

# ARTHRITIS AND CHRONIC PAIN



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## Reversing Degenerative Arthritis With Nutritional Therapy

Osteoarthritis, also known as degenerative arthritis, affects over 38 million Americans and costs more than 70 billion dollars for medical treatment. The joints involved in this most common form of arthritis are fingers, knees, hips, neck or lower spine.

Osteoarthritis symptoms: mild morning stiffness, stiffness following periods of rest, pain that worsens with joint use, loss of joint function, local tenderness, soft tissue swelling, bony swelling and restricted mobility.

Though causes for osteoarthritis remain undefined, joint "wear and tear" explains the damage to cartilage. Cartilage damage is one of the hallmarks of osteoarthritis, yet strenuous joint use does not necessarily cause problems. Our ancient ancestors, who were exposed to more "wear and tear" than modern people, did not suffer from osteoarthritis. Athletes also do not experience osteoarthritis with as much frequency as the general population. Idiopathic osteoarthritis describes the common variety encountered



during the aging process. Secondary osteoarthritis is the result of trauma or inflammation.

Most conventional medical doctors limit osteoarthritis treatment to anti-inflammatory drugs such as aspirin, Motrin, Advil, Naprosyn, etc. These drugs relieve symptoms but do not slow the rate of joint deterioration. In fact, these drugs may even accelerate joint destruction. Moreover, they can cause bleeding stomach ulcers and liver or kidney damage. As a last resort, severe arthritis patients undergo surgery of the hip, knee or spine.

### *How do you reverse arthritis and relieve chronic joint pain?*

Osteoarthritis often requires long-term therapy (Please review my paper, *Optimal Health*

*Maintenance*).

### *Start with basic nutritional protocol:*

1. For proper hydration, drink eight 8 oz. glasses of filtered water everyday.
2. Incorporate the *Zone Diet*, by Barry Sears, Ph.D. and *Blood Type Diet* by Peter D'Adamo, N.D. (Please read my full discussion on diet, *Peak Performance Diet*).
3. Digestive Enzyme Therapy: According to Dr. Western Price, poor digestion marks the onset of all chronic diseases: arthritis, arteriosclerosis, osteoporosis, diabetes and cancer. In our harried modern society, people tend to grab a nutritionally deficient meal of processed or fast foods, rather than wholesome raw vegetables and fruit.

Those who use antacids (Tums, Roll-Aids or H-2 blockers such as Tagamet, Zantac, Pepsid) should gradually taper off and transition to a digestive enzyme along with more raw vegetables and fruits. The dosage of enzyme therapy is individualized to meet each person's specific needs.

4. Hair Mineral Analysis and Related Nutritional Program: The hair mineral analysis is one of the most cost effective ways to measure the mineral content of the body's tissue. Basic minerals such as calcium, magnesium, sodium and potassium that regulate thyroid and adrenal glands are good predictors for susceptibility to osteoporosis, arthritis and atherosclerosis. They also gauge overall levels of energy and vitality. Understanding the relationship

between minerals and tissue will help establish the full realm of your physical/emotional condition and facilitate the design of a personal nutritional program.

5. **Niacinamide Therapy:** Niacinamide is thought to improve metabolism of joint cartilage. In the 1940's Dr. William Kaufman used niacinamide to successfully treat over 600 arthritic patients. Improvement generally appears after three to four weeks. Effective doses range from 500 mg twice daily to three times daily.
6. **Glucosamine:** This building block of joint cartilage, has been shown to prevent joint tissue degeneration. To repair osteoarthritic damage, the body must be able to form cartilage tissue. Cartilage production begins with the conversion of glucose to glucosamine. The recommended dose for glucosamine is 500 mg, three times per day.
7. **Fish Oils:** Cod liver oil, a well known natural arthritic remedy, has a high content of fish oil with omega-3 fatty acids, known to have anti-inflammatory activity. Recommended dosage: Start with one tablespoon of cod liver oil or two capsules of fish oil per day.
8. **Food Allergy:** Food allergies appear to exacerbate arthritic pain by provoking an inflammatory allergic reaction. A food allergy test provides valuable data to identify offending foods. When adverse foods are deleted from the diet, arthritic pain improves.
9. **Root Canal and Hidden Dental Infection:** Sometimes the key to reversal of symptoms for arthritis and rheumatism lies with an experienced dentist. Arthritis sufferers



Arthritis sufferers have experienced dramatic improvement after root canal correction

have experienced dramatic improvement after root canal and hidden infection are corrected. According to Dr. Western Price, root canals are linked with heart disease, arthritis, rheumatism and many other chronic illnesses. Any arthritic patient who does not respond to nutritional therapy should seek dental evaluation. Computerized thermography can detect hidden dental infections.

10. Other Complementary Therapies and Ideas to Consider:

- **Acupuncture**
- **DMSO/MSM/SAME**
- **Cetyl Myristoleate**
- **Avoidance of black teas that is high in tannic acid and may exacerbate arthritic pain. Green tea affects arthritic pain beneficially.**
- **Hormone Replacement Therapy**
- **Acid-Base Balance**
- **Cranial-Spinal Adjustment**
- **New Anti-Inflammatory Medication**
- **Sea Cucumber**
- **Shark Cartilage/Bovine Cartilage**
- **Herbal Medicine, i.e., Devil's Claw and Yucca**