

HERNIATED DISC OF THE SPINAL COLUMN

ASK FOR OUR NATURAL TREATMENT IN TABLETS

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HERNIATED DISC OF THE SPINAL COLUMN or SPINAL DISC HERNIATION

WHAT IT IS ?

Condition characterized by a problem in the Intervertebral fibrocartilage disc located between the bones or vertebrae of the spine.

- This condition occurs when the soft center or nucleus pulposus of an Intervertebral Disc travels through a crack or rupture in its harder outer lining or fibrous ring, and herniates or protrudes, thus compressing regional adjacent structures (roots or spinal nerves, ligaments, etc.), may cause neuro radicular compressions and narrowing of the medullary canal, acute or chronic.
- Some Disc Hernias cause moderate symptoms. Others can irritate and compress the nerves in the area and cause severe pain, numbness or weakness in the arms, back or legs.

- For your Medical Diagnosis basically imaging studies such as computerized axial tomography and nuclear magnetic resonance are required.
- Not all Disc Hernias need Surgical intervention. The treatment includes medication, physiotherapy and probably surgery, depending on the severity of the case.

SYMPTOMS and SIGNS

Areas of Pain: neck, back, hips, arms, hands, legs, feet, among others.

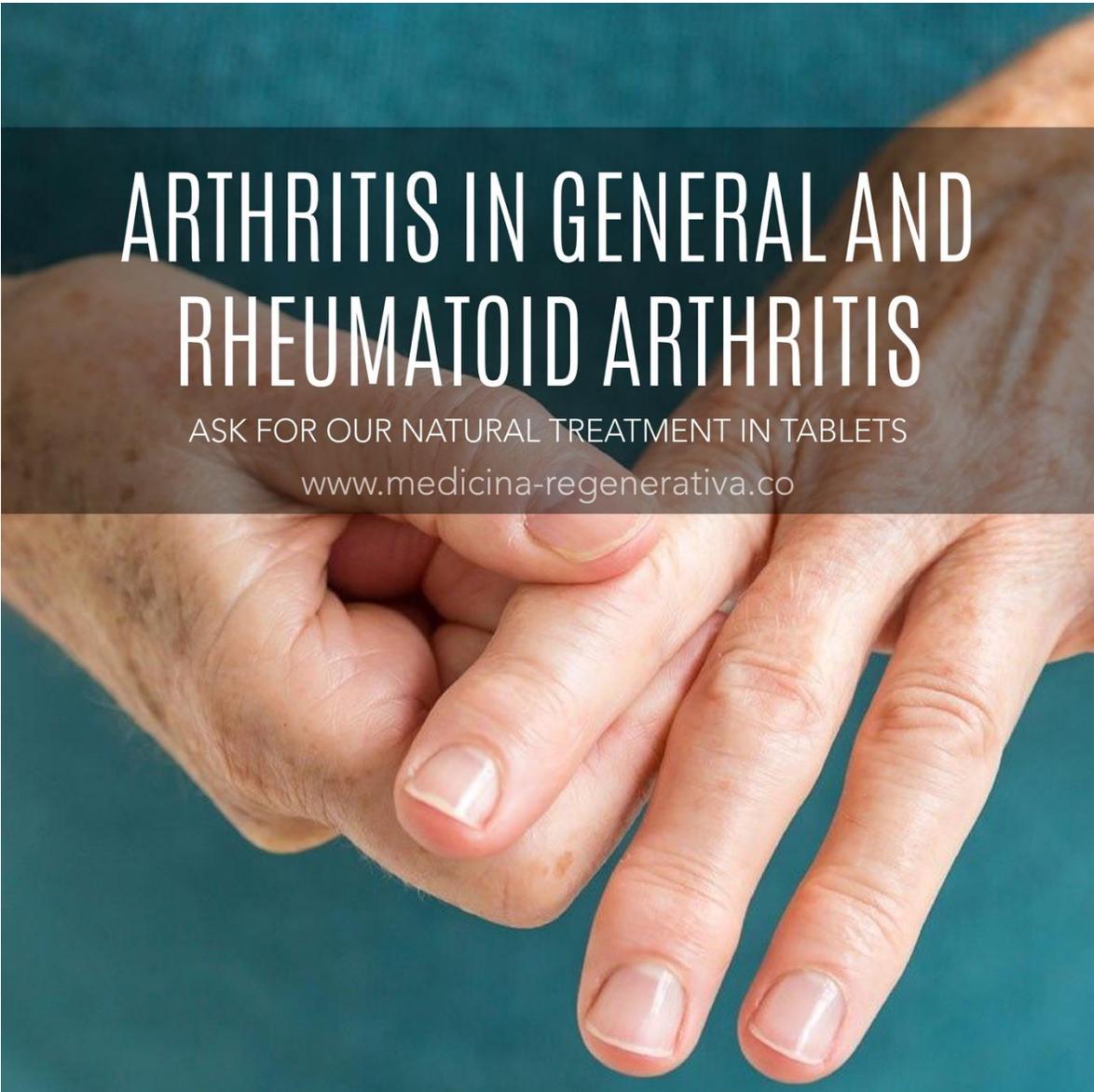
- Motors: weakness and muscle spasms, contractures and rigidity, hyperactive osteotendinous reflexes, progressive loss of muscle strength that sometimes leads to alterations in balance, etc.
- Sensitive: intense pain, burning, numbness, tingling, throbbing, cramps, tightness, sensation of electric touch, etc.

