ARTHRITIS AND HOW TO HANDLE IT

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ARTHRITIS Literally means inflammation of a joint (Greek 'arthron), but it is now used for several diseases involving the joints, including non-inflammatory ones. And it is even used to denote pain in muscles and other connective tissues. The term 'rheumatism' is more generally used for muscle pain, but it really includes all forms of arthritis as well.

Rheumatoid arthritis always involves inflammation. It is a disease of connective tissue, especially of the fibrous connective tissue around joints in the body. This becomes inflamed, with tender nodules of inflamed tissue forming around the joints, or just under the skin in other parts of the body. The most vulnerable joints are those in the knuckles, the wrists, and the metatarsals of the feet. Eventually the joints may stiffen because of damage to the smooth cartilage that lines them, and the joint may become deformed because of muscle tension caused by the inflammation.

Osteoarthritis, or more correctly, osteoarthrosis, is a disease of the cartilage linings between the 'bones of a joint. As this degenerates and wears away, the smooth movement of the joint is lost, and all movement becomes painful. As rough deposits of the bone in and around the joints form, movement of the joint becomes more and mor painful and restricted. The joints mainly involved are the weight -bearing joints of the hips, legs and spine.

Gout is a disease caused by precipitation of uric acid crystals in body tissues, especially around joints, and in particular around the joint at the base of the big toe. Normally, the concentration of uric acid in the blood and tissue fluid is about 0.02%. All excess is removed by the kidneys. If the concentration of uric acid builds up beyond 0.06%, it may be precipitated to form crystals and this is especially liable to happen where the circulation of the blood, tissue fluid or lymph, is under par. This in turn may be caused by tension or pressure.

General Treatment Aim: to enable the body to heal itself.

1. The first line of attack must be to improve the functioning of the kidneys. Most likely this is being impeded by tension in one or both organs. Check the reflex zones in the feet for tension and pain under pressure. Remove this by acupressure and massage. The kidneys must filter from the blood stream excessive uric acid and other toxins which may cause inflammation and deposits in and around the joints. Colourless or light urine is a sign of poor kidney function.

2. Next, improve the functioning of the lymph system, especially the drainage of lymph from the area of disease. The lymph drainage points into the subclavian veins near the bottom sides of the neck, the lymph nodes under the arms and in the groins must all be checked and treated through reflex zones. The entire lymph system can be treated through acupressure points, e.g., on the big toes, on the inside of the shins, and also the heart acupressure points on the little finger. Lymph drains away toxic matter from the area of disease into the blood stream so that it can be excreted from the body. In this way the whole environment of the affected joint, especially the tissue fluid itself, is cleansed and renewed so that healing can take place.

3. If inflammation is present, action should be taken to remove it. Inflammation a protective measure of the body to promote healing, prevent spread of infection and immobilise an area of injury. It is promoted by hormones produced by the adrenal glands. But if the inflammation is excessive or continues long after it has served its useful purpose, this is due to hormone imbalance. Either the adrenal glands are not secreting sufficient cortisol (hydrocortisone) which is anti-inflammatory and should take away the inflammation, or else the inflammatory are not being effectively inactivated by the liver who task it is to destroy these hormones after they have fulfilled their purpose. The liver reflex zones should therefore be tested for tension, and if necessary, treated with a relaxing massage. Tension should also be removed from the liver by acupressure. The reflex zones of the adrenal glands should likewise be tested and treated. The adrenal gland should be stimulated through reflex zone massage. The pituitary gland should be tested and treated as well, since this is the master gland which controls the adrenals, as well as other glands.

4. Check the parathyroid glands through their reflex zones and treat them if necessary. Their hormone, parathormone, affects the amount of calcium in the blood. It releases calcium from bone into the blood, and reduces the amount excretes by the kidneys. It also causes the kidneys to excrete phosphates. This is vital, because if calcium and phosphates are present in large amounts together, they form insoluble deposits which can damage the tissues. This may affect the cartilage linings between the bones of the joints and the fibrous connective tissue around the joints. The parathyroids also produce some calcitonin, a hormone which also affects calcium levels in the blood and regulates mineralisation in the bones. It seems to be an important factor in some types of degenerative bone disease as well as in bone repair. This hormone is, however, mainly secreted by the thyroid gland. Hence the thyroid should also be checked and treated so that it functions normally.

5. Nutrition:
   Vitamin D acts a co-factor with parathormone. Therefore, the parathyroid glands cannot fulfil their function in calcium metabolism without it. To ensure sufficient amounts of vitamin D in the diet and effective assimilation into the blood stream, it is advisable to take some halibut or cod liver oil daily. These are available in cheap and convenient form as capsules.
   Vitamin A is necessary for the healing and protection of the top layer, i.e., the epithelial cells, of all tissues, including bone and cartilage. It is wise to supplement one's daily diet with this as well, and it comes together with vit D in the cod liver oil or halibut liver oil capsules (1 or 2 daily).

   Vitamin B5 (pantothenic acid) is one of the raw materials the adrenal glands require to make cortisol. It is available as calcium pantothenate. In fighting inflammation, as in rheumatoid arthritis, a supplement of 100 – 200mg. per day is recommendable. Some doctors give it by injections, and that is most effective.

