



Rheumatoid Arthritis

What's Working

- Enbrel 25 mg twice a week
- Methotrexate 1 ml once a week
- Arthrotec 2 tabs daily
- Prednisone helped get my arthritis under control - I no longer need it

What Hasn't Worked

- Humira
- Celebrex
- Methotrexate tabs
- Hydroxychloroquine
- Tylenol Extra Strength
- Naproxen/Aleve
- Ibuprofen

Supplements That Have Worked

- Fish Oil
- Magnesium
- Glucosamine & Chondroitin with MSM

Topical Creams and Ointments That Have Worked

- Penetrex Inflammation Formula

Topical Creams and Ointments That Haven't Worked

- I've tried so many that didn't do a thing. All I know is that I have only had success with Penetrex and nothing else that I have tried