TREATMENT OPTIONS

A good treatment program can help you reduce pain, improve and increase your ability to carry out daily activities and thus greatly improve your quality of life.

A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help you avoid probable surgery.

🔑 For more information about how to treat your HERNIATED DISC OF THE SPINAL COLUMN or SPINAL DISC HERNIATION write us an E-mail from this our Website: www.medicina-regenerativa.co



ARTHRITIS IN GENERAL AND RHEUMATOID ARTHRITIS

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ARTHRITIS IN GENERAL AND RHEUMATOID ARTHRITIS

WHAT IT IS ?

Arthritis is the inflammation of one or more joints. The main symptoms of Arthritis are pain, changes in movement, joint dysfunction and stiffness, which usually get worse with age. The most frequent types of Arthritis are Degenerative Osteoarthritis or Arthrosis and Rheumatoid or Rheumatic Arthritis, among others.

The crystals of Uric Acid (Gouty Arthritis or Gout), Infections (Septic Arthritis) or other diseases such as Psoriasis or Lupus, can also cause other types of Arthritis (Psoriatic and Lupus).

The treatments vary according to the type of Arthritis. The main objectives are to reduce symptoms and improve the quality of life.

Rheumatoid Arthritis (RA) is a common form of Arthritis with a background of autoimmunity that causes inflammation in the lining of the joints (Synovial Membrane or Sinovium and other structures), causing heat, reduced range of motion, swelling and pain in the joint

Tends to persist for many years, often affects different joints of the body and can cause damage to cartilage, bones, tendons and ligaments of the joints, among others.

IN WHAT IS THE DIFFERENCE OF RHEUMATOID ARTHRITIS FROM OTHER FORMS OF ARTHRITIS ?

One way to distinguish Rheumatoid Arthritis from other types of Arthritis is by the pattern of the affected joints. For example, rheumatoid arthritis affects the wrist and many of the joints of the hand, but usually does not affect the joints of the phalanges that are closer to the nails. Conversely, Degenerative Osteoarthritis, the most common type of arthritis, most often affects joints closer to the nails than in other areas of the hand.

Other joints that may be affected by Rheumatoid Arthritis are:

- elbows, shoulders, neck, jaw, hips, knees, ankles and feet, etc.

SYMPTOMS and SIGNS

They vary from one person to another and also from one day to the next. In some people the disease can be moderate, with increases in activity (in which the inflammation of the joints worsens) known as periods of exacerbation.

In others, the disease remains active continuously and worsens or progresses with the passage of time.

