

Others beat the pain - why not you?

Arthritis hurts. But, unlike other conditions you can do a lot about the pain yourself.

You only have to read the papers or surf online to see thousands of sufferers have found relief - naturally - through one way or another.

And you can too: there are many ways to fight arthritis. You don't have to rely on pain killers and other medication dished out by doctors.

As you will read, great pain relief can usually be found through dietary changes, alternative medicine and supplements.

Sadly, few people realise this. And Even less try these remedies.

Those that do are usually the ones you read about in the papers. *They claim their lives back through knowledge.* Knowing how to fight your pain is easy; finding the one that works for you is a little bit trickier.

It is important to realise, what relieves pain for others may not work for you. But, if you find this, don't give up. There are many alternative therapies. And if alternative therapies don't relieve your pain try a change in diet - or both.

There is a whole arsenal at your disposal to fight arthritis. **Use them all if need be,** you don't have to suffer.

A change of diet, gentle exercise and an introduction of

vitamins into your daily life can have an enormous benefit.

What is arthritis?

Let's have a look at what causes your pain.

Arthritis is a general term for the inflammation of a joint and there are many forms of it. The most common is osteoarthritis - which is seen as just wear and tear of the joints (you are more at risk from this form if you are over weight). It happens when the cartilage between two bones in a joint dries up.

To begin with, it makes you feel stiff. Later on, as the cartilage begins to crack, it disintegrates. This wear and tear is considered normal - **half of people aged 65 or more will have osteoarthritis.**

Rheumatoid arthritis is very painful and can affect you at any age, but under 35s are at a very low risk.

It starts as a swelling in the joints. When these become severely swollen they scar - deforming the underlying bone surfaces. This in turn weakens the muscles. However, this is not an inevitable progression - around one in ten patients recover.

Osteoarthritis and Rheumatoid arthritis affects more women more than men. (by a factor of 3:1 with Rheumatoid arthritis). A simple blood test will tell you what form you have.

Doctors say 9 out of 10 people suffer aches and pains towards the end of their life. It is all part of growing old. The medical profession

can't cure it - the best they offer is temporary pain relief through drugs.

So what can you do about it?

Lots, as you'll see.

Why have I got arthritis?

Nobody knows what causes arthritis. But, your life style and diet may reveal some usual suspects.

There is research, however, that suggests culprits you would have never considered. Chemicals and foods are on this list - even a simple gas fire has been seen to be a cause of arthritis (*in fact, you'll be amazed at how any product containing petroleum can affect arthritis*).

The enormous increase in arthritis endorses research pointing to everyday substances causing arthritis. The increase in arthritis over 'recent' years is extraordinary.

And doctors are still at a loss to explain it - and more importantly, how to cure it. Pain killers are the only tool at their disposal.

We have all heard the saying 'prevention is better than cure.' So let's look at some ways that help prevent, and some that help cure.

Chemicals and the environment

Simple changes in your diet can have impressive results in killing arthritis pain. A doctor called **Randolph XXXX** saw enormous improvements in arthritis sufferers just by cutting foods in their diet they were allergic too - ***though they did not know it.***

This breakthrough happened when he was approached by a patient who had several classic allergic symptoms: severe headaches, fatigue, tension, asthma.

She noticed they all became worse when driving through a particularly polluted part of town, or whenever she got stuck behind a diesel lorry on a long drive.

But curiously, when she was on holiday in her pine cabin, her symptoms became worse.

Dr Randolph concluded she was allergic to pine wood - but what about when she was not in her cabin?

Could she be allergic to any product derived from petro chemicals? And then it hit him: petroleum is made from the break down of pine forests over millions of years.

Then it occurred to Dr Randolph his patients condition could not be unique. Others with seemingly odd patterns of illness fall distinctly into recognisable groups.

There is a big 'but' however. The link between arthritis and chemical sensitivity has never been proven. But on the other hand, there are many cases where arthritis sufferers have been successfully treated by looking at chemical sensitivities.

Let me give you an example.

One lady whose arthritis was so severe she was on cortison treatment. She was put on a low allergy diet consisting of just five low allergy foods.

Within a week the results were spectacular.

She improved by around 70%. And then something even more amazing happened. She went to visit her mother, who lived in Zurich. ***There, she improved completely.*** But, on return back to the UK, her aches and pains soon returned.

This led to a conclusion: her mothers flat was all electric, her home in the UK had a gas cooker and gas central heating, with the boiler in the kitchen.

As a cold but necessary experiment, she turned her gas off. **Within days her joints were fine.**

She moved the gas boiler out of the kitchen and the aches and pains never came back.

Here's another strange one.

Perhaps the chlorine in your tap water contributes to your arthritis?

