronic Fatigue Syndrome
- Aspartame Poisoning
- Mercury or other heavy metal toxicities
- Candida Overgrowth
- Extensive exposure to mold toxins (from mold infested homes)
- Multiple Chemical Sensitivity
- Non Celiac Gluten Sensitivity
- Fluoride Poisoning

As such, it's unlikely that you 'just' have Levaquin Toxicity, but overwhelming toxicity from many things and an inability to get rid of them. In this section, I'll

### Is Your Home Poisoning You?

One problem that can look like Levaquin Toxicity, but will not respond well to these protocols is mold toxicity in your home.

This problem is often VERY difficult to find, but can DESTROY people's lives until they find the true cause of their problems. You might suspect that your home is infected with mold if you have one or more of the following problems:

- Your symptoms are worse when you are at home
- Your symptoms improve when you leave the home
- You get frequent sinus or yeast type infections
- Other people in your home have similar symptoms

If your home truly IS infected with mold, then you need to get this fixed because nothing in this book will help you if you are continually exposed to these mold toxins.

If you suspect that your home IS infected, then please search on the internet using the term 'Mold Remediation'.

Mold remediation is the process by which trained people detect and remove mold from an infected home. If this truly is your problem, leaving your home and getting the mold removed is likely your only solution.

discuss some of the symptoms that you may be experiencing and what to do about them.

Again, this section is intended to be used IN ADDITION TO the core supplements, diet, sleep, etc. and is only recommended to be ADDED to the first sections. These protocols are NOT to be used in a stand-alone manner.

We already addressed Aspartame Toxicity, Fluoride and Gluten Sensitivity and you should be eliminating 100% of these substances from your diet until you are SURE that they are not contributing to your problems, but there is more that you can do for different symptoms and problems.

We'll start with digestive problems because digestive issues- whether you even have any SYMPTOMS or not- are often one of the biggest underlying problems that is contributing to and worsening your symptoms...

# Digestive Problems

## Why Even Minor Problems are Serious

The digestive problems that accompany Levaquin Toxicity may have been caused directly by the Levaquin destroying the good bacteria in your digestive tract, or they may be caused indirectly from the stress or the pain medications that you have incurred AFTER getting Levaquin damage. In any case, the vast majority of people who are suffering from Levaquin Toxicity- whether they have digestive problems or not- have:

- An altered ratio of 'good' to 'bad' bacteria in their digestive tracts
- Impaired ability to absorb nutrients
- At least some degree of Increased Intestinal Permeability which is also called 'Leaky Gut Syndrome'

And these problems may very well contribute to many of your symptoms. Even if you THINK that your problems are due to 'Levaquin Toxicity' and you KNOW that your problems started during or very soon after you took Levaquin, your symptoms are not NECESSARILY due to Levaquin poisoning- as most people believe- but may be due to the destruction of the delicate balance in your digestive tract and the many repercussions of that.

We have between 2 to 5 POUNDS (about 1 to 2 kilos) of bacteria in our digestive tract. Considering that these are microscopic organisms, that equates to TRILLIONS of bacteria that live in our gut. In fact, we have more bacteria living in and on us than we have cells in our body- by an order of magnitude! That's a LOT of bacteria living in our body.

*If you have any chronic digestive problems you absolutely MUST notify your doctor so that you can be given the all-clear that you have no serious medical issues.*

*Intestinal problems CAN be symptoms of something more serious and you should be 100% sure that you have no serious gastrointestinal problems before you attempt to improve your GI symptoms naturally.*

While we think of bacteria as being 'bad', the vast majorities are not only good, but are absolutely necessary for our good health- and antibiotics like Levaquin destroy these good bacteria along with your infection. The progressive cascade of consequences that occur from this are:

- Destruction of good bacteria  
(which leads to)
- Overgrowth of Candida Yeast and the C difficile bacteria  
(which leads to)
- Inflammation and damage to the intestinal walls  
(which leads to)
- Increased intestinal permeability  
(which leads to)
- Food and bacteria leaking into your bloodstream  
(which leads to)
- Immune system hypersensitivity  
(which leads to)
- Food sensitivities, chemical sensitivity and autoimmune diseases  
(which leads to)
- Lots of stress and magnesium depletion  
(which leads to)
- Worsening Leaky Gut Syndrome and more intestinal infections  
(which leads to)
- More toxins in your bloodstream  
(which leads to)
- Your liver getting overloaded and unable to remove toxins  
(which leads to)
- Worsening toxicity symptoms and decreased ability to absorb nutrients.

And on and on and on in a downward spiral of worsening problems that may or may not even be causing you noticeable digestive problems. You may have even had such minor to moderate digestive problem all your life that set you up for Levaquin Toxicity that you really don't even notice them or think of them as digestive problems any more.

While you may or may not even have noticeable digestive problems, it's VERY likely that you have SOME degree of this downward spiral of digestive issues going on and it's unlikely that you are going to feel better unless you get this process stopped by decreasing the inflammation,



healing the leaky gut and getting rid of these pathogens.

It's critical that you understand that even your 'minor' digestive problems could really be signs of huge problems in your gut that may actually be the **PRIMARY CAUSES** of many, and in some cases, all of your symptoms- and may have started long before your Levaquin Toxicity. To learn more about what actually happens in leaky gut syndrome, I would suggest

that you take a look at this [Video on Leaky Gut Syndrome](#). Now, in order to change this downward spiral, you **MUST** be following the protocols from The Levaquin Tendonitis Solution as well as the recommended diet. These supplements here are for those who may need them and are in **ADDITION** to the supplements in the primary protocol.

## About Common Antibiotic-Caused Infections

Most people know that antibiotics are used to treat infections, but it's less well known that antibiotics can **CAUSE** infections too. The two most common antibiotic-caused infections are Candida yeast overgrowth infections and an organism called Clostridium Difficile or 'C-Diff'.



## Candida Infection

Women are more familiar with Candida yeast overgrowth since it's common to get a vaginal yeast infection after taking antibiotics and many doctors will even give a 'one day' antifungal medication for women to take at the end of their course of antibiotics to ward off the nearly inevitable vaginal yeast infection. However, antibiotics don't just allow the overgrowth of yeast in the vagina, but in the rest of the body as well- including the digestive tract. These yeast infections are harder to kill and less noticeable, but they still occur and occur in both men and women equally.

The candida yeast is ALWAYS present in our bodies and is nothing to be alarmed about. In fact, there is no way to get rid of it entirely and is not even desirable to. The most that we can do is to 'keep it in check' with the good bacteria in our bodies. But when you take antibiotics, the antibiotics kill off both the bad bacteria that makes us sick, and the good bacteria that keeps us well in many ways. By killing the good bacteria that keep candida infection in check, candida will reproduce and take over the places that the good bacteria lived previously. If candida takes over too many areas, this can lead to illness that may or may not even be apparent.

Some of the symptoms of candida overgrowth could be any or all of the following: chemical sensitivity, fatigue, sensitivity or a feeling of drunkenness when eating sugar or high sugar foods such as fruit; joint pain; muscle pain; headaches; digestive problems like bloating, constipation, excess gas or decreased ability to digest food; white spots in the mouth or white coating on the tongue or throat; painful swallowing with white coating in the throat (thrush)... and the list goes on and on. You do not need to have ALL of these symptoms to suspect that you have candida, only one or two.

If you DO suspect that you might have a candida overgrowth infection, the diagnosis and treatment is far too complex to get into in this book. There have been MANY MANY books written about candida infection. It is very difficult to diagnose and difficult to treat and the treatment must be approached on several levels of diet, supplements and often even the elimination of heavy metals like mercury that often exist in conjunction with candida infection.

Again, if you suspect that you might have a candida infection, it is beyond the scope of this book and you can find many sources for more information and treatment on the internet.

# Clostridium Difficile Infection

Clostridium Difficile Infection, also known as 'C-Difficile' or just 'C-Diff', is a less well known antibiotic overgrowth infection. Like Candida yeast, this pathogen is always present in small numbers in your digestive tract and is able to grow and proliferate when you take antibiotics that kill off the good bacteria that usually keep it in check.

While C-Difficile is less well known to the average person, it's VERY well known in hospitals where extremely ill people on antibiotics get this bug quite frequently. C-Difficile's 'hallmark symptom' is a case of diarrhea after a course of antibiotics. If you have ever had a case of diarrhea after a course of antibiotics and/or you have diarrhea on and off or you have had serious digestive changes since taking antibiotics (whether or not you have had diarrhea), you might consider that you have Clostridium Difficile.

