

	<i>Details of pain</i>	<i>Lifestyle-related Reasons</i>	<i>Recommended Programs</i>	<i>Recommended Therapies</i>	<i>Foundation of Solutions</i>
Rheumatoid arthritis	Daily struggles: Pain, decreased Long-term risks: Chronic joint inflammation, mobility increased risk of joint deformities.	Smoking, obesity, and high-stress levels can contribute to the development and progression of rheumatoid arthritis.	Master Detox, Green Juice, Green Salad, Water Fasting, Ketogenic, Keto IF, Anti-Aging	All types of Ozone, Infrared Sauna, Steam Room, Immune Protocol, Vitamin B-C-D, Bioenergetic Meridian Massage, Reflexology Massage, Red Light Therapy, Zero Body Therapy, Mineral IV, NAD+, Lymphatic Drainage Massage, <i>Curcumin&Resveratrol IV.</i>	anti-inflammatory healthy diet, low-impact exercises like walking and swimming, stress management, healthy weight to alleviate stress on joints, protecting joints
Osteoarthritis	Struggles: cartilage in the joints, pain, stiffness, and reduced range of motion.	Factors like age, obesity, joint overuse, and previous joint injuries can increase the risk of developing osteoarthritis.	Master Detox, Green Juice, Ketogenic/Keto IF, Water Fasting, Anti-Aging	All types of Ozone, Infrared Sauna, Steam Room, Immune Protocol, Vitamin B-C-D, Bioenergetic Meridian Massage, Reflexology Massage, Red Light Therapy, Zero Body Therapy, Mineral IV, NAD+, Lymphatic Drainage Massage.	anti-inflammatory healthy diet, gentle resistance training or low-impact activities, practice good posture, heat/cold therapy
Migraine	Daily Struggles: Severe headaches, often accompanied by nausea, sensitivity to light and sound, and can significantly impair daily activities.	Stress, lack of sleep, certain foods, hormonal changes, and environmental factors can provoke migraines in susceptible individuals.	Green Juice, Green Salad, Ketogenic/ Keto IF, Green Master Detox	Sleep Well Package, Ultimate Renewal IV Package, Reflexology Massage, Head & Neck Massage, All types of Ozone, Infrared Sauna, Steam Room, (<i>Alpha Lipoic Acid, Antioxidant IV's</i>)	avoiding triggers such as specific foods, bright lights, loud noises, or strong smells, consistent sleep schedule/hygiene, stress management, hydration, exercise, balanced diet
Fibromyalgia	Daily struggles: It is a complex chronic pain condition that causes widespread pain, fatigue, sleep disturbances Long term risks: Cognitive difficulties	Sedentary lifestyle, chronic stress, poor sleep quality, and physical or emotional trauma can play a role in the development and exacerbation of fibromyalgia symptoms.	Green Juice, Green Salad, Ketogenic/ Keto IF, Green Master Detox, Water Fasting	All types of Ozone Treatments, Iyashi Dome Sauna, Infrared Sauna, Steam Room, Anti-Fatigue Protocol, Brain Health Protocol, Anti-Stress Protocol, Sleep Well Package, Private Mindfulness Session, Bioenergetic Meridian Massage, <i>Red Light Therapy, Vit B IV.</i>	low-impact exercises such as walking, swimming, quality sleep, stress management, prioritizing activities to prevent overexertion and flare-ups, balanced diet
Gout	Daily strugglers: It is a form of inflammatory arthritis, manifests as sudden and intense pain, swelling, and tenderness in the joints, most commonly affecting the big toe, making it difficult to walk or even wear shoes comfortably.	Diet high in purine-rich foods (e.g., red meat, seafood), alcohol consumption, obesity, and certain medications can contribute to elevated uric acid levels and the onset of gout attacks.	Green Juice, Green Salad, Master Detox, Green Master Detox, Water Fasting	All types of Ozone, Infrared Sauna, Steam Room, Immune Protocol, Vitamin B-C-D, Bioenergetic Meridian Massage, Reflexology Massage, Red Light Therapy, Zero Body Therapy, Mineral IV, NAD+, Lymphatic Drainage Massage, <i>Curcumin&Resveratrol IV.</i>	Limit consumption of purine-rich foods like red meat, shellfish, organ meats, and alcohol, hydration, healthy weight to reduce the risk of gout attacks well balanced diet, avoiding crash diets or fasting, limiting alcohol (beer & spirits)
Other Musculoskeletal Conditions (Back & Neck Pain)	Struggles: Affected muscles, bones, joints, ligaments, tendons, or other structures of the back and neck, causing discomfort and limited mobility.	Poor posture, lack of exercise, and improper lifting techniques can contribute	All programs	Sleep Well Package, Ultimate Renewal IV Package, Reflexology Massage, Head & Neck Massage, All types of Ozone, Infrared Sauna, Steam Room, <i>Red Light Therapy, Flexbeam.</i>	Practicing good posture while sitting or standing, regular flexibility exercises, heat/cold therapy, relaxation techniques like meditation, breathing, supportive pillows