Common symptoms of Rheumatoid Arthritis:

- frequent pain, burning, swelling, hypersensitivity and redness.
- difficulty in mobility, joint function and loss of strength, among others.

These physical signs are due to inflammation of the lining of the joints called synovial membrane or synovium and other joint components.

If this chronic inflammation persists or does not respond well to treatment, it can cause the destruction or degeneration of the joint, leading to deformation of the joints (Rheumatoid Deformant Arthritis).

Rheumatoid arthritis can affect different parts of a joint, such as:

- synovial membrane, joint capsule, bone, muscle, joint pouch, tendon, ligament, synovial fluid and cartilage, among others.

There can also be an important one:

- Bone loss in the margins of the joints, called erosions.
- loss of joint cartilage, among others.

Rheumatoid arthritis can make you feel completely sick, particularly during periods of aggravation and you could:

- lose your appetite.
- lose weight.
- have little energy.
- present moderate temperature fever (febrile state).
- become anemic (have a lower number of red blood cells than normal).
- develop rheumatoid nodules (lumps of tissue that form under the skin).

TREATMENT OPTIONS

Immediate treatment is crucial and currently there are treatments that can be effective in:

- ease the pain.
- reduce inflammation.
- stop or delay joint damage.
- improve the functions and well-being of the patient.

The treatment program will be adapted according to the needs of the patient, taking into account the severity of rheumatoid arthritis and also if there are other clinical conditions and lifestyle.

On the other hand, moderate and habitual physical activity can help:

- reduce fatigue.
- strengthen muscles and bones.
- increase flexibility and energy.
- improve the feeling of general well-being.

When symptoms are under control, a full program of exercises including aerobic exercises should be gradually resumed, since cardiovascular exercise is important for:

- health in general, weight control, muscle and joint strength and energy level.

A good treatment program can help you reduce the pain and disability of the joints, improve their function and movement and increase their capacity to carry out normal activities and thus improve their quality of life considerably.

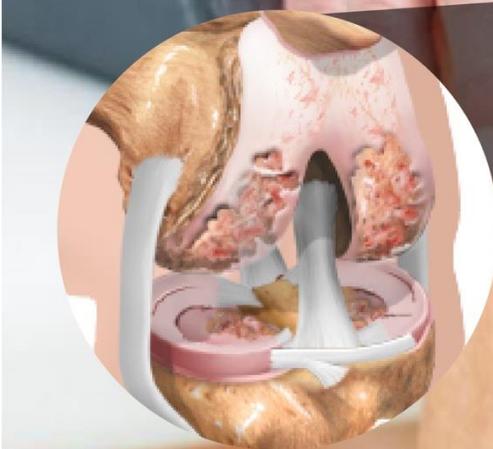
A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help you avoid probable surgery.

 For more information on how to treat your ARTHRITIS IN GENERAL AND RHEUMATOID ARTHRITIS write us an E-mail from this our Website: www.medicina-regenerativa.co

DEGENERATIVE OSTEOARTHRITIS OR ARTHROSIS

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DEGENERATIVE OSTEOARTHRITIS OR ARTHROSIS

WHAT IS IT ?

Degenerative Osteoarthritis (OA) is one of the oldest and most common diseases among humans. When a person has Osteoarthritis, the cartilage of the joints wears or degenerates, which can cause pain, disability, dysfunction and rigidity in them.

It is also known by many other names, such as Degenerative Joint Disease, Hypertrophic Arthritis, Osteoarthrosis or Osteoarthritis.

Osteoarthritis is not the same disease as Osteoporosis, which weakens bones due to a loss of bone mass, which can result in rounded shoulders, loss of height and even painful fractures.

There are many conditions and ailments that can cause Osteoarthritis:

- Over weight.
- Injury and Trauma in an articulation.
- Muscular weakness.
- Damage to the nerves that innervate the joint area.
- Diseases of the Synovium or Synovial Membrane and even Hereditary Factors, etc.

Osteoarthritis can affect any joint, but it occurs more often in the small joints of the phalanges in the hands and in the joint at the base of the big toe (Hallux Valgus - the bunion joint).

