

Collected Notes, Summaries, Resources, & References for a Natural Approach for Arthritis

[Edited by Chris Pringer, 1/7/16]

Set 2

Excerpts from Health Nutrition and Natural Cures for Arthritis

Includes Headers:

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[===]===[Arthritis; Summary for Joint Health Regimen, 1b]===[===]

Excerpts from Health Nutrition and Natural Cures for Arthritis ***<<http://www.energycenter.com/>>***

Nutritional Insurance - Bone Health - General Health - Reverse Chronic Malnutrition - Heal Your Body
<<http://energycenter.youngevityonline.com/>>

If You Have Arthritis or Bone Spurs You May Want To Read This Page

Here is a brief summary of the following information based on studying with Dr. Bernard Jensen and more than 25 years in the medical field working with back pain and arthritis sufferers. Dr. Jensen found that when calcium deposits crystallize in the joints and in the form of bone spurs there is a chemical imbalance in the body that can be reversed. At his 120 acre healing center in Escondido California he treated people suffering extreme debilitation actually being bent over with one inch bone spurs up and down their spines. In one year of proper nutrition all the spurs were gone and ...

Bone creation continues until about the age thirty to thirty-five years. After that bone loss occurs at an annual rate of 0.5% to 2%, which increases in women for ten years after menopause.

Bone health is influenced by diet, exercise, dietary supplements and lifestyle (eg, smoking). Optimizing all these factors can help the process of building strong bones.

<<http://energycenter.youngevityonline.com/>>

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Why Goat's Milk?

Today, over 65% of the world's population drink the milk of goats. Goat's milk is the most like human milk in composition and is praised for its ready digestibility. Our bodies can digest goat's milk in 20 minutes; conversely it takes 2-3 hours to digest cow's milk. Additionally, the composition and size of goat milk fat globules are 5-10 times smaller than those found in the milk of cows. Goat's milk is an alkaline food and is also naturally homogenized. The Journal of American Medicine, the official organization for over 100,000 physicians in the United States, under the heading of dietetics and hygiene writes, "The goat is the healthiest domestic animal known, and its milk is superior in every way to cow's milk. Goat's milk is the ideal food for babies, convalescents, and invalids, especially those with weakened digestive powers. Goat's milk is the purest, most healthful, and most complete food known." ...

The omega-3 fatty acids in fish act as a natural anti-inflammatory.
<<http://energycenter.youngevityonline.com/>>

Dr. Andrew Weil - Anti-Inflammatory Diet Tips
<<http://www.drweil.com/drw/u/ART02012/anti-inflammatory-diet>>

An interesting article: "Essential Roles" for Proline, Glycine and Gelatin
<<http://www.westonaprice.org/foodfeatures/brothisbeautiful.html>>

[===][Vitamin D Makes a Comeback]

by Sylvia Booth Hubbard

from Newsmax magazine - June 2009 <<http://www.newsmax.com/index.html>>

You can read over 20,000 medical research articles on the benefits of vitamin D3 - Click here and enter search term Vitamin D3 <<http://www.ncbi.nlm.nih.gov/sites/pubmed>>

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Since the sun is a vital source of vitamin D, and few foods are rich sources (egg yolks and fatty fish are exceptions), many Americans don't get enough, especially during Northern winters. Even people who live in sunny climates often don't get the 10 to 20 minutes of sun exposure needed to produce an adequate amount, Sahelian says. And with the sun's connection to aging skin and skin cancer, many people intentionally avoid exposing their skin to sunlight.

In fact, the National Center for Health Statistics says at least 36 percent of Americans are deficient, and research released in March showed that 1 in 7 teenagers is deficient.

Vitamin D deficiency has been linked to a long list of ills, including cardiovascular disease and diabetes, while adequate amounts significantly enhance health.

The list of vitamin D benefits is long and varied:

- Prevents cardiovascular disease. Adequate amounts lower hypertension risk while deficiencies raise the risk of stroke, heart attack, or heart failure
- Helps prevent multiple sclerosis
- Strengthens bones and lowers the risk of falls
- Eases winter depression
- Lowers risk of many forms of cancer

- Prevents or delays the onset of diabetes, both Types 1 and 2
- Boosts immunity to tuberculosis
- Controls weight and body fat
- Lowers the risk of gum disease
- Slows aging by up to five years
- Prevents cognitive decline in elderly
- Lowers the risk of colds and flu
- Promotes liver health. More than 92 percent of patients with chronic liver disorders are vitamin D deficient
- Controls pain. Mayo Clinic studies found that patients with low levels of vitamin D require twice as much pain medication, and that 93 percent of people with painful chronic conditions such as fibromyalgia are deficient.

