



WHICH FORMULA FITS YOU

A twelve-question assessment that narrows the whole system down to the four formulas that match your pattern — morning stiffness, activity soreness, general ache or

- The twelve-question scored assessment
- The medication filter, run first
- Four profiles, each with its own four formulas
- A 14-day starting plan for each profile

12 QUESTIONS · 4 PROFILES · 11 PAGES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for arthritis or any other condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- A joint that is hot, red and suddenly swollen.
- Pain that is severe, or clearly worse week after week.
- Fever alongside joint pain.
- A joint that locks, gives way, or will not bear weight.

None of those are a stiff morning, and none of them are a job for a recipe.

WHAT IS IN HERE

The medication filter

Run before anything else.

The twelve questions

Scored, on paper, in ten minutes.

Four profiles

Each with its own four formulas and a fourteen-day start.

What to measure

One number per profile.

Ninety days

Re-test, and what a changed answer means.

THE MEDICATION FILTER

This runs first, before the questionnaire, because it removes formulas regardless of your profile.

- On a blood thinner? Every turmeric- and ginger-heavy formula needs a conversation with your doctor first.
- Managing diabetes? Treat the tart cherry formulas as juice and count them.
- On blood pressure medication? Ginger in quantity can add to the effect.
- Pregnant, breastfeeding or heading for surgery? Ask before adding concentrated turmeric.

THE TWELVE QUESTIONS

Pen and paper. Ten minutes. Nobody sees the answers.

- 01** How long after waking before your joints move normally?
- 02** Does movement make it better or worse in the first hour?
- 03** Do you take a blood thinner, blood pressure or diabetes medication?
- 04** Is there heat, redness or visible swelling in any joint right now?
- 05** How does a twenty-minute walk feel the following morning?
- 06** How many evenings a week do you cook from scratch?
- 07** How often do you eat oily fish?
- 08** How many portions of vegetables on an ordinary day?
- 09** Do you wake during the night because of discomfort?
- 10** Has a doctor given you a diagnosis for this?
- 11** How many separate supplements are you taking for it?
- 12** What would 'better' look like in ninety days, specifically?

PROFILE A – THE MORNING PATTERN

Stiff for 30–60 minutes after waking, eases with movement

FORMULA FACTS		Profile A
The Morning Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 04, No. 01, No. 11, No. 43	
Start with	No. 04, tonight	
Give it	14 days	
Measure	Minutes until you can open	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE B – THE LOAD PATTERN

Fine in the morning, sore after walking, standing or stairs

FORMULA FACTS		Profile B
The Load Pattern		
AMOUNT PER SERVING		
Your four formulas	No. 12, No. 37, No. 09, No. 03	
Start with	No. 37, after your next walk	
Give it	14 days	
Measure	Soreness the evening after	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE C – THE GENERAL ACHE

A background ache most of the day, no clear pattern

FORMULA FACTS		Profile C
The General Ache		
AMOUNT PER SERVING		
Your four formulas	No. 04, No. 27, No. 10, No. 14	
Start with	No. 04, plus No. 27 twice this week	
Give it	21 days	
Measure	Days per week with a good	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

PROFILE D – THE FLARE-PRONE

Long quiet spells broken by short, sharp episodes

FORMULA FACTS		Profile D
The Flare-Prone		
AMOUNT PER SERVING		
Your four formulas	No. 29, No. 42, No. 10, No. 24	
Start with	Build the freezer stock first	
Give it	21 days	
Measure	Days from flare start to n	
Re-test	Day 90	

One change at a time. Adding four formulas at once tells you nothing about which one is doing the work.

▲ If your medication ruled a formula out, that ruling stands over the profile.

NINETY DAYS FROM NOW

Do the twelve questions again. A changed profile is not a failure — patterns move, and the four formulas that fit you in March are often not the four that fit in June.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

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