OSTEOARTHRITIS DATA

- It usually starts after 35-40 years.
- It affects approximately 27 million adults in Mexico.
- It usually develops slowly over many years.
- It affects some joints and can occur on both sides of the body.
- Redness, warmth and swelling are usually mild. Morning stiffness is frequent and can be severe, but brief (less than 30 minutes).
- Normally affects only certain joints, such as those of the hands, hips, knees and spine. Rarely affects the wrists, elbows or ankles, except as a result of an injury.
- Does not cause a generalized feeling of illness.

Osteoarthritis or osteoarthritis makes the cartilage, the hard and slippery tissue that covers the ends of the bones of a joint, wear or degenerate unlike rheumatoid arthritis which is an autoimmune disorder that affects, in the first place, the coating of the joints (Synovial or Synovial Membrane).

WHAT IS THE CAUSE ?

Researchers have shown that there are several factors that increase the risk of developing OA. These factors include heredity, obesity, injuries and joint injuries, repeated excessive use of certain joints, muscle weakness and nerve injuries, among others.

SYMPTOMS and SIGNS

In Degenerative Osteoarthritis (OA), the existing cartilage between the joints wears, degenerates and causes symptoms such as pain and swelling, as well as functional problems when using the joint.

Patients can present:

- Areas of pain in the joints of the hip, neck, hands, lower back, ankles, feet and knees, among others.
- The pain may be related to the weather, especially the cold and may be intense in the joints and be stiff, swollen and increased in sensitivity.
- There may be bone growth or bumps on the fingers or toes.
- Joint deformity, etc. may also be common.

The wear of Cartilage in Osteoarthritis comes in several stages:

- First it loses its elasticity and is more prone to damage due to injuries, traumatismos or excessive use. In the wear or degeneration of the cartilage, chronic inflammation produces several inflammatory proteins and enzymes that cause greater gradual damage to the cartilage.
- Subsequently as the Cartilage wears, the underlying bone is exposed and the joint can lose its natural shape deforming and the ends of the bones become denser.

You can also form cysts full of fluid in the bone next to the joint and it is possible that bits of bone or cartilage float loose in the space of the joint, causing greater inflammation of the same.

TREATMENT OPTIONS

A good treatment program can help you reduce pain, disability, joint dysfunction and stiffness, improve movement of joints and increase your ability to carry out daily activities and thus significantly improve their quality of life.

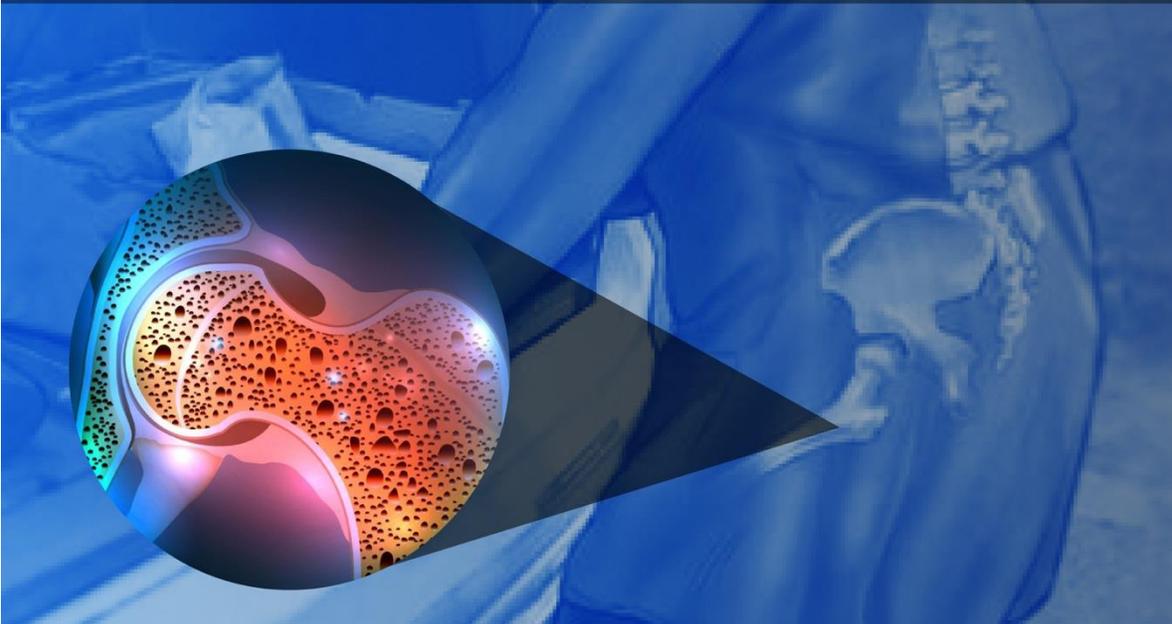
A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help avoid a probable surgery.

