

1. Arthritis is a general term for pain in the joints. The pain is usually caused by inflammation due to damage in the joints which nature is trying to heal. The damage may have been caused by injury. Or it may be due to deposits of some toxic substance forming on or in the cartilage that makes up the inner lining of the joints. This leads to degeneration of the joints and chronic arthritis.
2. The toxic deposits form in the joints which are subject to more pressure than other joints (the weight-bearing joints such as the hips, knees and ankles), which are subject to greater use (the hands) or which have been damaged in some way. Eventually, however, all the joints may be affected.
3. The deposits which form in the joints may be calcium. In that case there is a problem of faulty calcium metabolism behind the arthritis. This stems from an imbalance in the endocrine system, particularly the thyroid and parathyroid glands. They secrete the hormone that control the solubility and rate of absorption by the blood of the calcium in the bones and intestines (from food). When the level of calcium in the blood is too high, the excess is deposited in areas where the circulation of the blood is reduced by pressure because of weight, spasm in related muscles, or to injury. The imbalance of hormones (calcitonin vs parathormone) may cause excessive absorption of calcium from some joints, making them fragile and easily damaged, while other joints become malformed due to deposits of calcium from the blood. In that case, osteoporosis may co-exist with osteoarthritis. The deposits in the joints coupled with pressure on the joints usually impair the circulation of the blood and tissue fluid within the joints. This can cause pain because pain often is tissue crying for oxygen. The oxygen is reduced as circulation is impaired. This is typical of osteoarthritis.
4. The deposits may also consist of chemicals and microbes.
  - a. The most common chemicals are purines, especially uric acid, in the blood. Uric acid is an end product of nucleoprotein metabolism. The protein involved contains nitrogen and form part of the gene-carrying portions of the cells (the nucleotides and nucleosides of DNA and RNA respectively). These are metabolised by enzymes from the pancreas into various purine compounds and eventually into uric acid. Caffeine and theobromine in coffee, tea and cocoa are also purine compounds and must similarly be metabolised by the body into uric acid. Uric acid in turn is either excreted by the kidneys as such or is changed into urea and urates and excreted by the kidneys or liver. (Urea gets its characteristic odour from NH<sub>3</sub>.) If the pancreas fails to produce sufficient enzymes to metabolise purines completely, purine wastes build up in the blood and may then form deposits in the joints. The result is arthritis.
  - b. Other toxic chemicals which I know from clinical practices may cause arthritis are sulphur, chlorine, fluorine, and heavy metals such as, mercury, cadmium, and lead.
  - c. Common microbial sources of arthritis which I have found in clinical practice are:
    - 1) Remnants of childhood diseases such as measles, scarlet fever, chicken pox and whooping cough, and 2) Inoculations. One would not expect that inoculations normally enter the bloodstream. The vaccine should be absorbed and handled by the tissues and lymphatics. However, since we frequently find traces of vaccines in tissues throughout the body, (including the brain), and at times also in the joints, it is evident that the vaccines involved have travelled through the blood. The amount of vaccine involved must also be significant, because normally any bits of it in the blood would immediately be filtered out by the liver into the bile system and intestine. This should be a matter of great concern to physicians and the general public. I suggest that the number of vaccinations and the amount of vaccine used could be considerably reduced without risking a greater evil than impairment of brain function, arthritis and other complications in a considerable number of victims of inoculation.

5. Arthritis from a build-up of uric acid and other incompletely metabolised purines in the blood may be due to the failure of the kidneys and liver to excrete these toxic substances because of impairment of excretory organs themselves. In that case, the evident solution will be to take measures to improve kidney and liver function. This is a basic requirement incumbent upon all therapists. But the client must also be taught to participate as well. The homework I recommend is:  
To compress or percuss the lower rib cage repeatedly several times a day.  
I recommend that clients apply 10 percussions with their elbows or 10 compressions with folded arms before meals and before retiring.
6. However, the build-up may also be due to failure of the pancreas to secrete sufficient enzymes to metabolise nucleoproteins completely. In that case the pancreas must be attended to. An obvious reason for underproduction of enzymes by the pancreas is a fault with the blood supply to the cells which produce and excrete the enzymes. From clinical experience I have found two main causes of this.
- A focus in the pancreas itself. Quite often toxic substances get trapped in the capillary beds that supply the pancreas cells with tissue fluid rich in nutrients and oxygen. The focus may come from remnants of childhood diseases, various chemicals including heavy metals, or from an inherited factor (proteins produced by cells because genes which are mutated by ancestral diseases). Foci happen when toxic substances are not filtered out promptly enough by the liver and kidney. They then circulate throughout the body and may easily get trapped in capillary beds such as those of the pancreas. These foci can be located, and the toxic substances identified through biopoint testing. They can then be cleared acuspark and magnetic colour therapy or high potency homeopathy.
  - A focus in the capillary beds of the meninges or Dural tube. This may affect the central and/or autonomic nerve supply to the pancreas. Circulation of the blood to parts or the whole of the pancreas may suffer in consequence.
  - A focus in lymph nodes next to autonomic nerve plexuses that control the tone of the arteries which supply blood to the pancreas. The collection of chemicals, microbes, or microbial toxins may build up a magnetic field strong enough to interfere with the functioning of the nerve plexuses. I find that:  
a focus in the lymph nodes near the coeliac plexus affects protein metabolism.  
a focus near in the thoracic aortic plexus affects nucleoprotein metabolism;  
a focus near in the abdominal aortic plexus affects carbohydrate metabolism.  
a focus near in the superior mesenteric plexus affects fat metabolism. These foci can be removed with the acuspark, lymph drainage exercises, magnetic colour therapy or medium potency homeopathy.
7. Conclusion: There can be no recovery from arthritis except from within the body. Drugs (pain killers and anti-inflammatories such as cortisone) can and may be indispensable to alleviate pain for a time. but they cannot effect a cure. No drug ever will. For the body to recover from arthritis, it is as essential to correct the physiological faults that underlie the disease as it is to correct electrical faults that underlie the mechanical faults in a machine. Not that the body is purely physical, like a machine. For recovery it may also be necessary to provide mental and emotional support to overcome stress which saps the immune system, thereby hindering the detoxification and healing process. Undoubtedly, however, the correct way to approach arthritis, as mostly any disease, is to identify and correct the underlying physiological faults.  
The toxic substances which have caused the faults should also be identified so that the sufferer may learn how to avoid further contamination.  
Then, in the future, an ounce of prevention will indeed be worth a pound of cure.