

# Arthritis & Joint Health

## Natural Remedies Can Keep Arthritic Joints Flexible and Pain Free



According to the Center for Disease Control (CDC), over one in five adults (18 years of age and older) and one in two seniors (65 years of age and older) have been diagnosed with some form of arthritis. This means that about 46 million adults in the United States have some form of joint disease such as arthritis, rheumatoid arthritis, gout or lupus.

In our society, we tend to think of these diseases as unavoidable results of the aging process, but this isn't really true. Dr. Weston A. Price, a prominent dentist in the 1930s, traveled the world studying the traditional diets of indigenous people. He found that people living on traditional diets were relatively free of arthritis, osteoporosis, tooth decay and crooked teeth.

In contrast, people living on modern foods (sugar, white flour, processed vegetable oils and other processed foods) in the same region of the world had many problems with their bones and teeth. In analyzing the foods in traditional diets, he found that traditional diets contained four times the minerals, four times the amount of water soluble vitamins and ten times the amount of fat soluble vitamins of modern diets.

So, arthritis and joint diseases aren't an inevitable effect of aging. They are really signs that the body isn't getting enough nutrients to keep bones, joints and teeth healthy. The fact that arthritis and other joint diseases are also affecting about one out of 250 children (according to the CDC) shows these aren't just age-related diseases.

Medical science offers little help for these conditions beyond painkillers for symptomatic relief. In fact, most doctors not only regard arthritis as incurable, they also feel it's inevitable for many of us because of our genetics.

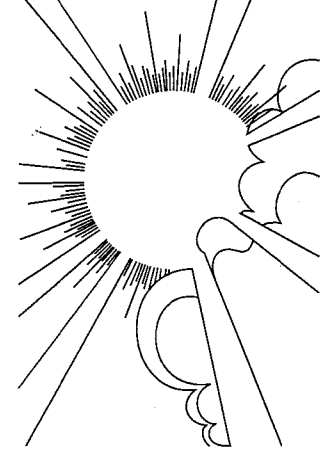
The truth is that these diseases aren't inevitable or incurable. Since they are brought on by a combination of lifestyle factors, including a lack of proper nutrition, unnecessary mechanical wear and tear on the joints, toxins and infections, they can typically be cured through dietary and lifestyle changes. In fact, many people have already done so and you can, too.

The key is to do more than treat the symptoms of pain and stiffness. You need to supply the body with the nutrients it needs to repair itself and create the conditions that promote that self-repair.

In this month's *Sunshine Sharing*, we'll explore what you can do to maintain good joint health so that you can stay healthy and active. We'll also look at natural approaches to helping these conditions that go beyond just relieving the pain.

**Turn the page and learn how to keep your joints healthy...**

# SUNSHINE SHARING



Your guide to better health the natural way.

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### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Managing Editor/Writer: Steven Horne  
Editor: David Horne  
Associate Editors:  
Carolyn & Hugh Hughes, Sharon Grimes, Leslie Lechner

# Natural Therapy for Arthritis

Arthritis is Latin for “inflammation of a joint.” Inflammation is characterized by heat, swelling, redness and pain in a tissue, and occurs when the tissue is damaged in some way.

There are many remedies, both natural and pharmaceutical, that will reduce the inflammation and ease the pain, but this isn't enough to cure arthritis or any other inflamed

tissue. A cure requires two additional therapies. First, one has to identify the source of the damage and remove it. Second, one has to supply the body with the nutrients it needs to make repairs.

So, before we begin to talk about natural remedies for arthritis, we need to understand that there are different forms of arthritis, and discuss some of the causes of the problem. Then we can move onto discussing remedies to ease pain and inflammation and supply the body with what it needs to accomplish repairs.

## Understanding Arthritis

The most common form of arthritis is osteoarthritis, also known as degenerative joint disease. In osteoarthritis, the cartilage which coats the ends of the bones in the joints begins to break down, starting a vicious cycle of reduced function, leading to more damage and ultimate deterioration of the joint. Osteoarthritis is a localized condition, meaning it is the result of damage from local wear and tear, trauma, surgery or infection to a specific joint.