💡 For more information on how to treat your DEGENERATIVE OSTEOARTHRITIS OR ARTHROSIS, write us an E-mail from this our Website: www.medicina-regenerativa.co

OSTEOPOROSIS AND OSTEOPENIA CAN BE TREATED

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OSTEOPOROSIS and OSTEOPENIA

WHAT IS IT ?

Condition in which the Bones weaken and become fragile.

- Osteoporosis is a chronic progressive degenerative disease that must be treated, as there may be a risk of Fractures due to fragility and Bone weakness. Osteopenia is the stage prior to Osteoporosis, when bone mass begins to be progressively lost, to demineralize and decalcify the Bones.
- Appropriate and timely Medical Treatment helps stop and reverse Osteoporosis.
- Laboratory tests are always required and, above all, diagnostic imaging studies such as X-rays (Rx) and Bone Densitometry.

The body normally forms and constantly replaces the bone tissue. In Osteoporosis the new bone tissue that is created is not enough to replace the one that is eliminated.

SYMPTOMS and SIGNS

- Progressive loss of height.
- Pain due to Bone Fractures, among others.

TREATMENT OPTIONS

- A healthy diet that provides the essential nutrients, proteins, Calcium and the necessary minerals such as Magnesium, etc. In addition, it is recommended to reduce excess sugar, carbohydrates (carbonated drinks, etc.) and fatty foods, among others.
- Specific medications and adequate Natural Food Supplements, as well as a weight-bearing exercise program to prevent the loss of bone tissue and strengthen weak Bones.

In case of an injury, it is preferable to perform activities that do not require the use of the injured muscle group or joint in order to preserve physical function and allow recovery.

A good treatment program can help you increase your bone mass, recalcitate and remineralize your bones and increase your capacity to carry out daily activities and thus improve your quality of life considerably.

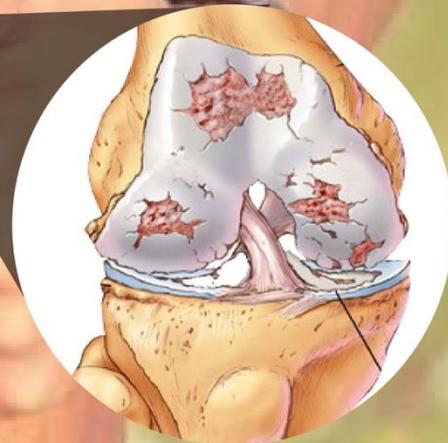
A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help avoid a possible surgery for Osteoporotic Fractures.

 For more information on how to treat your OSTEOPOROSIS and OSTEOPENIA, write us an E-mail from this our Website: www.medicina-regenerativa.co

GONARTHROSIS OR KNEE OSTEOARTHRITIS

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GONARTHROSIS or KNEE OSTEOARTHRITIS

WHAT IS IT ?

Gonarthrosis, also called Knee Osteoarthritis or Degenerative Gonarthritits, is a chronic, degenerative, progressive joint affection located in the knees that results from mechanical and biological events that destabilize the normal coupling of the joint and leads to wear and degeneration. of the Articular Cartilages and Meniscuses and Articulation in general.