   Vitamin B3 (niacin (USA) or nicotinamide (U.K.) is required throughout the body to absorb cortisol (or cortisone), and therefore should be taken simultaneously with pantothenic acid (B5). Again, 100 -200 mg. daily may be beneficial. The acid form of Vitamin B3, nicotinic acid may cause temporary flushing of the skin (rubefaction) as it expands the capillaries near the surface of the skin.

   Vitamin C (ascorbic acid) assists with healing by providing intercellular material, like mortar between the bricks (the cells). It is also required in generous amounts by the adrenal glands to function normally in the production of cortisol and other hormones. Furthermore, it protects the body from toxins, such as aspirin. Aspirin is often used in treating arthritis because it temporarily stimulates the adrenals to produce a little more cortisol. However, in the process, it depletes the adrenals of vitamin C and pantothenic acid and if taken in excess, cause the adrenals to haemorrhage. 1 - 3 grammes of vitamin C should be taken daily until arthritis is cured. Thereafter, 1 gramme daily can provide sufficient protection. It has many other benefits for the body.

   Vitamin D is required for proper calcium metabolism because parathormone (the parathyroid hormone) is effective only in the presence of Vitamin D (also Calciferol). Calciferol also enables the blood to absorb calcium from the intestinal tract, thus ensuring the supply of calcium to the body. One or two halibut or cod liver oil capsules a day should provide sufficient calciferol.

   Calcium in large amounts is required by arthritic people. The stress and pain, as indeed any other form of stress, triggers off the production of a hormone which increases the demand for calcium, which is withdrawn from the bones - sufficient is not available from food. The excess calcium is secreted by the kidneys, but the demand for more calcium continues as long as stress remains. Besides calcium rich foods such as milk, cheese, yogurt or buttermilk, it may be wise in times of stress to take calcium supplements such as bonemeal, dolomite, kelp or calcium tablets. To be absorbed, calcium like most minerals, must be chelated, i.e., coated with amino acid (digested protein). Supplements should therefore be taken with some protein food, e.g., milk or cheese, they can also be purchased in <u>aminochel</u> form, i.e., chelated.

Vitamin E, Alpha tocopherol, is an antioxidant vitamin. It prevents premature oxidation of hormones, red corpuscles, polyunsaturated fats (Vitamin FF), brain and nerve cells, muscle cells. It promotes better circulation of blood, prevents, and removes blood clots, prevents and removes scar tissue.
In all these ways it assists in the healing process. At least 100 International Units (I.U.) should be taken daily to overcome arthritis. It may temporarily increase the blood pressure somewhat if taken in large amounts, and this may not be recommendable if one is already suffering from high blood pressure. In that case no more than 100 I.U. is recommended for the first 5 weeks. It can then be doubled and gradually increased to 600 – 800 I.U. daily. However, if the blood pressure remains uncontrollably high, or one is suffering from chronic rheumatic heart disease or severe heart failure, no more than 200 I.U. should be taken.
(Vitamin E can be taken in either natural or artificial form, the only difference being that 1 mg. artificial E equals 1 I.U. whereas 1 mg. natural equals 1.2 I.U.
Natural is listed as d alpha tocopheral, artificial as d1 alpha tocopherol.
The best natural source in food is wheatgerm (the embryo), an ounce of which, if fresh, provides about 8 I.U., about half the minimum daily requirement. Vitamin E becomes more effective if taken together with a trace mineral, selenium in 25-50 mcg (microgram) amounts. Among other things, selenium provides the 'hot-spot' for an enzyme produced by the kidneys which reduces blood pressure. It is therefore especially recommendable for high blood pressure cases.

Vitamin B6 (pyridoxine, pyridoxal or pyridoxamine) supplements (50-100mg. daily) may help cure some forms of arthritis caused by faulty tryptophan metabolism. Tryptophan is an amino acid or protein, but when processed in a body deficient in Vitamin B6 produces xanthurenic acid, a yellow coloured substance which is excreted by the kidneys. Xanthurenic acid can react with the hormone insulin and inactivate it, causing mild diabetes, sometimes associated with arthritis. (N.B. The urine should normally be a yellowish brown colour. Xanthurenic acid causes an excessively yellow colour.

Magnesium shortage may also be a factor in arthritis and this should be taken into consideration if there are any nervous symptoms, such as hypersensitivity, present. Magnesium is necessary for healthy transmission of nervous energy from nerve cell to nerve cell as well as from nerves to muscles. It performs many functions together with calcium and with Vitamin B6. Some of these are concerned with the repair and maintenance of cells, others with enzymes, others with hormones. The simplest way to ensure one is not deficient in magnesium is to take ¼ tsp. Epsom Salts once or twice daily with protein, e.g., milk, to ensure chelation and assimilation, ¼ tsp. should provide about 2/3 rds. of the adult recommended intake. Requirement of magnesium rises sharply, however, when diuretics are taken, as well as in cases of vomiting, diarrhoea, kidney trouble and alcoholism. Also, in stress.

