



Arthritis

What Is It?

More than fifty million Americans suffer from arthritis, the inflammation of one or more joints. This condition affects the body's movable joints, or *synovial*, joints. Joints of the body are found at the knees, wrists, elbows, fingers, toes, hips, and shoulders. The neck and back also have joints between the bones of the spine.

Osteoarthritis is usually caused by a number of things; an injury or defect in the protein that makes up the cartilage surrounding the ends of the bones, heredity, obesity or joint overuse. It is associated with the wear and tear of aging. This form of arthritis usually occurs in people 40 years of age or older.

Rheumatoid Arthritis is an autoimmune disorder in which the body improperly identifies the synovial membrane and attacks it, replacing the damaged tissue with scar tissue. This form of arthritis frequently occurs in people under forty, including young children. While Osteoarthritis affects individual joints, Rheumatoid Arthritis affects all of the joints in the body.

Infectious Arthritis can be caused by bacterial, viral, or fungal infections of a joint. Usually, the infecting organism travels through the bloodstream to the joint from an infection elsewhere in the body.

What Causes It?

High protein foods (Animal Foods-meat and dairy, are generally high in purines, which are the primary building blocks of our genetic code material, DNA and RNA. Proteins break down to form uric acid (not urea). Too much protein intake (40 grams or above daily according to the World Health Organization) leads to the collection of uric acid in the joints which leads to arthritis. Also, if the blood is too acidic, this may cause the cartilage in the joints to dissolve, the joints lose their normal smooth sliding motion, the bones rub together, the joints become inflamed and this causes pain. Blood acidity is most often caused by excess protein from animal foods.

Symptoms

Pain, swelling, stiffness, deformity, inflammation, redness, and/or a diminished range of motion.

How to Reverse Arthritis Naturally

- Strongly recommend is Green Super Food and Ester C, which provide all the nutrients necessary for healthy bones, tendons, ligaments, cartilage, and synovial joints.
- Alfalfa contains all the minerals essential for bone formation and may be helpful for arthritis.

- Eat more sulfur containing foods such as asparagus, garlic and onions. Sulfur is needed for the repair and rebuilding of bone, cartilage, connective tissue and aids in the absorption of calcium.
- Boron can be of great benefit; supplementation of boron led to significant improvements in patients suffering from arthritis. Good sources of Boron include: apples, carrots, grapes, vegetables, nuts, pears, and whole grains. *Environ Health Perspect, 102 (Suppl 7), November 1994, p.83-85*
- Make and drink the miracle vegetable broth (if the blood is too acidic, this may cause the cartilage in the joints to dissolve, the joints lose their normal smooth sliding motion, the bones rub together, the joints become inflamed and this causes pain) as it will help carry pain-causing toxins out of the body.
- Consume organic (if available), unrefined primrose oil to supply essential fatty acids that increase the production of anti-inflammatory prostaglandins.
- Get regular, moderate exercise as this is essential for reducing pain and retarding joint deterioration. Bicycle riding, walking and water exercise are good choices.
- Spend time outdoors for fresh air and sunshine. Exposure to the sun prompts the synthesis of Vitamin D, which is needed for proper bone formation.
- Eat plenty of fresh fruits, vegetables, and whole grains.
- A daily dose of 150 mg of Acerola Cherry Vitamin C or Ester C over a period of 20 days reduced arthritic swelling, increased pain tolerance... *Journal of American Podiatry Medical Association, 80(8), August 1990, p. 414-418.*)

Things to Avoid:

- All animal foods; dairy foods, fish, meat, chicken, turkey, eggs, fried and greasy foods, and all other processed foods and animal derived products from your diet. These foods are laced with chemicals, pesticides, and toxins as well as high levels of saturated fats. This may cause the cartilage in the joints to dissolve, the joints lose their normal smooth sliding motion, the bones rub together, the joints become inflamed and this causes pain.
- Caffeine, salt, sodas, tobacco, fried foods, junk foods, and sugar.
- Do not take iron supplements or a multi-vitamin containing iron. Iron is suspected of being involved in pain, swelling, and joint destruction. Good sources of iron include blackstrap molasses, dark leafy greens, wheatgrass, broccoli, and peas.

References:

- 1) James F. Balch, M.D, Phyllis A. Balch, C.N.C, "Prescription for Nutritional Healing," (1997)
- 2) (R.H. Davis, et al., "Vitamin C influence on Localized Adjuvant Arthritis," *Journal of American Podiatry Medical Association, 80(8), August 1990, p. 414-418.*)
- 3) R.E. Newnham, "Essential of Boron for healthy Bones and Joints," *Environ Health Perspect, 102 (Suppl 7), November 1994, p.83-85*
- 4) E. Bien, "The Relation of Dietary Nitrogen Consumption to the Rate of Uric Acid Synthesis in the Normal and Gouty Men," *Journal of Clinical Invest (1953):778*