



Arthritis

Nature has answers that can help reverse this condition

Arthritis is a disease involving pain, swelling and deterioration of the joints. It is a common problem in modern society and is now the number one cause of disability in America. It was once a problem largely confined to the elderly, but today it affects people at younger and younger ages.

There are two basic types of arthritis. Osteoarthritis is a non-inflammatory degenerative joint disease that affects the tissue and fluid between the bones. This results in pain, stiffness or restricted movement and weakness. It can develop over time from everyday wear and tear on the joints or even from a lack of enzymes in the diet.

Rheumatoid arthritis is an auto-immune disorder. The body's immune system gets confused and attacks its own joints. The synovial membrane secretes the fluid that lubricates bone joints. When the synovial membrane is inflamed, blood flow to the membrane increases and swelling occurs. The inflamed membrane then releases chemicals that destroy cartilage and bone. The body tries to correct this damage by replacing the destroyed cartilage and joint tissue with scar tissue, which only further hinders joint function.

Most arthritis sufferers deal with these symptoms by using non-steroidal anti-inflammatory drugs (NSAIDS). Initially, these drugs may knock out the pain and seem like a solution, but they are not removing the cause and because they are toxins themselves, will eventually contribute to further breakdown of the body. Other arthritis sufferers opt to use corticosteroids or to undergo surgical repair or replacement, none of which solves the root causes either.

Arthritis is caused by irritation to the joints which comes from three major sources: first, from structural stress (mechanical wear or damage); second, from emotional stress (being "frozen" in our lives); and third, and most commonly, from chemical stress. An overly acid condition in the body, nutritional deficiencies, environmental toxins and infection can all rob the body of the resources it needs to build and maintain the skeletal system.

Diet is of supreme importance in dealing with arthritis, especially in replacing acid forming foods like meat, dairy, grains, nuts and beans with more alkaline-forming foods like fruits and vegetables. GreenZone is a very alkaline-balancing supplement that can be beneficial.

Here are some other dietary suggestions. As much as possible, replace hormone-laden meats with organic, free-range meats or vegetable sources of protein. Increase alkalizing fresh fruits and vegetables. Avoid wheat, dairy and corn (including the corn syrup used to sweeten most processed foods), which play

the largest role in the severity of arthritis. Each of these foods can lead to chemical onset toxicity. Citrus fruits, aside from lemon juice (which is highly alkalizing,) should be avoided, as should nightshade vegetables (eggplant, tomatoes, potatoes, green peppers).

Certain plant seed oils containing the fatty acid GLA (gamma-linolenic acid) help alleviate the pain and discomfort of arthritis when combined with Omega-3 oils and when insulin levels are not elevated. Found in evening primrose (9%), borage (24%), black currant (17%), and flax seed oils (7%), GLA is important because the body converts it to compounds with strong anti-inflammatory and immune regulating effects. GLA is found in Super GLA Oil Blend. Omega-3 oils are found in flax seed oil and Super Omega-3 EPA.

Some other popular supplements to help with arthritis and joint pain are:

MSM (MethylSulfonylMethane), a sulfur compound, helps with liver detoxification; studies show it helps ease arthritis pain in many individuals. Glucosamine is an amino sugar normally found in the human body which helps joints to heal. Chondroitin is found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. All of the above compounds are found in EverFlex.

Collagen is another major supportive tissue in the human body, used to form cartilage, ligaments and tendons. Where cartilage is damaged, a few grams of Collatrim per day can help prevent hardening of this tissue and can help cartilage to heal.

Many excellent herbal products also help arthritis by supplying nutrients to help damaged joints to rebuild. Silica, found in Horsetail, Dulse Liquid and HSN-W, adds resiliency to joints so they are less susceptible to damage. Herbal CA provides calcium, silica and other minerals which can also help to rebuild damaged joints.

Anti-inflammatory herbal formulas like Joint Support and Joint Health can reduce joint inflammation, aid in detoxification and ease arthritis symptoms. Massage and gentle stretching exercises combined with topical application of Tei Fu Essential oils or Deep Relief Essential Oils can draw better circulation into the affected areas and help them to heal.

There are many natural therapies and supplements which not only can ease arthritic pain, they can actually help with rebuilding and repairing the joints. For additional information, consult an herb specialist. Additional information can also be found in *The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

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