There are MANY MANY studies that have been done on C-Difficile infection, its incidence rate after antibiotics and the results of having it long term. One study showed that over 20% of patients got C-difficile after a SINGLE dose of antibiotics prior to surgery, and none even had diarrhea!

While diarrhea may not seem so bad, this infection can lead to many problems that only occur over long periods of time if it's not eliminated. Because it causes long termed prolonged inflammation in the lower digestive tract where it lives (the bowels or the colon), it can lead to SEVERE lower intestinal damage that can even lead to destruction of the tissue to such an extent that surgery to remove part of the colon is required- death has even occurred from the extensive damage done to the intestinal tract! And this is not idle speculation or simply one person in a million that get damage this severe. One study showed that in just over 200 hospitalized patients with Clostridium Difficile that 44 required surgery and 20 died as a direct result of C-difficile infection. While healthier people like you who are able to read this at home are not likely to die from Clostridium Difficile, it can be chronically inflaming your digestive tract and making you feel a lot worse than you would if you didn't have it.

If you have ANY digestive problems after taking antibiotics, you may want to consider getting a [Comprehensive Intestinal Pathogen Test](#) that I offer on my site to make sure that you do not have C-Difficile or any other common pathogens and parasites that could be contributing to your ongoing unwellness- its FAR more common than you think. This test is really the 'best in its class' and will show pathogens that stool tests given to you by your doctor or in the hospital will miss. If you ARE positive in any pathogens, you'll get a complete treatment plan on how to get rid of that bug- included at no extra cost in the price of the test.

# Digestive Supplement #1-Probiotics

Since the very first thing that ANY and all antibiotics do is to kill off the normal flora of bacteria in the digestive tract, then the solution is to replace those bacteria. While we think of the term 'probiotics' as meaning supplements, the word means 'for life' and refers to any bacteria that are beneficial- and since you can get them in food also, the term probiotics does not necessarily mean supplements, although that is usually the easiest way to get them.

When you take in probiotics in sufficient numbers they can begin to 'crowd out' harmful organisms in your digestive tract which can decrease symptoms of gastrointestinal problems and help to improve symptoms of both constipation and diarrhea.

When you have an appropriate ratio of good to bad bacteria, then inflammation can be reduced and leaky gut syndrome can improve. Although JUST taking probiotics is unlikely to help symptoms of Levaquin Toxicity, balancing bacteria flora can make a huge overall difference in your health over time. Just like many of these strategies, though, the effects are subtle and may take many months to see significant results. Probiotics are a long term strategy to change your health.

## Getting Probiotics in Food

Probiotics are one of the few supplements that you can learn to make yourself at home! Humans have been ingesting probiotics for thousands of years before supplements came along and every culture on earth has a tradition of some type of cultured food that is eaten regularly in their diet, but westerners have eliminated most of these foods in favor of processed, canned and jarred foods with long shelf lives. While many of us still eat yogurt, there are many other types of probiotic-containing foods such as:

- Sauerkraut and Kim Chee
- 'Pickled' vegetables if they are homemade without the use of vinegar
- Cultured milk products including kefir and yogurt
- Tempeh- a cultured soy product
- Kombucha - a fermented good for you naturally carbonated probiotic beverage
- Beet Kvass- a pleasant tasting easy to make beet-based beverage
- Kefir- a fermented yogurt-like thick milk drink

And the list goes on and on. You can make many of these foods with just a little bit of education and a small amount of effort. You'll need 'starter' bacteria for some of these, but not for others. There are many books and videos out there that can teach you to make homemade cultured

foods. If you choose cultured foods for your probiotics, eat them FREQUENTLY to get the most benefit- a little bit as a condiment or a few ounces of a cultured drink with every meal is ideal.

You can also buy some cultured foods. Yogurt and kefir are frequently available in most stores, but ALWAYS make sure that your dairy is organic and be sure to read labels as most have high levels of sugar or artificial sweeteners which you need to avoid like the plague!! Store bought sauerkraut and pickled vegetables are nearly always pasteurized which kills the bacteria, and contain vinegar which means that they were NOT fermented and do not contain probiotic bacteria. If you buy store bought cultured foods, you need to make sure that they say:

- 'Live Cultures'
- 'Raw'
- 'Unpasteurized'
- Do NOT contain vinegar, sugar or preservatives

If they DON'T, then they are worthless to you as probiotic foods because the bacteria have been killed. So either make them yourself (it's not hard to learn and it's VERY inexpensive to do) or purchase high quality probiotic cultured foods that really have live organisms in them. You can get learn how to make many cultured foods and beverages and purchase starter kits to help you make cultured/fermented foods at the [Cultures for Health](#) store.

## Choosing Probiotic Supplements

If you DO choose to take probiotic supplements, do remember that not all probiotics are created equal- and it's important that you take quality into consideration. A recent study of probiotics that were bought in stores showed that MOST probiotics either:

- Didn't have the number of bacteria that they claimed
- OR
- Didn't contain probiotic bacteria at all

So, you do need to investigate quality of these products and get them from a high quality reputable company that can ensure that the contents are actually what they claim they are. You want these qualities in a probiotic:

- Broad Spectrum- meaning it has several different types of bacteria

- High number of organisms. Probiotics are measured in BILLIONS of organisms and you want the highest number that you can find. At least 5 billion organisms is good, but some good quality products can contain 20 – 50 billion organisms.
- Since you are using these probiotics after taking antibiotics, I highly recommend taking a probiotic that contains a specific organism called *Saccromyces Boulardii*. Also known as 'Sac Boulardii' or sometimes 'S. Boulardii' on supplement bottles, this probiotic is specific to the organism *Clostridium Difficile* that was discussed previously.

## Cautions When Taking Probiotics

Use caution when you first begin taking probiotics- whether in food or in supplements- especially if you are VERY ill. If the balance of your good to bad bacteria is seriously altered, then you may have a yeast overgrowth infection. If this is true, then you can feel bad when you begin taking probiotics. This is a condition called a 'Herxheimer Reaction' or a 'Die-off Reaction', and is caused by the release of toxic by-products from the death of Candida yeast and some harmful bacteria.

If you DO feel worse when you start probiotics and think that you might be experiencing a Herxheimer reaction, do not panic and do not stop taking probiotics. This reaction is an indication that you absolutely DO have a Candida yeast overgrowth problem that MUST be dealt with. Find the lowest dose of probiotics in which you can tolerate the symptoms and continue taking the probiotics and increasing your dosage as much as possible at whatever level that you can tolerate.

There have been dozens, if not hundreds, of books devoted to defeating Candida overgrowth in the intestinal tract and it can be a long drawn-out battle to eliminate it if it is very bad. Following the program consistently, continuing probiotics, completely eliminating gluten and sugar and not giving up is the key. It's also important to note that Candida overgrowth can have MANY of the symptoms that LOOK like Levaquin Toxicity and if you have a Herxheimer reaction, it can easily mimic symptoms that seem like 'flares' of Fibromyalgia or the phenomenon in Levaquin Toxicity known as 'cycling' where symptoms get better, then worse in cycling patterns. However, a Herxheimer reaction is actually a GOOD sign that you have found one of the causes of your problems and that you are on the road to recovery- despite initially feeling worse.

## Digestive Supplement #2- Hydrochloric Acid

I know, I know- you are probably thinking that I am absolutely CRAZY to be recommending hydrochloric acid tablets since most people think that they have too MUCH acid and that is the cause of heartburn and some digestive issues. Surprisingly, however, the problem of too much acid is almost NEVER the problem- but too LITTLE acid is frequently the problem!

For those of you on prescription antacids or who have frequent indigestion, this section is going to be particularly important because indigestion is another symptom of the beginning of serious health problems and prescription antacids can ONLY make the situation worse. As they advertise, prescription antacids decrease the acid levels in your stomach, but this is NOT desirable.

### **HCL can actually reduce symptoms of heartburn**

You have high levels of stomach acid in order to allow absorption of nutrients and defense of pathogenic organisms. Decreasing your stomach acid changes this ecology and can decrease absorption of nutrients while allowing pathogenic organisms like:

- Candida yeast
- The H pylori bacteria that causes ulcers
- Clostridium Difficile

To flourish and overrun your digestive tract and further crowd out the good bacteria which releases more toxins into your bloodstream, etc. The remedy for this is to RAISE your stomach acid levels through proper diet, avoidance of processed foods, getting off of antacids- and in some cases taking hydrochloric acid (HCL) tablets. And you CAN take HCL even if you FEEL like you have 'too much acid' and/or a sensation of heartburn. HCL is also particularly helpful if you have a candida overgrowth as the HCL is very beneficial in helping to kill off the yeast overgrowth.

