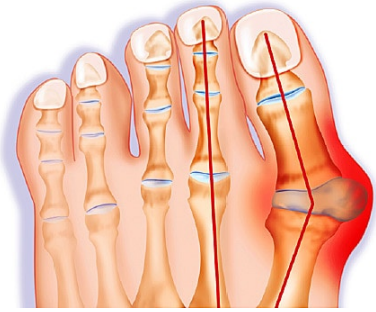


A bunion is a bony bump that forms on the joint at the base of the big toe (metatarsophalangeal joint). This is caused when the first metatarsal deviates toward the center-line of the body. This pushes the head of the metatarsal outward, forming a bony and soft tissue protrusion on the inside of the foot. This deviation tips the base of the big toe bone and the big toe itself toward the lesser toes. This forces the joint at the base of the big toe to protrude.



Although the exact cause of a bunion is unknown, there are many hypotheses. Factors likely include an inherited foot disorder, foot stress or injuries, or deformities present at birth. Bunions can also be associated with certain types of arthritis, particularly inflammatory types, such as rheumatoid arthritis. Erosion of the joints in the toes can cause them to shift and dislocate, causing bunions to form. Women are also more likely to develop a bunion, possibly the result of wearing tightly fitting shoes with a heel or a constricted toe box.

Bunions cause symptoms of swelling and redness around the big toe joint, corns or calluses, ongoing pain or pain that comes and goes, and limited movement of the big toe.

## Wellness Recommendation

The wellness recommendation for a bunion includes the WHITEE Patch and LC Balancer. The WHITEE Patch helps repair joint damage, bone malalignment, and decreases inflammation. The WHITEE Patch accomplishes this by increasing local blood flow to supply the necessary nutrients for both joint and bone repair. The Patch also increases local lymphatic circulation and temperature to not only to clear away metabolic debris and inflammation but also increase the rate of healing reactions such as osteoblasts and collagen for repair. Some highlighted herbal ingredients in the WHITEE Patch include Myrrh, Twotooth Achyranthes Root, and Common Flowering Quince Fruit which have all been shown to increase blood flow, improve waste drainage, and activate the blood. The WHITEE Patch also helps to address factors that caused the bunion such as arthritis or joint/bone malalignment. LC Balancer, a kidney Yin formula, helps increase systemic microcirculation and improve nutrient absorption. Reishi Mushroom, one of the ingredients in LC Balancer, has been shown to have a positive effect on blood flow by increasing blood circulation and white blood cell count. Patients can experience symptom improvement within a few days and 4 weeks to 3 months (depending on severity) of the protocol is recommended for significant improvement.

If the patient has a hard time keeping the patch in place on the bunion, the WHITEE Cream is recommended. The WHITEE Cream works in the same mechanism as the Patch but is applied like a lotion four times per day.

If the patient also has rheumatoid arthritis which may have caused the bunion, please see the Rheumatoid Arthritis Protocol for more information on the recommended formulas.

## Selected Case Studies

### Case 1: Successful Improvement of Bunion and Toe Deformities

*Ananda Kramer, ND*

I am a client of Ananda Kramer. I am an American living in India under the life-long Spiritual Training program according to the stated wish of Avatar Meher Baba. Ananda ordered the Wei WHITEE Patches for my two chronic/serious bunions and for my bad knee. I received 3 months of the bunion protocol from Wei labs which included the WHITEE patches and LC Balancer formula which enhances the Patches action.

My bunions were both very advanced deformities. I had large protruding bumps on the widest part of my foot. My

big toe also turned in somewhat. In addition to that, I have one hammer toe on one foot and a second one working its way out on the other foot. The pain was bearable, but became noticeable and uncomfortable and swollen after prolonged activity or standing. My big toes and the hammer toes (second toe) were also pretty stiff.

After about 3 months of using the WHITEE patches and the Chinese herbal formula, LC Balancer from Wei Labs, I began noticing much increased flexibility in my toes. My big toes both straightened out to look almost normal. I can now get day-light space between all my toes including my big ones now (which was not there prior to the treatment).

The benefit to all this new flexibility and straightening of the toes is a new sense of balance. Better balance means I am much less likely to fall and injure myself at the age of 66.