Riboflavin (B2) has been found in short supply in about half of rheumatoid/arthritic cases in one report. And folic acid (another B vitamin) cleared up anaemia in all 20 cases of rheumatoid arthritis in another experiment. These results show the importance of taking whole B complex supplements, rather than individual ones on their own. Nevertheless, large amounts of individual vitamins may still prove beneficial, e.g. pantothenic acid (B5) and niacin or nicotinamide (B3).

Stress: Whatever its form – physical, mental or emotional – stress is often a major factor in causing arthritis. The body reacts to stress by producing hormones to call on all its resources, Blood pressure rises to increases blood circulation, peripheral blood vessels contract to ensure blood supply to the vital organs, minerals such as calcium, potassium and magnesium are withdrawn from the body's reserves, such as the bones to be available for emergency use. Above all, protein, in the form of amino acids, is broken down to provide an additional source of energy (glucose) whether it is needed or not. A by-product of this process is uric acid. If the kidneys cannot cope with the extra production of uric acid, it may be precipitated into muscle and joints as crystalline deposits. Other by-products of protein metabolism are urea, urates and creatine, and the body depends upon the kidneys for their excretion. It is possible that faulty excretion of those also play a part in arthritis. Hence the importance of proper kidney function.

Constipation: It seems to be closely associated with arthritis, and its conquest is an important factor In overcoming arthritis. Even though elimination is regular, the time required for food waste to pass through the intestinal tract may be too long, allowing toxins to be produced and absorbed into the blood stream. These may in turn aggravate or at least impede the healing of arthritic joints.

One practitioner, very successful in treating arthritis, insists that waste from the evening meal should be eliminated next morning (12-14hours!), but this may not be so necessary if one has a healthy intestinal flora. And he recommended the use of natural laxatives and enemas, if necessary, to achieve proper hygiene. Such, speed may not be necessary and massaging the reflex zone of the liver and gallbladder for the proper supply of bile may reduce the need for laxatives.
Intestinal Flora: this literally means 'plant life' in the intestines. It refers to bacteria which inhibit the small and large intestines. They may be unhealthy, putrefactive bacteria – such as 'E coli' (mainly from meat) which causes gas, and offensive odour and vitamin B destructive enzymes.
Or they may be healthy intestinal flora such as lactobacillus acidophilus and lactobacillus bulgaricus (both present in raw milk) and bacillus thermophilus which complete the digestive process of the stomach and duodenum and prevent the assimilation of partially or incomplete digested food into the bloodstream with consequent allergies. They are particularly essential for the digestion of lactose, the sugar in milk, which otherwise ferments and floods the bloodstream with toxins that works their way out though the mucous membrane of the lungs/respiratory system and sinuses causing phlegm and inflammation.

The healthy bacteria also produce Vitamin B complex in the intestines.
A person with a healthy intestinal flora not only has an odourless stool but also may excrete 10 times as much Vitamin B through the kidneys as was taken in with food. This proves that vitamins produced by the intestinal flora are absorbed giving the body raw materials and tools to produce hormones and enzymes for healing and health. Two obvious examples are: Vitamin B5 for cortisol production by the adrenal glands, and Vitamin B3 for the absorption of cortisol by the cells of the body, where there is inflammation.

Building up a healthy intestinal flora can be quite a task. First, the bacteria have to be introduced into the system. For babies it is easy, because the bacteria are present in raw milk, from the breast. But cow's milk is pasteurised or sterilised, and this destroys the bacteria. Yogurt is produced by bacteria re-introduced into the milk and ferments it. Fresh, untreated yogurt is therefore a good source of healthy bacteria. It should be taken daily for a time until the bacteria become established. It should then be self-propagating as long as milk is taken at least twice a week, since the bacteria can live only about 5 days without a re-supply of lactose. A fibre rich diet, e.g. (including vegetables such as carrot & cabbage) helps the growth of these bacteria so do foods containing starch and/or pectin, but sugar, glucose, honey are not favourable to them, and should be taken sparingly. Pickled foods are favourable, also possibly beer, ale, cider-except for the alcohol.
It is possible that yeast and yeast products such as marmite also introduce healthy bacteria.
After all, yeast is used for the commercial production of B vitamins. The Japanese produce a food called MISO. This is made from soya pulp fermented for about 18 months, and it can be used to build up powerful strains of healthy intestinal flora.

<u>Exercise & Massage</u>:
The flow of lymph back into the blood stream depends upon the contraction and relaxation of muscles all along the body. Any form of movement, such as walking helps this process.
The flow of lymph from the area of disease, and indeed the movement of tissue fluid around the area can be stimulated by massage. The massage should be done lightly at first and then gradually deepening it, and the movement should be in the direction of the heart or more exactly, the lymph drainage points near the base of the neck. It is only through the circulation of blood, tissue fluid and lymph that the nutrients necessary for healing can be supplied and the toxins which impede healing be removed from the disease area, whether it be a joint or any other sore spot.

Conclusion: Can there be any doubt that arthritis can be contained and cured???
Using only natural mean!