- Degenerative Gonarthrosis is the most frequent joint disease and is suffered by almost 80% of the population.
- It affects patients over 40 years of age, both sexes, but with greater predominance in women.
- Increases with age and due to its condition of chronic-degenerative process can involve each of the three compartments of the knee, together or in isolation.
- There may be ligamentous or tendinous laxity and weakness of the muscles that surround and stabilize the knee.
- Knees, because they are the joints that carry the full weight of the body, are the most affected.

KNEE STRUCTURE

The knee is divided by a medial or internal compartment (tibial plate and internal femoral condyle), a lateral or external compartment (tibial plate and external femoral condyle) and the patellofemoral joint (femur with patella or patella).

There are two types of joint cartilage in the knee: the Hyaline Cartilage and the Fibrocartilage.

- Fibrocartilage forms the joint Meniscus.
- Hyaline Cartilage is the predominant form of articular cartilage that covers the ends of the articular bone surfaces and whose function is to absorb force and impact, providing a low coefficient of friction and improving stability. It is worth noting that Cartilage is a special tissue that lacks nerves and blood vessels of its own.



WHEN IS IT PRESENTED ?

- When there is an increase in the contact pressure applied to the knee, the changes affect the Cartilage and cause fragmentation of the network of structural Collagen fibers.
- It can manifest in patients with patella subluxation, chondromalacia or associated with Femorotibial Osteoarthritis.
- Secondary can affect people with a history of trauma or repetitive shock, including fractures, rupture of meniscus, meniscectomies, etc. It is very common in athletes of sports such as Karate, Gymnastics, Soccer, among others.



SYMPTOMS and SIGNS

- Moderate to severe, Acute or Chronic pain.
- Inflammation, Swelling, Dysfunction, Disability, Difficulty walking and moving and doing all the normal activities of daily life, among others.



TREATMENT OPTIONS

Due to the variety of symptoms, the coexistence of different stages of the disease and the correlation of different pathological processes such as degenerative and inflammatory, the treatment of Gonarthrosis has to be varied, complex and multidisciplinary, and various therapeutic methods should be combined .

Likewise, we are in the need to decide the type of management according to the stage of the disease. The management is divided into Natural Treatment, Pharmacological Treatment and Surgical Treatment (Total or partial Prosthesis, which have a variable life depending on the material they are made of).

The objectives of the treatment in general are:

1. Relieve the pain.
2. Improve the function.
3. Delay as far as possible the chronic destructive-degenerative process.

The treatment plan must take into account not only the location and severity of the symptoms, but also the patient's age, occupation and activities of daily living.

It is recommended to take Natural Treatments, without secondary and collateral effects. that serve for the sufferings of Bones, especially Articulations and Cartilages.

In some cases it will be necessary to support Rehabilitation and Physiatry therapy that can be combined with the application of heat, hydrotherapy, ultrasound and cryotherapy, among others.

A good treatment program can help you reduce pain, improve and increase your ability to carry out daily activities and thus greatly improve your quality of life.

For this, several options are available: Physical measures, Food Supplements or Natural Treatments and various Drugs, among others.

A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help you avoid probable surgery.

🔑 For more information on how to treat your GONARTHROSIS or KNEE OSTEOARTHRITIS write us an E-mail from this our Website: www.medicina-regenerativa.co



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SCIATICA and LUMBALGIA

🧠 WHAT IS IT ?

The term Sciatica refers to a pain that radiates along the path of the sciatic nerve, which branches from the lower back or lower back through the hips and buttocks and down each leg, which can reach up to the foot. In general, Sciatica affects only one side of the body.

Sciatica occurs most often when a disc herniation, an osteophyte or bone spur in the spine or a narrowing of it (stenosis of the spinal canal) compress part of the nerve. This causes inflammation, pain and often numbness and weakness with loss of strength in the affected leg.

