

# Paddison Program Guide For Rheumatologists

Version 1.0

Thank you for reviewing the information below in regard to the Paddison Program. This Program is in no way a substitute, rather a parallel lifestyle plan, for patients with Rheumatoid Arthritis. Kindly accommodate your patient's request for regular blood tests, so as to provide them with feedback on their disease progression and/or symptom reversal. For more information about me find my TEDx talk on Youtube or email me at [info@paddisonprogram.com](mailto:info@paddisonprogram.com) - Clint Paddison.

Gut-Related Problems - acronym BLAAME	Description	Cause	Natural Solution (Effective)	Supplement Solution (Mildly Effective)
Bacteria	Gut bacteria play a key role in our health and dramatically influence autoimmune activity [1] Newly Diagnosed RA patients have more pathogenic gut bacteria [2] Established RA patients have a high degree of small intestinal bacterial overgrowth. The severity of the disease is proportional to the bacterial overgrowth [3]	Antibiotics use can permanently change the gut flora [19] and even a single usage can set a platform for pathogenic bacteria [20] and rapidly reduce bacterial diversity [21]	Prebiotics (bacteria-friendly foods) such as leafy greens and all plant foods  Probiotics (bacteria-rich foods) such as miso paste, sauerkraut.	Probiotic Supplements have been shown to reduce RA symptoms [ ]
Leaky Gut	Undigested food particles or bacteria leaking into the bloodstream. The presence of joint inflammation means more gut inflammation [4] Gut inflammation creates gut lesions, furthering more joint inflammation [5] Biopsies of intestinal tissue of RA sufferers show a partial or complete loss of the epithelium. [6] If the leaky gut can be reversed by re-establishing the intestinal barrier then autoimmune diseases can be arrested [7]	NSAID's, prednisone	Avoidance of aggravators, heals naturally, cabbage juice	L-Glutamine improves RA symptoms [ ]
Acid Secretion Deficiency (Stomach)	RA sufferers have high frequency of low gastric acid secretion [8] Low HCL means poor protein digestion  Proteins leaking into the blood can trigger self-attack [9]  Low HCL a cause of small intestinal bacterial overgrowth (as seen above)[10]	Enzyme depletion	Celery juice, oatmeal (later), Betain Hydrochloride (?), Apple Cider Vinegar	Betain Hydrochloride
Acidosis	The Western diet develops a diet-induced low-grade systemic metabolic acidosis [11]  We become more acidic as we age due to declined renal function (kidneys) [12]  The synovial fluid in RA patients is too acidic, associated with more inflammation [13]  The most influencing factors on acid/alkaline balance are protein (acid forming) and potassium (alkaline forming) [14]	Western diet, stress, all medications	Baseline Foods: Buckwheat, Quinoa, Sweet potato, greens, seaweed Green Juice: Celery & Cucumber Cardiovascular Exercise	RA symptoms improved from alkalizing minerals supplementation [15] and potassium supplementation [16]
Mucosal Lining	Nutrients are absorbed in the mucosal lining which also acts as protective gut barrier. A depleted mucosal lining leads to a state of malnutrition in RA patients [17] and the nutritional status and RA severity are inversely related.	Prednisone	Okra, Oatmeal, Brown Rice (Phase 4)	
Enzymes	Enzymes are required for all digestive and metabolic activity in the body Digestive enzymes are depleted with age, but can be accessed through foods	Western Diet	Sprouted nuts and seeds, raw honey, green juices, all raw foods	Bromelain, papain

SUMMARY - A whole-foods, low-fat, plant based (vegan) diet is the ideal approach for a patient with Rheumatoid Arthritis. The Paddison Program for Rheumatoid Arthritis is a unique set of lifestyle guidelines within the vegan framework targeting gut healing and over a 5 Phases step by step course. Visit [www.paddisonprogram.com](http://www.paddisonprogram.com)