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The government recommends 400 IU daily, but many experts believe much more is needed for optimal health. Vitamin D supplements are inexpensive and readily available. "Most experts believe that calciferols - vitamin D-3 - is the most potent form," Sahelian says.

A safe, effective dose is thought to be 1,000 IU daily. Although Sahelian says some doctors are prescribing up to 2,000 IU a Day, he urges caution. "I'd recommend no more than 1,000 IU daily until we learn more."

Latest recommend dosage for adults 1000-5000 I.U.s of Vit D 3 Cholecalciferol daily. It is estimated that in 5-10 minutes of summer sun exposure the body will produce about 5000 I.U.s of Vit D. Here is some interesting information Understanding Vitamin D Cholecalciferol.

<<http://www.vitamindcouncil.org/>>

Some nutritionists recommend even higher dosages.

[PLEASE NOTE: That was 2009, and there's been a hubub the last year or two about doing too much vitamin D. ~Chris Pringer, 2015]

[===][COX-2 inhibitors]

COX-2 inhibitors may be effective for individuals with arthritis. For many years scientists have wanted to develop a drug that works as well as morphine but without its negative side effects. Nonsteroidal anti-inflammatory drugs (NSAIDs) work by blocking two enzymes, cyclooxygenase-1 and cyclooxygenase-2, both of which promote production of hormones called prostaglandins, which in turn cause inflammation, fever, and pain. The newer COX-2 inhibitors primarily block cyclooxygenase-2 and are less likely to have the gastrointestinal side effects sometimes produced by NSAIDs. **Cox-2 inhibitors have been shown to cause sodium and potassium retention in salt-depleted subjects, may also increase the risk of heart attack and stroke. Patients on salt-restricted diets should be monitored carefully. Cox-2 inhibitors can cause an increase in lithium blood levels and undesirable side effects for those on lithium prescriptions. Whereas Grape skins contain [resveratrol], a natural Cox-2 inhibitor.**

In 1999, the Food and Drug Administration approved a COX-2 inhibitor-celecoxib-for use in cases of chronic pain. The long-term effects of all COX-2 inhibitors are still being evaluated, especially in light of new information suggesting that these drugs may increase the risk of heart attack and stroke. Patients taking any of the COX-2 inhibitors should review their drug treatment with their doctors.

"...[Next Pharmaceuticals]... offers two products for joint health - Nexrutine and Citrofen. N. is a proprietary blend of actives from the bark of Phellodendron amurense. The product acts to indirectly inhibit the COX-2 enzyme and works to alleviate joint discomfort associated with exercise and over-exertion... Citrofen is a blend of patented polymethoxylated flavones and berberine. ...supports joint health by inhibiting the TNF-alpha, a pro-inflammatory cytokine, thereby helping to alleviate the joint discomfort associated with osteoarthritis..."

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"Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction Through Nutrition" - Book Review, Excerpts

Dr Bernard Jensen's excellent book "Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction Through Nutrition" is out of stock and out of print. It is available as an E-Book and DVD from - Bernard Jensen International <<http://www.bernardjensen.com/>>

Introduction

This book will be a great help to anyone with arthritis, other rheumatoid conditions or osteoporosis. If a complete solution to rheumatoid disease is ever found, I believe it will be along the lines of the program I am presenting here, which is based on over 50 years of private sanitarium practice. This book is to teach you to take care of your problems, rather than giving you temporary relief. Take care of your problems that are yet to come. Let us prevent more and cure less. Let us live a good lifestyle so we need less treatments.

So many people are taking gold shots, injections, vaccinations and nostrums for relief-- only relief. My program offers correction, a method of bringing in new tissue through evolved living, if the disease is not too far advanced.

Arthritis may take many years to reach the degenerative stage, and it is possible to wait too long before starting a corrective program. If the condition is not too advanced, my program should help. I have had excellent success in dissolving calcium deposits and spurs from those who had osteoarthritis.