### **Could You Benefit from Taking HCL**

You can do an easy test to see if HCL will benefit you. Since it's slightly involved and I've already outlined it on my website in great detail, I'll refer you to the [HCL Deficiency Test](#) here. I'll give you some product options at the end of this chapter as well, but most hydrochloric acid tablets are the same and just fine for daily use. While some have digestive enzymes and 'bitters' that

can also help with digestion, if you find a product without these added ingredients then that is just fine too.

An alternative product to HCL is Apple Cider Vinegar. It is intolerable if you simply take a spoonful of it, but it can taste nice in a glass of water. Make sure that your apple cider vinegar (**NOT white vinegar!!**) is 'live' and has strands of stuff and sediment throughout the bottle if you shake it. This sediment and 'stuff' are live probiotic organisms as well. Drinking a teaspoon in a glass of water 15 or 20 minutes before meals has relieved heartburn in a lot of people while helping to restore their stomach acid.

## Digestive Supplement #3- Fiber

Many of you with digestive problems will have either constipation or diarrhea- both of which are problems that you need to correct. For those with either problem, you should strive to have one to three formed bowel movements every day. If you have less than one bowel movement per day then you are constipated- no matter what your doctor or your mother tells you.

If you are NOT having one to three formed bowel movements each day, then this is a symptom of a problem and could be contributing to worsening toxicity since your bowel movements are one important way that your body eliminates toxins. Worsening inflammation and leaky gut syndrome are also long term consequences of altered bowel issues. You really **MUST** strive to regulate your bowels to normal if you want to get healthy.

Most people with constipation would agree that fiber is a good idea, but most people with loose stools believe that fiber will make their condition worse. This is **NOT** the case, however, and taking fiber helps to provide bulk which will help people with constipation to go more frequently and can help to firm up bowel movements in those with loose stools- really!!! Fiber is also extremely helpful for alternating constipation and diarrhea as well.

## Choosing Fiber Supplements

Ideally, your fiber supplements will taste decent and have 'prebiotics', and particularly a probiotic called Inulin, as well as the fiber itself. Prebiotics are substances that actually feed and help to make your good bacteria proliferate. It is specific to good bacteria and does not feed bad bacteria. Prebiotic fiber can help to make your probiotic intake more effective and get rid of bad bacteria more quickly.

Since inulin can help to crowd out bad bacteria, having a Herxheimer reaction is also a possibility to consider, so starting out slowly with small amounts of fiber is a good idea. Remember, Herxheimer reactions are actually a GOOD sign that you have found part of your problem and are on your way to correcting it, so please don't worry about them or not do parts of this program for fear of experiencing them. You MUST eliminate your severe Candida infection if you are ever going to get well, so you may need to have some discomfort in the short term in order to experience long term improvement.

## Sauna Therapy

I'm including information about sauna therapy at this point in the book because it could have value for many of the symptoms of Levaquin Toxicity- especially for the fatigue, neurologic problems and chemical sensitivities that I'll talk about in the rest of this book. Saunas have been used for thousands of years as a health aid and to get rid of toxic substances from the body. For those of you that believe at least part of your problem may be due to overwhelming toxicity and not JUST Levaquin, you may want to consider sauna therapy as a POWERFUL option to help you to get rid of toxic substances from your body as quickly as possible.

**"Publications over the past two decades also show that this regimen (sauna therapy) can improve memory, cognitive functions, immune parameters, and general physical condition in different study populations."**

*'Use of the Sauna to Improve Health of New York City Rescue Workers'*

Sauna therapy basically involves spending as much time as possible (between 2 to 5 hours per day) sweating in a sauna each day while ensuring that you are taking in plenty of water and electrolytes to prevent dehydration or electrolyte imbalances.

Recently, sauna therapy has been used as a legitimate detoxification therapy for the rescue workers at the 9/11 Twin Towers incident. Almost 500 workers with severe disabling symptoms from exposure to toxic chemicals during the aftermath of this tragedy were treated with a specific regimen of sauna therapy to eliminate their toxins. The majority of these workers who followed this regimen showed GREAT improvement in their symptoms by using this therapy for between 30 to 90 days.

For more information on sauna therapy, here's a detailed article on the [Hubbard Sauna Therapy Protocol](#) as it is being done for the 9/11 workers. I disagree with their



use of polyunsaturated oils, however, as they have been shown to INCREASE oxidative stress. Instead, using coconut oil, olive oil or butter in the diet in generous quantities (as I've already suggested in the main Levaquin Tendonitis Solution book) would be a better choice.

In the article, they also don't mention the 'Niacin Flush' reaction that can occur when taking crystalline niacin as they are using. Niacin flush is a reaction that occurs in EVERYONE to differing degrees when they take niacin and it causes the skin – particularly of the face- to become hot and red while the body may become tingly or itchy. This is NOT an allergic reaction!!!! I'll repeat this. It is NOT an allergic reaction to niacin and will go away on its own in a matter of 1/2 to 1 hour. While some people find it uncomfortable, it is NOT DANGEROUS!!!!

While there are supplements made from a derivative of niacin called niacinamide which doesn't cause 'Niacin Flush', niacinamide is NOT recommended, will NOT regulate the cholesterol levels and will not increase the circulation and mobilize the toxins from fat cells in the same way that niacin does. If you try taking niacin, simply start with tiny dosages to see how you react before starting out with a large dose. You **WILL** get niacin flush, but the severity of it is different for everyone.

**DISCLAIMER:** This is not a recommendation for you to follow the Hubbard Protocol. The Hubbard Sauna Protocol is an intense therapy in which you can become dehydrated, develop electrolyte imbalances or get low blood pressure from the intense heat. Intense sauna therapy should only be attempted under someone, preferably with medical training, that can provide close monitoring to your individual condition. I only provide this section as information about this unique therapy.

## Tired and Fatigued



### Fatigue Supplement #1- Try Carnitine

Using the steam engine analogy that we spoke about in the Super Supplements section, if the mitochondria are the furnaces that make the train run, and fatty acids are the coal used to stoke the furnace- then Carnitine is like the guy who shovels the coal

into the furnace. You can have a working furnace (mitochondria) and plenty of coal (fatty acids), but without carnitine, the fuel for your body's furnace will just sit around – and you won't have any energy.

Since carnitine is required to produce energy, the result of a **LACK** of carnitine is most often fatigue and weakness. Carnitine would be an EXCELLENT choice for you if you are experiencing fatigue or weakness. If you are not fatigued, then it would be less likely to help you.

There is MUCH research on Carnitine for fatigue, and looking at the research as a whole, it points to the fact that nearly anyone of any age- from children to centenarians- that have fatigue for any reason at all could benefit from Carnitine administration. This is NOT an exaggeration; studies on Carnitine **HAVE** been done on children, 100 year old's and everywhere in between- and nearly every single study showed an improvement in fatigue with virtually no side effects whatsoever.

Carnitine would be a PARTICULARLY important nutrient for you to do a trial of if you also had fatigue BEFORE you got Levaquin Tendonitis. This COULD indicate that you have an undiagnosed underlying mitochondrial or Carnitine metabolism problem that contributed to your problem in the first place. Getting plenty of fatty acids for fuel and doing a trial of Carnitine would be **WELL** worth the time and money. If you improve significantly when taking Carnitine, you may have a Carnitine metabolism problem and you may need to take it for life.

## Testing for Carnitine Levels

While there are both blood tests and urine tests that can measure Carnitine levels, they are almost never used in western medicine despite the fact that there is a medically legitimate genetic Carnitine deficiency disorder that could be diagnosed more regularly if doctors were to simply test Carnitine levels.

HOWEVER, the research on Carnitine is **VERY CLEAR** that Carnitine testing can't tell you if you will BENEFIT from doing a trial of Carnitine. Those who test low will CLEARLY benefit from carnitine and may have a genetic problem metabolizing carnitine, but about 33% of those with profound fatigue who have NORMAL levels of carnitine can get relief of fatigue by taking Carnitine.

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**"...one-third of CFS patients are carnitine responders. Of the responders, some improve so dramatically that, even if they were fully disabled initially, they return to normal functioning and remain well if they continue taking the supplement."**

*Nutritional Strategies for Treating Chronic Fatigue Syndrome*

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This shows that testing is not necessary in order to determine whether it should be used or not and it is not particularly cost effective to do so. If you absolutely WANT to be tested for your carnitine levels, there is an in-home urine test called the [Organix Profile](#) that will test Carnitine, Coenzyme Q10 and Vitamin B12 levels- as well as many other nutrients. The test is sent right to you in the mail and you can send right back to the lab without ever leaving home. Click on the link to The [Organix Profile](#) if you wish to find out more about it.