Rheumatoid arthritis is the less common type. It is a systemic autoimmune disease, meaning the tissues that surround and cushion the joints are being attacked by the body's own immune system. This form is more difficult to treat.

Although osteoarthritis and rheumatoid arthritis are the most common forms, there are others. Allergic arthritis, as the name implies, is triggered by an allergic reaction. Gonorrheal arthritis is inflammation of the joints resulting from gonorrheal infection. Gouty arthritis was the most widely known variety up until the 20th century. Caused by an imbalance of uric acid in the blood, it also causes joint inflammation and usually affects one joint at a time.

There are many more, but we can't cover them all. So, in this newsletter, we'll focus primarily on osteoarthritis. Keep in mind that many of the remedies we discuss may be helpful for other forms of arthritis as well, but you should probably seek additional help and assistance in designing an appropriate program.

## The Dietary Connection

Osteoarthritis isn't caused by normal “wear and tear” on joints. Joints aren't like the parts of a machine; they are living tissue and as such, they are constantly rebuilding themselves. The damage occurs primarily because the person is lacking the nutrients joints need to rebuild.

First, there is the issue of minerals. As mentioned on page one, modern diets are much lower in major minerals like calcium, magnesium and phosphorus than traditional diets, but before you rush out and take a calcium supplement, remember that the

body also needs trace minerals, too. Modern diets are extremely low in trace minerals because modern agricultural methods have depleted the mineral content of our foods for the past 100 years. As a result, many of the foods we eat contain less than 10% of the trace minerals found in foods grown a century ago.

One of those trace minerals is silica, which is extremely important for healthy bones, joints and connective tissues. (See sidebar.) Other minerals like zinc, boron and vanadium are also essential for the health of bones and joints. So, instead of just a calcium supplement try **Skeletal Strength**, which not only contains calcium and other macrominerals, it also contains trace minerals, vitamins and other nutritional cofactors needed for healthy bones and joints.

Also consider taking a trace mineral supplement like **Ionic Minerals with Açai Berry** or **Chinese Mineral Chi Tonic**. These products contain varying amounts of over 70 trace minerals the body needs for healthy joints.

Minerals aren't the only nutrients needed for joint health, however. Dr. Price also found that a shortage of fat soluble vitamins was also responsible for the weakening of bones, teeth and joints in modern people. Vitamins, A, D and K are all essential for healthy joints. (See sidebar on Vitamin K.)

## The Silicon Connection

Perhaps you've heard of Silicon Valley, the home of the computer industry. Computers rely on silicon (also known as silica) because of its role as a semiconductor in computer chips. However, our bodies also need this mineral to function properly.

Although there is no US RDA for silica, it is an important mineral for the health of our hair, skin, nails, joints, bones and the nervous system. It is found in abundance in peelings, seeds and other “chewy” plant parts—parts we often discard in modern cooking; as a result, we are not getting nearly enough.

When people think of healthy bones and joints, they usually think of calcium, but straight calcium is brittle (think of a piece of chalk). It takes proteins and trace minerals, like silica, to give bones and joints the strength and flexibility they need.

Silica is added to steel to give it “spring” and silica-rich plants and plant parts all have both strength and flexibility. Silica helps hair stay free of split ends, keeps fingernails strong and helps joints handle more wear and tear. Of course, plants rich in silica also tend to contain other trace minerals needed by bones and tissues as well.

**HSN-W** is a silica-rich herbal formula that can help joints and other structural tissues become stronger. It helps move calcium into the bones and tissues and improves structural tone. Its chief ingredient is horsetail, the richest plant source of silica and known to help improve tissue elasticity. So consider using HSN-W or even just straight **horsetail** as part of your program to build and maintain healthy joints.