One man found it was. By simply boiling his tap water for a few minutes to get rid of the in a very short space of time it did the trick - ***his aches disappeared.***

Research shows there are many cases where arthritis has been cured by 'discovering' allergies. Do you know if you are sensitive to any foods? It's another prime suspect for the cause of arthritis.

The worst offenders are: corn, wheat, yeast, soy, eggs and cow's milk.

There are countless cases of severe arthritis disappearing

completely by eliminating certain foods.

Other suspects include potatoe, tomatoe, eggplant and peppers. Do they cause your arthritis? Find out - it's not too difficult to watch what you eat.

For some it is drinking and smoking that causes their arthritis pain.

Weight problems also are a cause of arthritis. It is not rocket science - carry too much weight and you are placing unnecessary pressure on your joints.

But the right diet doesn't just keep excess weight off. It also improves the fluidity of synovial fluid - this helps lubricates the joints.

Foods and drinks like tea, coffee, alcohol and chocolate all reduce your bodies calcium levels. Naturally, this affects the health of the bone.

There's more bad news though. Do you enjoy fried foods? Unfortunately they cause an abundance of free radicals - a natural product, but an excess of these damages the joints.

Many arthritis sufferers have a history of poor diet: too much sugar, stimulants, coffee, alcohol and fatty foods. **Together, they are a powerful force to bring on, or worsen your arthritis.**

It is not just diet that can cause arthritis though. Here a odd one: your teeth fillings.

Dentists who have removed amalgam fillings from arthritics have

seen the conditions clear. It could be the slow release of mercury from the fillings causes a range of conditions, including arthritis.

This theory is endorsed by one case where a professional pianist's arthritis stopped her playing. But, when her two fillings were removed, the swelling and pain in her fingers disappeared altogether. Within two months she returned to playing concerts.

Amazing, but true.

Try drinking more...

Here's a fact for you: most of us don't drink enough water everyday. And it's the joint cartilages that suffer from not drinking - they don't have a direct vascular circulation.

Some doctors have seen arthritis cured simply by increasing the water intake of patients. However, this only works with pure, filtered water.

Please help me, doctor...

How do most doctors treat arthritis? Drugs mainly - usually these are **NSAIDs** (non-steroidal anti-inflammatory drug), or **DMARDS** (disease-modifying anti-rheumatic drugs).

Impressive names, but do they work?

The NSAIDS do reduce swelling of the joints. **But, they also have toxic side effects causing gastrointestinal damage.** Because of this, some doctors believe they are not the best way to treat arthritis.

Osteoarthritis only causes mild inflammation, so it can be treated with a simple pain killer. They offer just as much pain relief - but have none of the toxic effects an NSAID has.

What's more, research shows NSAIDS may speed up the condition, not help it. They inhibit cartilage repair, thus speeding up the cartilage destruction.

Have you ever heard of chaser drugs? These are the ones that deal with the side effects of others - like NSAIDs. Amazingly these can have side effects of their own, like liver damage, blood disorders and joint pain. Prescription drugs really are a dangerous balancing act.

It wasn't long before the drug companies were forced to find an alternative to NSAIDs, because of their toxic effect. Their answer was COX-2.

Cox-2 inhibitors stop the release of chemicals causing inflammation. Demand for the first two COX-2 drugs - Celebrex and Vioxx - was huge. **Believe it or not, these drugs even out sold Viagra.**

Success however, was short lived. Celebrex sales dived after 10 people taking the drug suddenly died.

Vioxx suffered a similar setback when a study showed it doubled the chances of a cardio-vascular 'event' - a heart attack.

And as for the DMARDS, research shows it has a poor track record in treating arthritis: one study lasting over 20 years shows more than half the patients receiving the drug

became severely disabled or died.
Hardly encouraging findings.

What are my options?

The bottom line is all doctors can do is prescribe drugs or recommend surgery.

'Official' organisations refuse to recognise alternative treatments, yet there is much to say about them. And if they help, where is the problem?

It is not hard to feel let down by conventional approaches and their side effects. When pain is affecting your quality of life, it's no surprise people look at acupuncture, herbs or any other therapy that offers salvation from the pain.

Although presently there is little scientific proof on them, what counts here is whether they work for you. If they reduce your pain or the severity of your arthritis, how can it be looked upon as 'quackery'?

Acupuncture:

Acupuncture is widely used for arthritis. Unfortunately there hasn't been enough research into just how effective it is. This is a great shame, because tests all point to very encouraging results - in fact, **research suggests regular acupuncture reduces pain by around 80%.**

Scandinavian doctors reported acupuncture saved patients with severe osteoarthritis from surgery.

And in one study doctors in the UK tried acupuncture on patients with advanced osteoarthritis of the hip - just six acupuncture sessions eased

the pain and improved mobility for around eight weeks.