So the research on Carnitine actually supports a **'Try it and see if it works for you'** approach. Most doctors do **NOT** like this approach to medicine- even when research overwhelmingly supports it- and therefore, you are not likely to have Carnitine deficiency suspected by your doctor or have a trial of it recommended 'Just to see if it helps.'

## Different Forms of Carnitine

Carnitine comes in three different forms that have been used extensively in studies:

- L-Carnitine
- Acetyl L-Carnitine – also called ALCAR
- Propionyl L-Carnitine

The majority of studies showing effective relief of fatigue with carnitine have been done using the L-Carnitine form of the amino acid. As a result, I use the L-Carnitine form exclusively in my practice. Therefore, based on the research and my clinical experience of having excellent results, L-Carnitine is the form this book recommends.

HOWEVER, I have met many practitioners who use Acetyl L-Carnitine and have given many reasons why THAT form is the ONLY form that should be used. And in studies of heart failure (which Carnitine can help to improve dramatically) the form of Propionyl L-Carnitine is used. In fact, it doesn't seem to particularly matter which form you use, but since I don't work with the other forms of L-Carnitine, I can't help you with appropriate dosages if you choose to use them.

## Dosage of L-Carnitine

If you choose to supplement with L-Carnitine, you need to choose a high quality Pharmaceutical Grade Carnitine Supplement. Recommended dosages in these studies favor higher doses of carnitine- between 2000 to 3000 milligrams (2 to 3 grams) per day in 2 divided doses.

In other words, in order to get 2000- 3000 mg per day, you would:

- Take between 1000 to 1500 mg in the morning
- and
- 1000 to 1500 mg in the evening

While I recommend that you be **EXTREMELY** patient while taking the other supplements, and to give it AT LEAST 3 months to even do your first reevaluation to see if they are working, with Carnitine you just need to do a **2 Month Trial**. If you do not notice any improvement after taking 3000 mg per day consistently for 8 weeks, then you can discontinue taking Carnitine as it is not likely to be part of your problem.

## Cautions

There seem to be almost no cautions with the use of L-Carnitine except that it has caused diarrhea in a small percentage of people. It has been used safely and with virtually no side effects from young children to the elderly without problems. It has also been used safely in those with complicated medical conditions such as cancer, developmental disabilities and kidney failure.

## Summary of Carnitine for Levaquin Tendonitis

- Carnitine can be **EXTREMELY** effective for people with fatigue or weakness.
- Less likely to be effective for those without fatigue or weakness

- Carnitine is required by the mitochondria of every cell for energy
- It can be taken safely by nearly anyone for any reason
- It should be taken in the form of L-Carnitine
- Take it at a dose of 1000 to 1500 mg twice daily (source at chapter end)
- Carnitine testing is available, but research supports just giving it a trial
- Some people have an inborn Carnitine metabolism defect. If you experience significant improvement when taking Carnitine, you MAY need to take it for life!

## Fatigue Supplement #2- Try Methylcobalamin

In the next section (just below), I discuss the use of Methylcobalamin B12 to possibly help relieve neurologic symptoms, but those of you with fatigue will also want to pay attention as well because Vitamin B12 can be an EXTREMELY fast and effective way to relieve fatigue IF it's used in the right form and the right dosage. While not everyone will improve, if you have profound fatigue then it is certainly worth doing a trial of Methylcobalamin- even just for one month just to see if it might help. It's very safe and has little to no cautions for just giving it a trial.

See the discussion on methylcobalamin next....

# Neurologic Problems

## Methylcobalamin B12 Is Very Powerful

Probably some of the most disrupting symptoms associated with Levaquin Toxicity are the neurologic problems. People with these problems FREQUENTLY complain of:

- Memory Loss
- Numbness and Tingling
- Neuropathy
- Nerve Pain
- Difficulty walking
- Depression and mood problems
- Multiple sclerosis type symptoms

If this sounds like you, then giving a trial of METHYLCOBALAMIN B12 is worth your while. Methylcobalamin B12 is NOT the same as regular vitamin B12. It is a specific formulation that has been found to be particularly useful for neurologic problems and has been used to delay and even reverse some neurologic conditions such as:

- Alzheimer's Disease
- Amyelotrophic Lateral Sclerosis (ALS, Also known as Lou Gherig's Disease)
- Multiple Sclerosis
- Subacute Combined Degeneration
- Bell's Palsy
- Peripheral Neuropathy

In some cases, there have DRAMATIC reversals of these neurologic conditions when Methylcobalamin B12 was given- even lesions that have been seen on the brain and spinal cord on CAT Scan and MRI have disappeared when high dose vitamin B12 was given! Using high dose B12 would ALSO be a good idea if you have risk factors for B12 deficiency such as:

- Are vegetarian or vegan
- Have Intestinal or stomach malabsorption or suspect that you do
- Have extensively used Nitrous oxide for medical or dental procedures
- Have abused Nitrous Oxide as a drug in the form of 'Whippets'

## The Right Kind of Vitamin B12

If you want to use Vitamin B12 in order to see if it can help relieve any of the symptoms mentioned- the only **FORMULATION** of Vitamin B12 that I can recommend is called **Methylcobalamin B12**. Vitamin B12 comes in other forms, with the most common being:

- Cyanocobalamin
- And
- Hydroxocobalamin

While these other formulations are more widely used and are less expensive, methylcobalamin is really the only formulation that you should use. So just look on the back of your bottle of Vitamin B12 and make sure that it says Methylcobalamin and that it is designed to be taken 'Sublingually'- meaning that it is taken under the tongue where it can be absorbed more efficiently.

## Dosage of Vitamin B12

While the dosage of Methylcobalamin is controversial and there are many different opinions, most studies show that Vitamin B12 blood levels are increased to normal range when only 1000 micrograms (that's ONE milligram, also written as 'mg') is used per day.

**HOWEVER**, there are many, many studies showing greater benefits- while still being EXTREMELY safe- at dosages up to 40 milligrams per day. But taking 40 milligrams per day is often expensive and a dosage of about **10 milligrams per day** seemed to give people in studies a 'Maximum sense of well- being'. However, much higher dosages have been used very safely. If you have extensive nerve pain or neurologic symptoms that are not relieved at lower dosages, then studies show that it seems extremely safe to try dosages of 20 to 40 milligrams per day for several weeks in order to see if that **COULD** help your pain or nerve damage. Do NOT underestimate the effectiveness of Methylcobalamin for nervous system problems, it can be extremely effective. If it can be used to reverse the nerve problems of multiple sclerosis and Alzheimers then it can be used to help YOUR nerve problems too. There has NEVER been a case of reported toxicity of Methylcobalamin B12, so feel free to give high doses of this powerful vitamin a try without fear of overdose. You

**WARNING:** Watch out for the dosage of Methylcobalamin B12 on the bottle. The dosages are usually measured in **MICROGRAMS (mcg)**, while the dosage recommendations from these studies are in units of **MILLIGRAMS (mg)**. Tablets will generally come in dosages of between 500 to 1000 micrograms. This means that if you wanted to take 10 **milligrams** per day out of a bottle where each tablet is 500 **micrograms** (mcg), you would need to take 20 tablets per day!! So watch out for the difference between micrograms and milligrams. There are 1000 micrograms in one milligram.

## Multiple Chemical Sensitivity

Multiple chemical sensitivity is a sign that you have a combination of problems and is likely due to MORE than JUST Levaquin Toxicity. The three likely problems that are all present TOGETHER at the same time that are causing you to be sensitive to everything are:

- Overwhelming toxicity from many substances- not just Levaquin
- Leaky Gut Syndrome
- Inadequate ability to detoxify substances

Also please read the blue box in the Introduction of this addendum that asks, "Is Your Home Poisoning You?" since multiple chemical sensitivity could be a sign that your home is infected with mold.

The solution to multiple chemical sensitivity is to get more toxins OUT everyday than you put IN each day, heal your gut and help your body to detoxify. The steps that need to be taken are to

follow the instructions in the first book VERY carefully- being gluten free is ESPECIALLY important at gluten proteins constantly leak through a leaky gut to cause immune system activation and inflammation. Other things that are helpful are to:



- Follow the instructions in the 'gastrointestinal symptoms' section (above). All 3 suggestions there help to decrease leaky gut, mobilize toxins and decrease the amount of pathogens

coming INTO your body.