## Removing Sources of Irritation

Nutritional deficiencies weaken joints, but it still takes something irritating and damaging them to cause arthritis to develop. An injury to a joint that doesn't heal properly can be the trigger, but there can also be infections, chemical irritants and dietary irritants contributing to joint breakdown.



One major dietary irritant that can contribute to arthritis is nightshades (potatoes, tomatoes, peppers and eggplant). These foods contain calcitriol, which can increase calcification of tissues, and can cause bone spurs and calcification of joints. These plants also contain alkaloids like solanine and nicotine, which can be irritating to some people. Fortunately, vitamin K2 helps counteract their effects, but many arthritic patients improve when they avoid eating nightshades.

It's also wise to screen for other food allergens with arthritis. It's possible that grains, especially gluten-bearing grains, may be a factor. Dairy is also a common allergen for many people.

If the irritation is mechanical, it is wise to avoid overstressing the joint to allow it time to heal. We need to remember the purpose of inflammation, since arthritis is, by definition, an inflammatory condition of the joints. The inflammatory process is designed to isolate and immobilize tissues to allow healing to take place. In the case of arthritis, the pain and stiffness of the joint is a sign that we need to be careful not to over stress that joint while it is healing. Moderate activity is fine, strenuous activity is not.

Unfortunately, the common practice of using painkillers to relieve the arthritis pain causes many people to continue to put more mechanical stress on these damaged joints. This causes further damage and inflammation and does not allow for the healing process to take place.

## Natural Relief for Pain and Inflammation

There are many herbal remedies that not only reduce inflammation and pain, they also help to promote tissue healing. So, while they may not be quite as effective at relieving pain as painkilling drugs, they are more beneficial for long-term healing.

For instance, consider using **IF Relief**. This blend contains willow bark, which has been used for over 2,000 years for relief of arthritic pain. Willow bark contains salicylates, natural forms of aspirin that reduce inflammation and pain. IF Relief also contains xanthones from mangosteen, which have also been shown to reduce

## Additional Help and Information

There is a lot more that can be done naturally for arthritis than can't be covered in this newsletter. For more information about natural approaches for preventing and healing arthritis, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

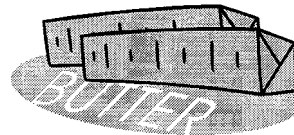
[www.westonprice.org/traditional-diets/622-ancient-dietary-wisdom.html](http://www.westonprice.org/traditional-diets/622-ancient-dietary-wisdom.html)

*Overcoming Arthritis* by David Brownstein, M.D.

*Arthritis: A Natural Approach* by Stanley E. Hoffman

## K2—The Vitamin X Factor

When Weston A. Price did his research in the 1930s, he found a vitamin-like nutrient in foods native peoples prized for their health benefits. These foods included cod liver oil, fish eggs, organ meats (like liver) and the yellow butter from cows grazing on new grass. He called this nutrient Activator X, because he found it increased absorption of calcium and vitamins A and D.



Dr. Price used high vitamin butter (containing his Activator X) and cod liver oil, with great success to treat arthritis, tooth decay, osteoporosis, rickets and failure to thrive. Other researchers used these same foods to successfully treat TB, asthma, allergies and emphysema.

Nutritional researchers now believe that Dr. Price's Activator X is vitamin K2. K2 promotes heart health and has antioxidant benefits, but it also helps get calcium out of your blood and into your bones. K2 is found in **Krill Oil with K2**, which also contains omega-3 essential fatty acids.

In addition to using Krill Oil with K, it can also be helpful to use **vitamin D3**. This is another important fat-soluble vitamin that is missing in modern diets. It also helps keep bones and joints healthy. It may also be helpful to take **vitamin A**.

Fat-soluble vitamins, like A, D and K, are even more lacking in modern diets than they were in the 1930s when Dr. Price did his research. So, if you want healthy bones and joints, or if you have any type of arthritis, osteoporosis or dental problems, consider supplementing your diet with these essential nutrients.

pain and inflammation. A third herb in the formula, turmeric, has been shown to be as effective as corticosteroid drugs in easing pain and inflammation, without the side effects.