In fact Dr. Waterson, a medical doctor from Scottsdale, Arizona, used to visit my Ranch and watch how my program of nutrition and exercise affected people with different diseases. Once he showed me six photographs of a man's knee, taken over a year and a half, showing the progressive reduction of a large calcium spur down to nothing. Calcium deposits can be reversed. Dr. Waterson used only my methods with his patient.

I have also worked with Dr. Henry G. Bieler of Pasadena, author of Food Is Your Best Medicine, showing him my nutritional program. I worked with him on over 500 cases, with many wonderful results, including arthritis cases. His book was based on his success in treating various rheumatoid problems with injections and oral administration of hydrochloric acid. His success was due to improvement of protein digestion. Many people with rheumatoid problems would benefit from taking

digestive aid tablets and foods high in sodium (the correct form) . The stomach wall uses a good deal of sodium in the process of digestion. When sodium becomes depleted, it must be replaced for proper digestion of protein.

In my estimation, over 50 percent of the people in this country have some form of rheumatoid disturbance, ranging from slight pain and stiffness in the morning to the most degenerative stages. This includes people with nodules on the joints, bone spurs and joint problems of all kinds. I am including osteoporosis (calcium loss from the bones) because it is a calcium imbalance problem, even though it is not a rheumatoid condition. There are millions of people in this country who have these conditions, and my program of diet, exercise and nutritional supplement could help many of them, although I cannot say it will help all.

The causes of rheumatoid conditions are many. Trauma, fatigue, genetic disposition, sodium deficiency, metabolic disorders, poor food habits, junk food, high-stress jobs or lifestyles, drug side effects, food allergies, chemicalized drinking water, excessive perspiration (sodium loss), glandular imbalance, climate, excessive use of meat and many other things can contribute to the development of rheumatoid problems.

Digestive problems may lead to or result from rheumatoid conditions, but they nearly always go together. Once the digestive difficulties begin, the body is unable to assimilate all the nutrients it needs. A high percentage of my patients are deficient in hydrochloric acid, needed to digest proteins properly. When we realize that most of our calcium is from proteins, we can see the problem. We must work to improve digestion if we are to take care of rheumatoid problems.

Excess table salt, which is the wrong kind of sodium, contributes to hardening of the arteries, and I believe it contributes to joint troubles as well. I advise cutting it out of the diet, or at least, cutting down on the use of it as much as possible.

The people of the United States are on a calcium craze now. Television advertising and magazine ads are loaded with new products claiming to be the solution to the problem of calcium deficiency. Osteoporosis and other types of calcium-imbalance problems, such as osteoarthritis and rheumatoid arthritis, are suddenly in the forefront of the news.

How real is the problem? And, how realistic are the solution proposed by advertisers?

In over 50 years of sanitarium practice, I have taken care of thousands of cases of arthritis, and I can tell you, the problem is very real. And the reason I have written this book is because I have found a very real and lasting answer.

Recent surveys show that American women, aged 16 to 50, are getting less than 70% of the recommended daily allowance of calcium, which is 1000 mg. An advertisement by Kraft, the well-known U.S. manufacturer of processed cheese, claims that 50% of American children are getting less than their recommended daily allowance of calcium. They are urging parents to give their children more cheese. I believe these reports. I believe that a high percentage of Americans do not get enough calcium -- or at least not enough of the right kind of calcium. But, I don't believe that taking some of the highly advertised calcium supplements will necessarily help.

First of all, I want you to notice that most of the remedies offered for the pain and stiffness of arthritis are for relief only. They don't pretend to get at the cause of the problem. They don't offer correction.

Most people with arthritis or other painful rheumatic conditions just want to get rid of the pain. The don't realize these are unseen causes inside the body that are producing the pain. I don't care how much Advil, Tylenol or aspirin you take, the pain will always return until you make up your mind to go after the cause of the problem and get rid of it. Most people and their doctors look at pain as a localized thing, and that's the way they treat it. I believe that 90% of our aches and pains are reflex pain from some other part of the body, you can't treat the local site of pain, which is a symptom only, and get rid of its deeper cause in some other part of the body.

Are drugs the answer? In two recent experiments, one at the University of California's San Diego Medical Center, new drugs were tested. Improvement was found with both drugs, although side effects were found for one, and after it was stopped, symptoms became worse than ever. No doubt the other has side effects too--because all drugs have side effects. The problem with drugs is that they disturb the body chemistry, cause dangerous side effects and leave toxic residues in the body. Drugs tend to relieve symptoms without getting at the underlying cause, and, although drugs can alter the body chemistry, they cannot rebuild tissue, they cannot replace old tissue with new, which is what is required for complete healing to take place.