- Follow the instructions for taking Methylcobalamin B12. Methylcobalamin (but NOT regular B12) is EXTREMELY detoxifying and can be very helpful for detoxifying mold toxins, aspartame, MSG and heavy metals.
- Eliminate **ALL** bath, body, laundry, dish, cosmetic and cleaning products from your home that are not natural and organic. ELIMINATE THEM!! Use ONLY laundry products that say 'natural or organic'. Products such as Tide Free and Clear or that say 'hypoallergenic' may simply have more chemicals covering up the smell.
- Sauna Therapy may be particularly valuable.



## Recommended Sources for Supplements

### DIGESTIVE Problems

[Probiotics](#)- Excellent broad spectrum probiotic supplement with billions of organisms that contains Sacromyces Boulardii.

[Hydrochloric Acid Tablets](#)- Betaine HCL with gentian root for extra digestive help. A standard formulation.

[Longevity Plus Beyond Fiber](#)- Contains inulin probiotics along with stabilized rice bran fiber which has been shown to decrease inflammation and support the immune system.

### Neurologic Problems

[Beyond B12](#)- Methylcobalamin B12 with b vitamins.

### Multiple Chemical Sensitivity

Use the digestive protocol, the methylcobalamin B12 and the products to help increase glutathione (from the main book). Sauna therapy is highly recommended.

## In Home Lab Testing

This section will give options for those you who are interested in finding out exactly what is causing your problems. All of these tests are mailed to you, are done right in your own home and are simply mailed back to the lab. The tests are done by using either:

- A 'spot' of blood placed on a card
- Saliva
- Urine
- Stool

These tests ARE accurate and useful, but are certainly optional. I developed this protocol after a combination of extensive research and the results of having done The Organix Profile (see below) on dozens of my clients suffering from Levaquin Tendonitis and toxicity and finding that the results generally found that people had a high need for nutrients to:

- Support glutathione production
- Quench oxidative stress
- Enhance mitochondrial energy

The testing was so consistent and matched the research so perfectly that I stopped testing and now simply recommend this protocol instead. But for those of you looking for more answers or who suspect that they may have very specific problems, testing may be very beneficial to provide information that you just simply can't get otherwise. I'm only going to provide a very brief overview of the tests here as I've included a link to their ordering page on my website which provided more detailed information about each individual test and their pricing for those who are interested. Please feel free to contact me on the Levaquin Tendonitis forum page if you have any questions about choosing specific tests.

## Heavy Metal and Pesticide Testing

This comprehensive test checks for a variety of heavy metals including mercury, arsenic and lead as well as testing for a variety of pesticides and other toxins. This unique test doesn't just test for the PRESENCE of the pesticides, but how they are acting in your body. For more information, please see the [Heavy Metal and Pesticide Test](#) page.

## Intestinal Pathogen Test

This test can not only be beneficial for those of you with digestive problems, but for those with fatigue, neurologic problems and multiple chemical sensitivity as well. In my private practice, I find that the VAST MAJORITY of people with any chronic health problems have intestinal pathogens and that they feel MUCH better when they eliminate them. Remember that the Quinolones kill the 'good' bacteria in your digestive tract and because of this, this makes it easier for parasites and other 'bad' intestinal pathogens to get a foothold.

In fact, there are two conditions that ANY antibiotics can give you that can be causing or contributing to many of your symptoms. Those conditions are Candidiasis (a type of yeast

overgrowth infection) and an infection called Clostridium Difficile, or 'C-Diff' for short.

Seriously consider getting this test done and finding out if you have any pathogens in your digestive tract and GET RID of these bugs. The difference that I have seen in the health of people when they get rid of intestinal pathogens is sometimes downright remarkable!

For more information please see the [Intestinal Pathogen Test](#) page.

## Intestinal Permeability Test

This test can actually measure your degree of Intestinal Permeability by checking for antibodies to foods and other proteins after they 'leak' through your intestinal wall and into the bloodstream. To learn more, go to the [Intestinal Permeability Test](#) page. The research on this test is IMPRESSIVE and at the bottom of the ordering page there is even an entire teleseminar put on by the doctor/researcher/inventor of the test, explaining the test itself and the research behind it.

## Vitamin D Blood Spot Test

You NEED to get a vitamin D test for this protocol. Either get a regular blood test through your doctor or you can order a blood spot test from the [Vitamin D Blood Spot Test](#) page.

## The Organix Profile

This is the test that I used to test dozens of people with Levaquin Tendonitis in order to help develop this protocol. One single urine test that you do at home can tell you more about:

- Your nutritional status
- Your oxidative stress levels
- Your need for supplements
- Your levels of good and bad bacteria
- Whether you have a Candida overgrowth infection
- The health of your detoxification system

than just about any other test in existence. This is a powerful test. If you are stuck and not progressing with the protocols in this book, then stop guessing about what you might need and get tested to find out exactly what you need.

Read more about The [Organix Profile](#) here.

## Summary of Levaquin Toxicity

Remember that this section is not intended to discuss every single symptom that you might be experiencing. The majority of your symptoms result from the underlying causes that I discussed in the main Levaquin Tendonitis book. I included this section only for SPECIAL circumstances where you might need some extra support and the core supplements and lifestyle issues may not be enough.

While you can feel free to ask me any questions about your symptoms on my website, I urge you to not focus on solutions to individual symptoms but to put your focus on changing the underlying problems that are CAUSING your symptoms. While certainly some individual symptoms make you so miserable that you simply can't focus on anything else, changing the ecology of your body is likely to improve most of these symptoms. So start the program being as patient as possible and as strict as possible with your diet and lifestyle and you'll get maximum results in the shortest amount of time.

## Thank You

Thank you for reading The Levaquin Tendonitis Solution. We hope that this book puts you on the path to being symptom free.

### Questions

If you have any questions about this protocol, those who have purchased the book – AND HAVE READ IT- may ask a question on my website.

#### **Rules for asking questions:**

I cannot answer questions about reducing or stopping your medications or medication/supplement interactions. Please speak to your doctor and or pharmacy about these issues.

- 1) Read the book first and make an effort to find the answer there before asking a question
- 2) Use 'common sense' before asking questions and realize that you are asking for my time.
- 3) Leave your email address on the question form. It will NOT be shown.
- 4) Put the email address:

**easyimmu@easy-immune-health.com**

on your list of 'approved' email addresses and/or check your spam folder for the answer.

If you still have questions then go to the link below:

[Questions about the Levaquin Tendonitis Protocol](#)

And use the password: **levaquin**

I will make every effort to answer any and all questions, but

**YOU MUST LEAVE AN EMAIL ADDRESS IN ORDER TO GET AN ANSWER TO YOUR QUESTION**

I promise that it will NOT be shown to others. The email address is needed in order to send you the reply, but is not used for any other reason!!

You can also join the LTS Members Only Forum by clicking on the invitation link below. Do NOT invite others to the forum, it is for those who have purchased the book and are using the LTS protocol.

[Levaquin Tendonitis Solution Forum](#)

## About the Authors



**Kerri Knox, RN** is a longtime Registered Nurse who worked in hospital emergency rooms and intensive care units for 15 years- until she realized that she was not actually helping anyone get well. So she decided to take matters into her own hands and teach people strategies to get well and stay well.

The protocol outlined in this book has been researched extensively from peer-reviewed studies and has been used to effectively relieve the pain of real people with Levaquin Tendonitis.

Kerri teamed up with Joshua Tucker (info below) of [The Tendonitis Expert.com](http://TheTendonitisExpert.com) in order to present an effective strategy to give you the best opportunity possible to overcome your Levaquin Tendonitis and get healthy again.

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**Joshua Tucker, B.A., M.T.**, is a Massage Therapist with 12 years of focus on the treatment of repetitive strain injury like Tendonitis.

Joshua knows that even long term pain dynamics aren't a mystery when you understand how they were caused and why they won't go away.

He created the website [The Tendonitis Expert](http://TheTendonitisExpert.com) in order to help people heal their tendonitis pain without drugs and without surgery by sharing his background and understanding of the Tendonitis dynamic and how the body works. Along with Kerri's medical skill set, experience and natural gift for wading through all the research that is out there, they created **The Levaquin Tendonitis Solution**.



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Consult competent professionals to answer your specific questions. The information presented in this work is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Your physician should be aware of all medical conditions that you may have, as well as the medications or supplements you may be taking. If you are pregnant or nursing, please consult with your doctor.