Another study showed at worst, acupuncture is as effective as Diazepam for pain relief.

You'd think the chance of reducing pain by 80% or so would encourage more to try it, wouldn't you?

Herbal remedies.

The Yucca Plant

Research supports extract of the Yucca plant is an extremely effective way in fighting arthritis. It is rich in steroid-like saponins elevating the body's production of cortisone. This aids anti-inflammatory actions for arthritis and rheumatism relief.

Improvement in movement and pain relief has been reported within days of taking Yucca extract.

Boswellia

Boswellia comes from the tree *Boswellia serrata*. For centuries healers have used the anti-inflammatory properties of the tree bark's gummy resin.

Recently it had been used to reduce inflammation associated with osteoarthritis and rheumatoid arthritis - unlike conventional NSAIDs boswellia doesn't seem to cause stomach irritation.

Devil's claw

Devil's claw is a plant widely used in South African traditional medicine - in Europe it is more well known for relieving rheumatic pain.

Some people find Devil's claw reduces the need for analgesic and non-steroidal anti-inflammatory therapy, particularly those with knee or hip osteoarthritis. It is thought to work by inhibiting the molecules that cause inflammation.

As with all herbal remedies, Devil's claw can be applied as cream - right on the spot that hurts. **A cream will work five times faster than oral remedies as it is absorbed into the blood stream within minutes.**

If arthritis pain is bothering you, Devil's Claw could be your new best friend.

Willow Bark

The salicylic acid in white willow naturally reduces compounds which cause aches, pain, and inflammation. **Although it takes longer to work than aspirin, its effects tend to last longer.** And, unlike aspirin, it doesn't cause any known adverse side effects.

Arthritis sufferers taking white willow bark have experienced reduced swelling and inflammation, and eventually increased mobility.

Feverfew

Feverfew has been used for many years to ease arthritis pain and migraines. Like Willowbark, Ferverfew is thought to work by suppressing chemicals that produce inflammation.

Those popular copper bracelets...

Believe it or not one scientific test found copper to be utterly

useless in fighting arthritis. Try telling that to the millions of people who wear them though...

The bracelets work on the principle that arthritis sufferers are deficient in copper (in fact the very low occurrence of rheumatoid arthritis in pre-industrial Europe has been put down to copper cooking utensils and plates).

The bracelets allow the skin to absorb the copper - which is why it causes a 'green ring' where the bracelet is worn.

Nutritional supplements

One of the most effective things you can do to combat arthritis is to change your diet and add supplements to it.

CMO, B Vitamins, boron and essential fatty acids are worth special attention, but in particular two compounds are transforming alternative treatment for arthritis: Glucosamine and Chondroitin.

Both are sold as a nutritional supplements and are recognised to help the growth of cartilage - the tissue that covers your bones at the joints. Cartilage protects them from wear and tear.

Glucosamine and Chondroitin effectiveness is impressive, **most trials show a significant reduction in pain and joint stiffness**. Studies with Glucosamine also suggest they relieve pain better than NSAIDs like Ibuprofen.

However, with these products, make sure you are taking pure

supplements. Avoid ones containing salt or potassium chloride. If you are on a salt restricted diet they contain far too much. And as for Chondrotine Sulphate, its potency can vary. Be very careful in selecting your make.

Also, be patient. If you try glucosamine take it for at least three months before deciding whether it works for you.

And on a final note, while glucosamine appears to have no side effects, Chondroitine has been linked to liver and kidney toxicity.

CMO

CMO - or Cetyl Myristoleate - is thought to be particularly beneficial in treating rheumatoid arthritis. It is made up of fatty acids and oils derived from fish or animal fats.

Here is the story of how it came about. It is an interesting one.

Dr Harry Deihl was deeply upset by the way arthritis crippled a dear neighbour. In fact, he was so upset he dedicated his life to finding a natural substance that protects people from arthritis.

He made an amazing find that gave him more than hope: mice, don't get arthritis.

Even when attempts to induce arthritis in a laboratory were made (I know, a horrible thought) they didn't get arthritis. So Deihl made it his mission to find out what was it that protected mice against arthritis.

After years of research, he concluded it was a substances called CMO (Cetyl Myristoleate). It was abundant in the blood of the mice, and as it had never been identified before, he came to the conclusion is was this that was making them immune to arthritis.

He tested his theory on rats (I know, another horrible thought). Sure enough, he stopped them developing arthritis, which is normally easily induced.

But here is where it gets really interesting.

He patented his method for making CMO - but couldn't find a drug company interested in producing it - so no tests were done on humans. Consequently, Deihl couldn't claim it had the same effects on humans.