Lumbago is the colloquial way to call back pain. It is the pain of the lower back (lumbar column) located between the last ribs and the gluteal area, caused by alterations of the different structures that form the spine at that level, such as ligaments, muscles, intervertebral discs and vertebrae, among other.

Lumbar-Sciatica is the combination of Low back pain and Sciatica.

- Approximately, 85% of the population will suffer this type of pain at some point in their lives, the vast majority of times of benign cause.
- We speak of acute low back pain if it lasts less than 6 weeks, and chronic low back pain when the duration of the pain is longer than this period.
- When the pain goes beyond the lower back and reaches the lower limbs, we speak of irradiated lumbar pain.
- If the pain extends from the lower back to the heel or foot, down the back or side of the thigh, we call it lumbosciatica (or dry sciatica).
- Its presence suggests injury, irritation and compression of the nerve roots that leave the lumbar spine and carry the sensitivity or commands to contract the muscles to the lower limbs through the sciatic nerve (sensory and motor mixed nerve).

SYMPTOMS and SIGNS

Back pain due to mechanical causes worsens when standing for a long time or when prolonged incorrect postures are maintained.

When lying on the bed, pain usually improves or disappears.

However, inflammatory back pain usually appears at night, at dawn, and awakens the person, forcing him or her to get out of bed.

Daily activity helps to improve pain.

In the Lumbar-Sciatica, usually produced by a Disc Hernia (that is, by a part of the intervertebral disc or nucleus pulposus that moves and protrudes, compressing the nerve that passes to its side.) The previous stages of the Hernia are Bulging and Discal Protrusion), there is acute pain in the back of the thigh and leg, sometimes accompanied by a tingling sensation, numbness, cramps, burning, throbbing, feeling of "electric touch" and lack of strength in the injured leg.

TREATMENT OPTIONS

A good treatment program can help you reduce pain, improve and increase your ability to carry out daily activities and thus greatly improve your quality of life. Vertebral Column Care and Hygiene is widely recommended to avoid injury.

A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help you avoid probable surgery.

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SPINAL COLUMN ARTHROSIS

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SPINAL COLUMN ARTHROSIS

WHAT IS IT ?

Osteoarthritis, also called Osteoarthritis or Degenerative Osteoarthritis, occurs when the Cartilage as well as the joints in general of the Cervical, Dorsal, Lumbar and Sacrococcygeal Column are injured, destroyed or degenerated.

- Arthritis is more frequent in people older than 40 years.
- In many occasions it can produce moderate to severe symptoms.

WHAT IS THE CAUSE ?

The cause of osteoarthritis is considered to be the consequence of a sum of genetic and environmental factors although in some cases there is a clear cause such as a previous trauma, an infection, a congenital malformation, etc.

In these cases, it is considered that Arthrosis is secondary to these processes. In most cases of osteoarthritis, these are due to the sum of certain genetic and environmental factors as well as acute and chronic repetitive polytraumatism.

SYMPTOMS and SIGNS

The most frequent symptoms are:

- The pain that appears with the movements.
- Rigidity of variable duration, which improves with movement, among others.

Pain can occur in a way:

- Acute: with a rapid appearance of a few days.
- Chronic: with a slow onset, more frequent and many days.

In this case, the duration of Pain is longer (weeks or months) and may become permanent. Its intensity is usually moderate or severe.

TREATMENT OPTIONS

A good treatment program can help you reduce pain, improve and increase your ability to carry out daily activities and thus greatly improve your quality of life.

For this, several treatments are available such as Physical Therapies, Food Supplements or Natural Treatments and various Drugs, among others.

A Natural Treatment with adequate medical follow-up, which may or may not be combined with physical therapies, specific exercises and medications, can help you avoid probable surgery.

 For more information on how to treat your SPINAL COLUMN ARTHROSIS write us an E-mail from this our Website: www.medicina-regenerativa.co



INTERNATIONAL ROMACEL GROUP

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*These are just some basic examples of the most frequent diseases of the
Muscle-Skeletal System that can be satisfactorily treated with the Natural Treatment of the International
Romacel Group.*

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