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# Research and Studies for The Levaquin Tendonitis Solution

All of the Phrases below are the names of studies related to quinolones. You can click on any of the underlined studies and the actual study will be brought up in a new window on your browser.

## General Research on Levaquin Tendonitis

- 1) [Iatrogenic Tendinopathy Associated with Levaquin \(levofloxacin\)](#)
- 2) [In Vitro Discrimination of Fluoroquinolones Toxicity on Tendon Cells: Involvement of Oxidative Stress](#)
- 3) [Fluoroquinolones and tendon disorders](#)
- 4) [Musculoskeletal Injury Associated with Fluoroquinolone Antibiotics](#)
- 5) [Fluoroquinolone Toxicity Survey, Feb 2011](#)

## Why you need to avoid Aspartame & Artificial Sweeteners

- 1) [In situ microdialysis in tendon tissue: high levels of glutamate, but not prostaglandin E2 in chronic Achilles tendon pain](#)
- 2) [Microarray analysis of the tendinopathic rat supraspinatus tendon: glutamate signaling and its potential role in tendon degeneration](#)
- 3) [Neovascularisation in Achilles tendons with painful tendinosis but not in normal tendons](#)
- 4) [Chronic tendon pain: no signs of chemical inflammation but high concentrations of the neurotransmitter glutamate. Implications for treatment?](#)

## Magnesium And Levaquin Tendonitis

- 1) [Fluoroquinolones in the elderly: safety considerations](#)
- 2) [Diminished Ciprofloxacin-Induced Chondrotoxicity by Supplementation with Magnesium and Vitamin E](#)
- 3) [Children as a special population at risk - quinolones as an example for xenobiotics exhibiting skeletal toxicity](#)



- 4) [Effects of Ciprofloxacin and Magnesium Deficiency on the Extracellular Matrix Proteins and Integrins of Tendons in Immature Dogs](#)

## **Vitamin E**

- 1) [Cytotoxicity in ciprofloxacin-treated human fibroblast cells and protection by vitamin E](#)
- 2) [Protective effect of vitamin E supplementation on increased thermal stability of collagen in diabetic rats](#)
- 3) [The protection by ascorbate and glutathione against microsomal lipid peroxidation is dependent on vitamin E](#)

## **Mitochondrial Problems**

- 1) [Age-dependent effects on redox status, oxidative stress, mitochondrial activity and toxicity induced by fluoroquinolones](#)
- 2) [The mitochondria targeted antioxidant MitoQ protects against fluoroquinolone-induced oxidative stress](#)

## **Collagen Damage**

- 1) [Pefloxacin-Induced Achilles Tendon Toxicity in Rodents: Biochemical Changes in Proteoglycan Synthesis and Oxidative Damage to Collagen](#)
- 2) [Ciprofloxacin-Induced" Bilateral Rectus Femoris Tendon Rupture](#)
- 3) [Quinolone antimicrobial agents](#)
- 4) [Fluoroquinolones cause changes in extracellular matrix, signalling proteins, metalloproteinases and caspase-3 in cultured human tendon cells](#)
- 5) [Musculoskeletal Complications of Fluoroquinolones: Guidelines and Precautions for Usage in the Athletic Population](#)

## **Vitamin C**

- 1) [Vitamin C in flexor tendon repair in rabbit cell cultures](#)
- 2) [Individual and synergistic antioxidative actions of melatonin: studies with vitamin E, vitamin C, glutathione and desferrioxamine \(desferoxamine\) in rat liver homogenates](#)
- 3) [Vitamin C Elevated Red Blood Cell Glutathione in Human Red Blood Cells](#)
- 4) [Mechanism of Vitamin C Inhibition of Cell Death Induced by Oxidative Stress in Glutathione-depleted HL-60 Cells](#)

## Quinolones and Caffeine

- 1) [Ciprofloxacin-caffeine: A drug interaction established using \*in vivo\* and \*in vitro\* investigations](#)
- 2) [Quinolone inhibition of cytochrome P-450-dependent caffeine metabolism in human liver microsomes](#)
- 3) [4-quinolones inhibit biotransformation of caffeine](#)
- 4) [Fluoroquinolone antibiotics inhibit cytochrome P450-mediated microsomal drug metabolism in rat and human](#)
- 5) [Ciprofloxacin greatly increases concentrations and hypotensive effect of tizanidine by inhibiting its cytochrome P450 1A2-mediated presystemic metabolism](#)
- 6) [Methadone, ciprofloxacin, and adverse drug reactions](#)
- 7) [Forty years of cytochrome P450](#)
- 8) [Cytochrome P450 Drug Interactions table- notice Naproxen and Acetaminophen](#)

## Cysteine and N-Acetylcysteine

- 1) [Suppression of Rat Hepatic Cytochrome P450s by Protein-Calorie Malnutrition: Complete or Partial Restoration by Cysteine or Methionine Supplementation](#)- Cysteine upregulates cytochrome P450.
- 2) [Protective effect of N-acetylcysteine in isoniazid induced hepatic injury in growing rats](#).- N-acetylcysteine works on the same detoxification pathway as Levaquin.

## Avoid Fluoride

- 1) [Effect of Sodium Fluoride on Collagen Biosynthesis and Degradation](#)
- 2) [Effect of sodium fluoride on collagen cross-link precursors](#)
- 3) [Effect of sodium fluoride on collagen content in skin and lungs of growing rats](#)
- 4) [Variations in the metabolism and maturation of collagen after fluoride ingestion](#)
- 5) [Fibromyalgia, Cause and Cure](#)- These 2 papers hypothesize that a magnesium deficiency plus fluoride toxicity lead to chronic pain syndromes and can cause calcifications! Stay away from fluoride.
- 6) [Nutrient Toxin Interactions of Chronic Pain Syndromes](#)

## Quinolones Unmasking or Exacerbating Other Conditions

- 1) Article on how Levaquin can 'activate' dormant pathogens, including Lyme: [Realities of Antibiotics for Lyme Disease](#). I know of at least one person who mistakenly diagnosed themselves with Levaquin Toxicity only to find out that the Levaquin activated dormant Lyme Disease that he did

not have symptoms of prior to taking Levaquin. He improved significantly after being diagnosed and treated for Lyme by an astute physician.

- 2) [Quinolone derivatives can unmask undiagnosed Myasthenia Gravis](#)
- 3) [Possible Pathomechanism of Autoimmune Hepatitis](#)- Wow. This interesting study mentions that viral infections inhibit cytochrome P450. Giving quinolones when there is a viral infection present could cause serious problems with detoxifying the drugs.

## Eye and Ear Problems

- 1) [Diplopia and Fluoroquinolones](#)
- 2) [Bilateral uveitis associated with fluoroquinolone therapy](#)
- 3) [Quinolone Induced Deafness](#)
- 4) [Ciprofloxacin Ototoxicity](#)

## CNS Problems

- 1) [Trovafoxacin-Induced Weakness Due to a Demyelinating Polyneuropathy](#)- case study of a person getting muscle weakness and neurologic symptoms after trovafoxacin when they DID NOT HAVE underlying neurologic disease prior to taking the drug.
- 2) [Pseudotumour Cerebri Syndrome and Levofloxacin Therapy: A Case Report](#)
- 3) [Neurotoxicidad por ciprofloxacino](#)- In Spanish. A study examining the neurotoxic effects of Cipro.

## Clostridium Difficile Infection

- 1) [Prospective Study of Clostridium difficile Intestinal Colonization and Disease following Single-Dose Antibiotic Prophylaxis in Surgery](#)
- 2) [Fulminant Clostridium difficile: An Underappreciated and Increasing Cause of Death and Complications](#)
- 3) [Nosocomial Clostridium difficile colonisation and disease](#)



# Levaquin Tendonitis Solution Supplement Checklist

# Levaquin Tendonitis Supplement Checklist

## Core Supplements

Supplement	How Much	How Often
<b>Magnesium</b> Make sure it is WITHOUT calcium and is not magnesium oxide. Chelated is best. Ionic or Angstrom if possible.	As much as possible. Get tablets in doses of 100 to 200 mg or powder form	At least 3 times per day. Up to 6 times per day.
<b>Vitamin D</b> In the form of Vitamin D3	'Enough' to bring your level up to between 50 to 80 ng/ml. Purchase either: 2000 IU or 5000 IU capsules	Once daily with a meal
<b>Multivitamin</b> High Quality- from a health food store or natural store is best.	* Natural Selenium- 100- 200mcg * Vitamin E as tocopherols- 400 IU * Vitamin C- at least 500 mg * Vitamin B6 (optional) 50 -100mg	Spread out twice daily with meals
<b>Omega 3 Fatty Acids</b> From HIGH QUALITY Fish oil, krill oil, squid oil or green lipped mussel	Between 2 to 3 GRAMS per day total (2000 to 3000 mg)	Spread out twice Daily with meals

