



Arthritis

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Osteoarthritis, aka wear-and-tear-arthritis, refers to the pain and inflammation that can result from the loss of tissue in the joints. It is the most common form of arthritis especially in the elderly.

Rheumatoid Arthritis often affects people over 40. Women are 3x more likely to get than men. Lots of inflammation and pain. Organs such as the eyes and lungs may become inflamed as well.

Gout usually occurs in men over 40 and is caused by the elevated blood levels of uric acid, which forms crystals in the joints. The immune system reacts to these crystals as if to a foreign invader. The joint, as a result, becomes inflamed and painful.

Eat More

Eat a diet that is high in fiber and that is not tainted with preservatives,. Increase fresh vegetables, fruits, fish, nuts, seeds, and whole grains. Make sure your menu includes cold-water fish such as salmon and halibut. Watercress, parsley, celery, kale, okra, seaweeds, carrots, spirulina, barley wheat, avocado and soy.

Avoid

Avoid saturated fats, hydrogenated and partially hydrogenated oils, fried foods, and refined sugar. This causes a high acid system that promotes inflammation. Fatty meats, eggs, margarine, shortening, caffeine, alcohol, tobacco, sugars and dairy products should be dramatically cut down or eliminated from the diet.. Vegans almost never have arthritis.

Supplements

- Vitamin A– Beta carotene
- Vitamin B6
- Vitamin C
- Vitamin E
- Boron
- Calcium, 1200 mg
- Magnesium, 400 mg
- Methylsulfonylmethane (MSM)
- Glucosamine
- DLPA (dl-phenylalanine)
- Bromelain , 400 mg
- Omega-3 fatty acids
- SAM-e
- Shark cartilage
- Superoxide dismutase

Herbs

- Alfalfa
- Bladderwrack
- Boswellia
- Celery
- Epsom Salt
- Feverfew
- Ginger
- Licorice
- Oregano
- Pineapple
- Rosemary
- Stinging Nettle
- Turmeric
- Wild Yam
- Wintergreen
- Yarrow
- Yucca

Signs of complications requiring attention:

- The pain and stiffness come on quickly without apparent reason.
- pain is accompanied by fever