That was in the late 70s. Twenty years later Deihl himself began to suffer from osteoarthritis. **So he thought he'd put his discovery to good use...and completely cured himself.**

Deihl's successes on friends and family spread faster than a computer virus through the alternative health community. It's still going strong too.

Boron.

A nutritionalist and Naturopath discovered areas with low soil boron, such as Jamaica and Fiji, have high levels of arthritis - up to 70%.

Conversely, areas with high soil boron see little arthritis.

It is a controversial view, but it is held by a small group of scientists in Australia and America.

Rex Newham, who championed this discovery stopped selling boron supplements in 1981 because of change in the Australian law. These changes - would you believe - happened through drug industry pressure, which classified Boron as a prescription only poison. This was not without good reason though; the toxicity of boron can be fatal, especially in the young. Dangerous doses, however, are easily avoided - the use of arsenic in homoeopathy demonstrates this.

Before Rex Newham's business was closed, he was selling 10,000 bottles of boron supplements a month. He set up shop in the UK where boron is not treated as a restricted poison.

He claims that 98% of clients feel better through taking his boron supplements.

In the past, Boron has been used to help heal broken bones. It is however, still unclear how Boron works. It seems to effect one of the glands controlling bone calcification.

B Vitamines

B5 and B3 have both been shown to be beneficial. A daily dose of 25mg is all you need to increase joint flexibility and may beat off the amount of anti inflammatory drugs sufferers need to take.

Fatty acids

Essential fatty acids like fish oil supplements - cod liver oil for example - show unequivocal results.

They significantly reduce joint pain and stiffness **with no side effects**. Interestingly, a regular supply of grilled or baked fish has the same effects. Unfortunately though, anyone on blood thinning medication should not take cod liver oil supplements.

Omega 3 fatty acids seem to help morning stiffness. The same could also be said for a diet high in polyunsaturated fats and low in saturated fat.

Unlike vitamins and supplements, fish oil has been scientifically tested against drug therapy. **One concluded that 10mg of fish oil a day had an anti inflammatory effect similar to that of an Nsaid.**

Oils

Evening Primrose oil and olive oil has been found to be helpful in fighting arthritis. The problem is though, you need to take several large capsules a day of either. This puts many people of this regime.

Tests have shown those who take zinc have less swelling in the joints, less morning stiffness and could walk further than those taking a placebo. Take 10-15mg of zinc every day - as well as eating a zinc rich diet.

Vitamins C and E

Collogen synthesis doesn't happen with out vitamin C. Tests show that those taking a high dose of vitamin C reduce the rate in which the cartilage is lost by around 70%.

Vitamin E is essential for collagen repair.

Anyone living in a climate with shorter summers than winters may benefit from taking vitamin D. Normally, we get sufficient vitamin D from the sun when it reacts with our skin. Poor weather though, and skin cancer scares may mean we are getting to little sunlight and therefore too little vitamin D. Benefits of vitamin D are stronger muscles and healthy bones. Apart from sunlight - which is the best source of vitamin D - get them from oily fish and diary products.

You might be seeing a strong theme now. Adding more fish to your diet is never going to be a bad thing..

Methylsulphomyl - methane

Hollywood film star James Coburn was MSM's greatest advocate. His rheumatoid arthritis crippled him so much he was unable to work. **He was cured by taking MSM tablets.**

The sulphur detoxifies our cells and provides the body with the raw materials to make healthy new cells. Sulphur is a free radical scavenger. The more free radicals you have the more likely your need for sulphur is. In fact, it is fair to say our modern diet provides insufficient sulphur. Sulphur plays a very important role in a lot of bodily functions.

SMS advocates claim it improves a wide range of health problems - not just arthritis. Good nutritional sources of sulphur include eggs, beef, fish, garlic, onions, cabbage, broccoli and brussel sprouts.

What are you going to do now?

So that's it. Hardly tough reading was it? But that's the whole point. There is enough information in here to let you try something, right now.

How many of these remedies have you tried? The point is, if it is none, please try some. Not for me - for you. Thousands get relief from the simple, natural remedies listed. You have a wide choice:

- ?? Try acupuncture
- ?? Pick a herbal remedy to suit you
- ?? Change your diet
- ?? Add a supplement to your diet.
Why not or CMO?
- ?? A little gentle exercise,
perhaps?
- ?? Take some vitamins.

Any one of these may have a huge impact on your life. And if the first one doesn't work, just try another. There are too many success stories to dismiss natural therapies. I sincerely hope you become one. And if you do, please get in touch - I'd love to hear from you.

In time, I will add a chapter to this book compiled of the ways sufferers - just like you - have beaten arthritis pain.

The choice is yours. Right now, you can carry on as normal - or do

something to fight your pain. **Any one of these simple remedies may change your life.** You have nothing to lose. Except your pain.

Pick one right now and make that first step to claim your life back.