## Supplements That May Help With Pain

Supplement	How Much	How Often
<b>Turmeric and/or Ginger</b> Either fresh (they are roots), in the form of a spice or as a supplement	200 mg and up. Has been used in doses up to 1000 mg per day or eat freshly grated as food or tea	2 to 3 times per day. Can be taken with meals or in-between meals as supplements
<b>Digestive Enzymes</b> MUST say ' <i>Enteric Coated</i> '. Wobenzyme is one brand. There are several others	Follow directions on bottle.	Must take on EMPTY STOMACH to work properly

# Levaquin Tendonitis Supplement Checklist

## Super Supplements

Supplement	How Much	How Often
<b>Melatonin</b> If you have insomnia or multiple chemical sensitivity	0.1 mg up to 3 mg Can take sublingual tablets or Extended release capsules	Once a day. At BEDTIME ONLY
<b>Coenzyme Q10</b> Get High Absorption CoQ10, Ubiquinol or Ubiquinone	100 mg per day at minimum 600 mg per day maximum likely to be helpful.	Spread out Twice daily With meals
<b>Lipoic Acid</b> All forms are essentially equivalent: <ul style="list-style-type: none"> <li>• Alpha Lipoic Acid</li> <li>• Lipoic Acid</li> <li>• ALA</li> </ul>	25 mg to see how you react. It may cause insomnia. If no problems, may increase to between 100 to 600 mg per day	First thing in the morning to start. If no problems twice daily at no particular time.
<b>Milk Thistle</b> No particular form or brand seems to be better than another	400 to 600 mg per day	Twice daily At no particular time
<b>Extra Vitamin C</b> BioEner-C that I offer on my site is best. But health food store brands should say 'buffered' or 'less acidic'.	Start with 1000 to 2000 mg per day and increase by one to two grams per day until you develop loose stools (or just before that!). There is no upper limit	Take small amounts 2 to 6 times Per day.

# Levaquin Tendonitis Supplement Checklist

## Supplements for Levaquin Toxicity

Supplement	How Much	How Often
<b>Probiotics</b> Must be VERY high quality and 'broad spectrum' with multiple strains	At minimum, 5 billion organisms per day. Start slowly if you have symptoms of Candida as you can have Candida die-off symptoms	Twice daily at any time.
<b>Hydrochloric Acid</b> <b>Or</b> <b>Raw Apple Cider Vinegar</b>	One to two hydrochloric acid tablets or one teaspoon apple cider vinegar in water.	Twice or Three Times Daily 1/2 hour before meals
<b>Fiber</b> Ideally should contain soluble and insoluble fiber and contain PRE-biotics like inulin as a bonus.	Follow directions on package	Once or twice daily.
<b>Carnitine</b> Can be in the form of: <ul style="list-style-type: none"> <li>• L- Carnitine</li> <li>• Acetyl L Carnitine (ALCAR)</li> </ul>	Between 2 to 3 Grams per day total (2000 to 3000 milligrams)	Twice daily With meals
<b>Methylcobalamin B12</b>  ONLY use Methylcobalamin B12 not any other form of Vitamin B12	<b>For Fatigue:</b> 5 to 10 milligrams per day (5,000 to 10,000 micrograms)  <b>For Neurologic problems:</b> 5 milligrams per day MINIMUM Up to 40 milligrams per day depending upon the severity of your problems. (5,000- 40,000 micrograms)	Once or twice a day at anytime. Take at night with melatonin if you have insomnia



# Fact Sheet on Vitamin D

**DISCLAIMER:** This Fact Sheet Does Not Constitute Medical Advice. This sheet is a compilation of recommendations by top researchers. These recommendations may or may not apply to your individual health condition. The information should be used in conjunction with the guidance and care of your physician. Please see a health professional before taking any supplements and inform him of any medications and medical conditions that you may have.

## Introduction to Vitamin D:

Vitamin D is finally being rediscovered as the health giving nutrient that it is. It seems that every day there is a new study telling about a new benefit that vitamin d has on your health. But while doctors today are finally realizing its importance, doctors over a hundred years ago were already using vitamin d as the **MAINSTAY** of their hospitals. These Sanitoriums boasted excellent success **CURING** people of fatal illnesses such as tuberculosis- using only the power of the sun and its life giving vitamin d.

Today, as doctors warn to stay out of the sun and chronic illnesses are becoming more and more prevalent, vitamin d is again in the spotlight. From **MOUNDS** of studies, we are discovering that up to 85% of people in western countries- including teenagers and pregnant and lactating women- are Vitamin D deficient; sometimes severely so! And with this severe vitamin d deficiency, we are only now realizing the connection between vitamin d deficiency and almost every chronic illness imaginable, such as:

- Breast Cancer
- Colon Cancer
- Diabetes
- Multiple Sclerosis
- Osteoporosis

And much more. Researchers are making recommendations that doctors are being **EXTREMELY** slow to do anything about. This paper is an attempt to summarize the important practical aspects of taking Vitamin D properly and safely. Resources are given at the end for detailed information about the health benefits of Vitamin D and why it's important to be concerned about vitamin d for the rest of your life.

Sincerely,

*Kerri Knox, RN*

<http://www.easy-immune-health.com>

<http://www.side-effects-site.com>

## Who Should And Should Not Take Vitamin D

Who SHOULD Take Vitamin D		You Should NOT take Vitamin D if:
<b>Your Age</b>	All ages from Newborn to the Elderly	<ul style="list-style-type: none"> <li>You have a High Calcium Level</li> <li>You have hyper-parathyroidism (this is NOT the same as hyper-thyroidism)</li> <li>You are tanned and bronzed all over from being in the sun</li> <li>Your Vitamin D Level is within the recommended levels and you did not take Vitamin D to get it there</li> <li>You have calcifications</li> </ul>
<b>Your Gender</b>	Male or Female Pregnant, lactating or not	
<b>Your weight</b>	Normal, thin or obese	
<b>Your medical Conditions</b>	<p>Whether you have no medical conditions or any medical conditions. See right column for list of medical conditions that should NOT take vitamin D.</p> <p>For all other conditions it is fine- INCLUDING kidney failure and dialysis with NORMAL calcium levels.</p>	<ul style="list-style-type: none"> <li>High Calcium Levels</li> <li>ActiveHyper-Parathyroidism</li> <li>Sarcoidosis</li> <li>Tuberculosis</li> <li>Calcifications</li> <li>Allergy to Vitamin D</li> </ul>

## Vitamin D Levels

<b>Who Should Get Their Vitamin D Levels Tested</b>	<ul style="list-style-type: none"> <li>Ideally Everyone should be tested every 3 months until levels are within the recommended ranges for 2 consecutive tests. After that, once per year with your annual physical</li> </ul>
<b>How to get your Vitamin D Level Tested</b>	<ul style="list-style-type: none"> <li>Ask Your Physician <b>specifically</b> for a: 25 (OH)D Level - Also called a Hydroxyvitamin D Level</li> <li>Get an In-Home Blood Spot Test mailed to you from the <a href="#">Vitamin D Council</a> No blood draw necessary</li> </ul>
<b>What Should Your Vitamin D Level Be*</b>  (*please ignore the levels on the lab sheet from the doctor's office or hospital as these not up to date)	<ul style="list-style-type: none"> <li>50 to 80 ng/ml (nanograms per milliliter) OR</li> <li>158 -252 nm/L (nanomoles per liter)**!</li> </ul> <p>** From Dr. Cannell of the Vitamin D Council</p> <p>! Look to see which units your lab uses</p>
<b>Excess Vitamin D and Overdoses</b>	<ul style="list-style-type: none"> <li><b>Excess Vitamin D:</b> Having your level Greater Than 80 ng/ml OR 252 nm/L Is considered Excessive.</li> <li><b>Toxic Levels:</b> Most sources say that your Vitamin D level need to be over 150 ng/ml in order for toxicity to occur. Other sources believe it is as high as 250 ng/ml</li> </ul> <p>If you stay within the recommended Vitamin D Dosages and get your levels tested every 3 months until they are within the normal range, then your chance of a Vitamin D Overdose is virtually non-existent!</p>