After age 50, when rheumatic conditions begin to appear in the majority of those who get them, there is 20% lowered function in all parts of the body, due to aging. Elimination of wastes is retarded. The skin becomes dry. Thyroid function is lower, reducing glandular function throughout the body and lowering the metabolism. To develop a realistic program for taking care of arthritis and other rheumatic conditions, we need to recognize what is going on in the whole body and take care of everything--toxic settlements, mineral deficiencies and diminished immunity.

The wholistic approach to taking care of a disease or condition is to build up the health of the whole body until the body is strong enough to throw off the problem. In the case of rheumatoid conditions, we need to use iodine for the thyroid, exercise and hawthorn berry tea for the circulation, sufficient liquid intake and KB-11 tea to take care of the kidneys, fresh vegetables and fruits to provide enough natural fiber to increase bowel elimination, foods high in calcium, sodium and potassium to neutralize excess body acids, vitamin D to help with calcium assimilation, and a proper diet to meet all nutrient needs and correct deficiencies. This is just an idea of a few things to take care of a few problems that exist. Each person is different having different vital organ problems that would need other types of corrective measures. This is a wholistic approach, the way of working with nature instead of trying to find shortcuts by man's way.

We need to understand that every gland, organ and tissue in the body affects every other part of the body. We live in an acid-producing country where the pressures of our jobs, urban living and relationships produce a lot of nerve acids. We have to live with environmental pollution, the problems of a high-speed technological society, financial troubles and devitalized, processed foods that do not nourish our bodies properly.

The problem with most commercially produced calcium supplements is that they are not balanced for human assimilation. Calcium must be balanced with magnesium, and if there is too much or too little of one or the other, it cannot be used properly by the body. There must be enough vitamin D in the body to help assimilate calcium. Without exercise, our bodies can't take in sufficient calcium as needed, even if we take calcium pills with three times the recommended daily allowance. It is excreted from the body instead.

Calcium supplements alone are not the answer in calcium deficiency problems. We need to use high calcium foods, instead. Only nature combines calcium with the right balance of other minerals, enzymes and vitamins.

On the other hand, many people who are developing enlarged joints and calcium spurs feel they are caused by taking too much calcium. This is not usually the case. The trouble is usually calcium-sodium imbalance in the body, resulting in calcium coming out of solution in the blood and depositing in the joints. We still need calcium, but we need to have a diet high in natural sodium foods at the same time.

There are other problems. A University of Washington study showed that caffeine, as found in coffee, tea, chocolate and most soft drinks, increases calcium loss in the body by double. Sugar leaches calcium out of the body. By the way, these so-called foods, are very acid forming. You don't need more acid foods of this kind to add to the rheumatic acid you already have.

Drinking more milk has been proposed as a solution to calcium imbalance in arthritis and osteoporosis, and Dale Alexander, author of *Arthritis and Common Sense*, has had good results giving milk with a little cod liver oil added to many people with arthritis. This is a good remedy for some people, but I believe we need to take a larger view of the problem and consider the needs of the whole body. Milk, for example, will not take care of the sodium deficiency which is often the cause of calcium imbalance in the body. The truth is, the average American has 25% milk products in his diet, according to USDA figures, and this is not solving the calcium imbalance problem for most people.

Dr. John Ott found a link between the ultraviolet in sunlight and arthritis. Because most people work indoors most of the time, they don't get enough ultraviolet from artificial light, especially fluorescent lights. Window glass and the glasses most people wear filter out 85% of the ultraviolet, and the eyes are unable to take in this light. Ott's arthritis disappeared after he broke his glasses while on vacation in Florida, and he believes it is very important that we take in ultraviolet through the eyes every day. It doesn't have to be direct sunlight. We still get ultraviolet light when we are outside in the shade from reflections. I recommend plastic lenses over glass lenses in glasses, because they let in 85% of the ultraviolet, instead of only 15% as regular glass lenses do.

Glandular imbalances can lead to rheumatic conditions. The thyroid gland not only influences every other endocrine gland in the body, but regulates the body's metabolism and blood levels of calcium. So, when the thyroid is underactive, the whole body's energy supply and chemical balance is affected.

Continued at <<http://www.bernardjensen.com/>>