## References

- [1] "The gut microbiota shapes intestinal immune responses during health and disease" Nature Reviews Immunology 9, 313-323 (1 May 2009) | doi:10.1038/nri2515
- [2] "Intestinal flora in early rheumatoid arthritis" Br J Rheumatology, 1994 Nov, 33(11):1030-8] and lower levels of healthy bifidobacteria ["Fecal Microbiota in Early Rheumatoid Arthritis" J Rheumatology, Vol 35 no. 8 1500 - 1505].
- [3] "Small intestinal bacterial overgrowth in patients with rheumatoid arthritis" Ann Rheum Dis. 1993 Jul;52(7):503-10]
- [4] "Course of gut inflammation in spondylarthropathies and therapeutic consequences", Bailliere's Clinical Rheumatology, Vol. 10, Issue 1, Feb 1996, 147-164
- [5] "Gut inflammation in the spondyloarthropathies" Current Rheumatology Reports, June 2005, Volume 7, Issue 3, pp 188 - 194
- [6] "Gastrointestinal involvement in rheumatoid arthritis: a biopsy study". J Rheumatol. 1979 Mar-Apr;6(2):163-73.

- [7] Autoimmune diseases can be arrested by re-establishing the intestinal barrier "Leaky gut and autoimmune diseases". *Clin Rev Allergy Immunol*. 2012 Feb;42(1):71-8. doi: 10.1007/s12016-011-8291-x.
- [8] "Hypochlorhydria and hypergastrinaemia in rheumatoid arthritis" *Annals Rheumatic Disease*. 1979 Feb; 38(1): 14-17.]
- [9] "Molecular Mimicry and Autoimmunity" *N Engl J Med* 1999; 341:2068-2074 December 30, 1999 DOI: 10.1056/NEJM199912303412707
- [10] "Small intestinal bacterial overgrowth in patients with rheumatoid arthritis" *Ann Rheum Dis*. 1993 Jul;52(7):503-10.]
- [11] "Dietary, metabolic, physiologic, and disease-related aspects of acid-base balance: foreword to the contributions of the second International Acid-Base Symposium". *Journal of Nutrition*. 2008 Feb;138(2):413S-414S.]
- [12] "Effect of age on blood acid-base composition in adult humans: role of age-related renal functional decline". *Am J Physiol*. 1996 Dec;271(6 Pt 2):F1114-22.
- [13] "Significance of the hydrogen ion concentration in synovial fluid in rheumatoid arthritis". *Clin Exp Rheumatol*. 1985 Apr-Jun;3(2):99-104.
- [14] "Estimation of net endogenous noncarbonic acid production in humans from diet potassium and protein contents." *Am J Clin Nutr*. 1998 Sep;68(3):576-83.
- [15] "Alkaline Mineral Supplementation Decreases Pain in Rheumatoid Arthritis Patients: A Pilot Study" *The Open Nutrition Journal*, 2008, 2, 100-105
- [16] "Journal of Pain. 2008 Aug;9(8):722-31. doi: 10.1016/j.jpain.2008.03.006. Epub 2008 May 12.
- [17] "Nutritional status in patients with rheumatoid arthritis". *Annals Rheumatic Disease* 1984;43:386-390 doi:10.1136/ard.43.3.386
- [18] "Enzyme Nutrition" by Dr. Edward Howell  
"Intestinal permeability and inflammation in patients on NSAIDs", G Sigthorsson et al, *Gut*. Oct 1998; 43(4): 506-511 *Baillieres Clinical Rheumatology* 10:165, 1996
- [19] *Nature* 476, 393-394 (25 August 2011) doi:10.1038/476393a. Published online 24 August 2011
- [20] "The influence of single dose intravenous antibiotics on faecal flora and emergence of *Clostridium difficile*" N. S. Ambrose, Margaret Johnson, D. W. Burdon and M. R.B. Keighley
- [21] The pervasive effects of an antibiotic on the human gut microbiota, as revealed by deep 16S rRNA sequencing. *PLoS Biol*. 2008 Nov 18;6(11):e280. doi: 10.1371/journal.pbio.0060280. Dethlefsen L1, Huse S, Sogin ML, Relman DA.