## Vitamin D Deficiency Treatment

<p><b>Standard Vitamin D Deficiency Treatment</b></p> <p>For levels less than the recommended 50 to 80 ng/ml</p>	<ul style="list-style-type: none"> <li>• 50,000 IU's per week *</li> <li>OR</li> <li>• Up to 10,000 IU's per day**</li> </ul> <p>*Dr. Michael Holick ** 'The Use of Vitamin D in Clinical Practice'</p>
<p><b>What FORM of Vitamin D Should You Take</b></p>	<ul style="list-style-type: none"> <li>• Vitamin D3 – also called Cholecalciferol – Prescription Vitamin D is called Ergocalciferol or Vitamin D2</li> <li>• Do NOT take <b>Prescription</b> Vitamin D2 ***</li> </ul> <p>***'The case against ergocalciferol (vitamin D<sub>2</sub>) as a vitamin supplement'</p>
<p><b>What about Overdosing !?</b></p>	<p>There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for <b>YEARS</b> at a time.</p> <p>Children with rickets will get a dose of 600,000 IU's all at once! And in East Germany for over a decade, it was routine to give all newborn babies a dose of 600,000 IU's all at once.</p> <p>Vitamin D Overdose is extremely rare.</p>

## Vitamin D Maintenance Dosage\*

**This means this is a daily dose once your level is within the recommended levels**

<ul style="list-style-type: none"> <li><b>Children and Teenagers *</b></li> </ul>	Less than 1 Year old	<ul style="list-style-type: none"> <li>A total of 1000 IU's per day from all sources</li> <li>1000 IU's per day if breastfed and mother is taking less than 4000 IU's per day</li> <li>None if breastfed and mother is taking 4000 IU's per day or more</li> </ul>
	1 Year to 10 Years	<ul style="list-style-type: none"> <li>1000 IU's for every 25 pounds of body weight</li> </ul>
	10 Years or Older	<ul style="list-style-type: none"> <li>See adult Guidelines</li> </ul>
<ul style="list-style-type: none"> <li><b>Women</b></li> </ul>		<ul style="list-style-type: none"> <li>Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L) * – usually between 3800 to 5000 IU's per day</li> </ul>
<ul style="list-style-type: none"> <li><b>Men</b></li> </ul>		<ul style="list-style-type: none"> <li>Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually about 5000 IU's per day</li> </ul>
<ul style="list-style-type: none"> <li><b>The Elderly</b></li> </ul>		<ul style="list-style-type: none"> <li>Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually between 3800 to 5000 IU's per day</li> </ul>
<ul style="list-style-type: none"> <li><b>Pregnant and Lactating Women</b></li> </ul>		<ul style="list-style-type: none"> <li>At 4000 to 6000 IU's per day*</li> </ul>
<p><b>What about Overdosing!</b>  <b>These dosages are almost</b>  <b>TEN TIMES the RDA for Vitamin D?!</b></p>		<p>There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for <b>YEARS</b> at a time.</p> <p>Children with rickets will get a one-time dose of 600,000 IU's! And in East Germany for over a decade, it was routine to give all newborns babies a dose of 600,000 IU's all at once.</p> <p>Vitamin D Overdose is extremely rare.</p>

\*Recommendations from Dr. Cannell of the Vitamin D Council Website

## Side Effects of Vitamin D And What to Do About Them

Symptoms	What to Do About Them
<b>Allergic Symptoms</b> <ul style="list-style-type: none"> <li>Itching</li> <li>Rash</li> <li>Hives</li> <li>Difficulty Breathing</li> </ul>	<ul style="list-style-type: none"> <li><b>If severe.</b> This could be a true allergic reaction. Stop taking Vitamin D and notify your doctor. You may need to sunbathe to get your vitamin d or get an <a href="#">In Home Vitamin D Producing Tanning Bed</a></li> <li><b>If mild and there is no difficulty breathing.</b> You may be allergic to an ingredient in the capsules. Try a different brand with different ingredients.</li> </ul>
<b>Magnesium Deficiency Symptoms</b> <ul style="list-style-type: none"> <li>Headache</li> <li>Muscle Cramps</li> <li>Heart Palpitations</li> <li>Anxiety</li> <li>Insomnia</li> <li>Constipation</li> </ul>	<p>Magnesium is used up to convert Vitamin D into its active form in the blood. If you have these symptoms, then adding a magnesium supplement will often remedy these symptoms. You can take:</p> <ul style="list-style-type: none"> <li>Dr. Mercola's <a href="#">Whole Food Multivitamin</a> with 5000 IU's of Vitamin D and 500 mg of Magnesium</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Use <a href="#">Topical Magnesium</a> Cream or Oil</li> </ul> <p>See how to take magnesium on the <a href="#">Magnesium Dosage Page</a> here.</p>
<b>Possibly Rancid Oil in the Supplement</b> <ul style="list-style-type: none"> <li>Bad Taste in the Mouth</li> <li>Metallic Taste</li> <li>Mild Rash</li> <li>Feel bad or just 'not right'</li> <li>Get Sleepy</li> <li>Frequent Urination</li> </ul>	<p>It's Likely that the oil used to pack the vitamin d has gone rancid. Even if the capsule has a 'freshness date', there is no way to know how long the oil was sitting in storage before it was packed.</p> <ul style="list-style-type: none"> <li>Get a 'Dry' Supplement that is not packed in oil like this <a href="#">High Quality 5000 IU Vitamin D Supplement</a></li> </ul>

Symptoms	What to Do About Them
<p><b>Pain</b></p> <ul style="list-style-type: none"> <li>• Bone Pain</li> <li>• Any Worsening Pain</li> <li>• Deep Aching</li> <li>• Low Back Pain</li> <li>• 'Kidney' Pain</li> </ul>	<p>This worsening pain likely means that your bones are depleted of calcium from having been Vitamin D Deficient for a <b>VERY</b> long time and you probably need vitamin d even <b>MORE</b> than the average person!</p> <ul style="list-style-type: none"> <li>• Don't panic or worry</li> <li>• Take your vitamin d when you can get some rest for a day or two</li> <li>• Take pain relievers as needed</li> <li>• Take warm Epsom salt baths (which will give you extra magnesium too)</li> <li>• Be gentle with yourself and know that in a few days to a few weeks the pain will be over and your vitamin d deficiency will be improved</li> </ul>
<p><b>Gastrointestinal Problems</b></p> <ul style="list-style-type: none"> <li>• Nausea</li> <li>• Vomiting</li> <li>• Heartburn</li> <li>• Upset Stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Take your Vitamin D with food</li> <li>• Make sure that the oil in your supplements aren't rancid by getting supplements packed "Dry"- meaning without oil like this <a href="#">High Quality 5000 IU Vitamin D Supplement</a></li> </ul>
<p><b>Overdose vs Side Effects</b></p>	<p>None of the above symptoms mean that you have overdosed on vitamin d. If you have taken less than 10,000 IU's per day for a long period of time OR less than ONE MILLION IU's, then these symptoms are <b>SIDE EFFECTS</b> of vitamin d and they are not <b>OVERDOSE SYMPTOMS</b>!</p> <p>If you think that you <b>HAVE</b> overdosed, then immediately go to your doctor or the emergency room and get a Vitamin D Level and a Serum Calcium Level.</p> <p>Overdose on vitamin d is extremely rare and adverse reactions are not the same as overdose.</p>

## Vitamin D Resources

Purchase Vitamin D3 Supplements	<a href="#">High Quality 5000 IU Vitamin D Supplements</a>  <a href="#">Vitamin D Supplements in Spray Form</a> - great for kids or for those who don't like to swallow pills.  <a href="#">Whole Food Multivitamin</a> with : 5000 IU's of Vitamin D and 500 mg of Magnesium
Comprehensive Vitamin D Reports. Excellent resources for doctors or for those who want to know the 'technical details' and science.	<a href="#">'Vitamin D- a Neglected Analgesic'</a> - Report about Vitamin D and its use for pain. (free PDF)  <a href="#">'The Use of Vitamin D in Clinical Practice'</a> – A teaching paper by doctors for doctors. Very detailed information about Vitamin D. (free PDF)
Vitamin D Testing without your doctor	<a href="#">Vitamin D Council's Blood Spot Testing</a>
Vitamin D Without Supplements	<a href="#">In Home Vitamin D Producing Tanning Bed</a>
Further Reading	<a href="#">Dark Deception</a> Book. What the medical industry knows about sunlight and Vitamin D that they are NOT telling you.  <a href="#">Vitamin D3 and Solar Power for Optimal Health</a> - this book will show you how to 'Rediscover the Sun's Amazing Health Benefits'
Get Your Questions Answered about Vitamin D	<a href="#">Easy Immune Health Website</a>



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