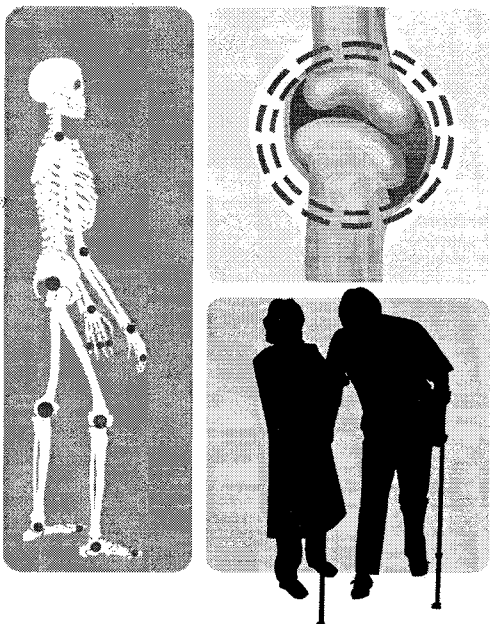
Other remedies that can have an anti-inflammatory and pain-relieving action in arthritis include **APS II with White Willow Bark, Thai-Go** and **Devil's Claw**. Like IF Relief, APS II contains herbs with the aspirin-like compounds called salicylates. Thai-Go is a powerful antioxidant and also contains the pain-relieving xanthones.

An herbal formula for arthritis that has been around for a long time is **Joint Support**. This formula contains herbs like white willow and valerian with pain-relieving action, horsetail and alfalfa for trace minerals, hydrangea to reduce calcification and blood purifiers like yucca, burdock and sarsaparilla to remove toxins that may be irritating tissues.

A very effective way to ease pain and promote healing is to combine massage and topical pain relieving remedies. Massage promotes circulation of blood and lymph to tissues, which aids tissue regeneration and repair. The key is to massage the painful joint several times each day.

While massaging the joint, apply **Tei Fu Oil, Tei Fu Lotion, Deep Relief, MSM/Glucosamine Cream** and/or **Everflex Cream**. All of these remedies can help reduce pain and inflammation, promote circulation to the joint and aid the healing process.

**Continued on Next Page**



## Arthritis is Not...

...an inevitable result of aging

...due to genetics

...or incurable

**You can avoid arthritis and even  
reverse it with good nutrition  
and other natural remedies!**

*Continued from Page Three*

### **Beyond Pain Relief**

Relieving pain and inflammation helps arthritis, but we don't want to stop there. We need to supply the joints with the nutrients they need in order to heal. In fact, the reason the joints are damaged in the first place is because they lacked the nutrients they needed to repair from injury or repair the "wear and tear" they experienced in normal movement.

As we've already discussed, minerals and fat soluble vitamins are extremely critical to aiding joint repair. Consider taking HSN-W, Herbal CA or Skeletal Strength for minerals along with Krill Oil with K2 and Vitamin D<sub>3</sub>.

Cartilage, ligaments and tendons are primarily made of collagen. **Collatrim** contains collagen and can be useful in preventing damaged cartilage from hardening and in promoting healing.

Also consider taking **Everflex**, which combines MSM, Glucosamine and Chondroitin. **MSM** (MethylSulfonylMethane) is a sulfur compound. For centuries, mankind has soaked in sulfur-rich mineral hot springs to help heal a variety of ailments. MSM supplies biologically active sulfur and studies show it helps ease arthritis pain in many individuals. MSM is also found in the topical remedy MSM/Glucosamine Cream, mentioned earlier.

**Glucosamine** is an amino sugar normally found in the human body and is the base material for making up mucous membranes, ligaments, tendons and synovial fluid in the joints. It helps joints to heal and can help them be more fluid and well lubricated.

**Chondroitin** is a long chain of repeating sugars found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. Chondroitin helps by interfering with enzymes that destroy cartilage molecules and enzymes that prevent nutrients from reaching the cartilage.