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Rheumatoid Arthritis:						
Joint pain and stiffness: Rheumatoid arthritis causes joint inflammation, leading to pain, swelling, and stiffness. This can make it difficult to perform daily activities and affect mobility.						
Fatigue and weakness: Many individuals with rheumatoid arthritis experience chronic fatigue and a general feeling of weakness, which can impact their energy levels and overall quality of life.						
Joint deformity and disability: Over time, rheumatoid arthritis can cause joint deformities and damage, leading to permanent disability and limitations in movement.						
Systemic symptoms: Rheumatoid arthritis is a systemic autoimmune disorder, meaning it can affect other organs and systems in the body. Individuals may experience fever, weight loss, and dry eyes.						
Osteoarthritis:						
Joint pain and stiffness: Osteoarthritis is characterized by the breakdown of cartilage in the joints, leading to pain, tenderness, and stiffness. This can significantly impact mobility and make it challenging to perform daily tasks.						
Reduced range of motion: As osteoarthritis progresses, joint damage can limit the range of motion, making it difficult to move the affected joints fully.						
Joint swelling and inflammation: In some cases, osteoarthritis can cause joint swelling and inflammation, leading to increased pain and discomfort.						
Impact on daily activities: Osteoarthritis can interfere with activities such as walking, climbing stairs, and gripping objects, impacting independence and overall quality of life.						
Migraine:						
Intense headaches: Migraines are severe, throbbing, lasting for hours or even days. The pain is often accompanied by nausea, vomiting, and sensitivity to light and sound.						
Aura symptoms: Some individuals may experience visual disturbances, such as flashing lights or temporary loss of vision, before or during a migraine attack.						
Disruption of daily life: Migraines can cause significant disruption to daily activities, including work, school, and social engagements. The need to rest in a dark, quiet room during an attack can lead to missed opportunities and reduced productivity.						
Fibromyalgia:						
Widespread pain: Fibromyalgia is characterized by widespread musculoskeletal pain that is often accompanied by tenderness and sensitivity to touch. The pain can be debilitating and impact daily functioning.						
Fatigue and sleep disturbances: Many individuals with fibromyalgia experience chronic fatigue and sleep disturbances, such as insomnia or non-restorative sleep, which can contribute to overall discomfort and reduced quality of life.						
Cognitive difficulties: Fibromyalgia can cause cognitive issues commonly referred to as "fibro fog," which include problems with memory, concentration, and mental clarity.						
Emotional impact: Living with chronic pain and fatigue can take a toll on mental health, leading to increased stress, anxiety, and depression.						
Back & Neck Pain:						
Chronic pain and discomfort: Back and neck pain can be persistent and affect daily life, including sitting, standing, walking, and sleeping.						
Limited mobility: Severe back and neck pain can limit mobility and make it challenging to perform physical tasks or participate in activities that were once enjoyed.						
Impact on work and productivity: Back and neck pain can interfere with work duties, leading to decreased productivity, missed workdays, and potential financial strain.						

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	Emotional and psychological effects: Chronic pain can take a toll on mental well-being, leading to feelings of frustration, stress, and even depression.					