

ALL NATURAL
SECRETS

FOR **Arthritis**



AND

Joint Pain Relief

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ALL NATURAL SECRETS FOR ARTHRITIS AND JOINT PAIN RELIEF

Arthritis is the believed to be oldest discovered ailment of mankind. Scientists have even found this disease in the joints of some dinosaurs and even mummies!

As a term, arthritis means “joint inflammation.” While there are several hundred forms of arthritis, the most common are Osteoarthritis and Rheumatoid Arthritis.

Osteoarthritis, the most common form, is a degenerative condition that is caused when the joint cartilage begins to break down from either prolonged wear-and-tear, traumatic injury or infection. These lead to a bony enlargement.

Rheumatoid Arthritis, on the other hand, is a chronic disease of the autoimmune system that causes inflammation of the synovial membrane (joint lining). This causes destruction and deformity of bone, cartilage, ligament and muscle tissue.

Regardless of type, common arthritic symptoms include pain in the joints, redness and swelling of the joints and loss of joint function. The pain of osteoarthritis gradually worsens with use over the course of the day, whereas the pain of rheumatoid arthritis tends to be worse on waking and improves as the day progresses.

Despite advances in science, the exact causes of arthritis are unknown... but there are certain risk factors that have been identified:

GENETICS -

likely to contribute to risk but no one knows how much.



- AGE -** the older you are the more at risk you become.
- WEIGHT -** maintaining a healthy weight will ease the load on the joints.
- PREVIOUS INJURY -** major injuries are likely to contribute to risk.
- OCCUPATIONAL HAZARDS -** repetitive, high demand jobs increase risk.
- CERTAIN SPORTS -** high level, high demand sports can contribute to arthritis (although general exercise is always a plus)
- ILLNESS OR INFECTION -** an infection in the joint or gout can lead to arthritis.

The Arthritis Foundation estimates that some 59 million Americans will have arthritis by the year 2020. That means nearly 20% of the population is suffering daily from painful joints!

Sadly enough, the Arthritis Foundation reports that half of the Americans with arthritis don't believe anything can be done to help ease their pain. And their doctors play into that fear, by relying on cortisone injections (which actually weakens cartilage and depresses immunity) and NSAIDs (which destroy stomach lining and liver function) to reduce pain.

You may be in this situation yourself, having thrown your hands up in frustration and simply decided to live with your pain. The good news is that by reducing the inflammation you can significantly ease the painful symptoms associated with arthritis.

Let's take a closer look at the two major forms of arthritis and then the solutions you can turn to for relief.



OSTEOARTHRITIS

Osteoarthritis is the degeneration of the cartilage that cushions the area where two bones meet to form a joint. When the cushion wears out or cracks, the bones rub together, causing intense pain. In severe cases, the joints can develop calcifications. This means that calcium builds up on the bones and soft tissues, making them stiff and painful to move.

This type of arthritis occurs slowly over time, and is the type that many runners and construction workers begin to feel by middle age.

The solution most mainstream doctors take, is to relieve the pain with drugs; rather than fixing the problem that is causing the pain. And research from around the world has proven that there are ways to reverse calcification and to restore damaged cartilage! And doing this is the only way to get rid of osteoarthritis pain once and for all.

Here are some of the things that you can do:

COD LIVER OIL SUPPLEMENT

Research from Cardiff University, in Great Britain, found that cod liver oil not only relieves pain, but it also stops and even reverses the damage caused by osteoarthritis (and rheumatoid arthritis as well). The recommended dose of cod liver oil is four capsules twice a day.

DEVIL'S CLAW SUPPLEMENT

A study published in the journal, *Phytomedicine*, compared the herb devil's claw with Diacerein, a prescription medication often prescribed for osteoarthritis. The research found that the herb was just as effective as the drug at relieving pain.

The recommended dose of devil's claw is two grams per day. Be sure to discuss this herb with your physician before you take it. If you are on a blood-thinning medicine, like Coumadin, this herb may be contraindicated.



GLUCOSAMINE SULFATE

Many studies have shown that glucosamine helps promote healing while relieving stiffness and pain. You probably have heard it marketed in the form of glucosamine chondroitin. But that might not be the best form of glucosamine to take. Some studies have linked chondroitin to an increased risk of prostate cancer.

Our preferred alternative is glucosamine sulfate--it includes that important sulfur component. Give it a few weeks, and you'll notice real, long-lasting relief as your joints begin to heal. In fact, this is the most famous and best-known natural treatment for osteoarthritis, and for good reason. A study carried out in Belgium found that glucosamine sulfate reversed calcification in the joints—and X rays proved it!

The recommended dose of glucosamine sulfate is 1,500mg daily.

KANG GU ZENG SHENG PIAN

This is a traditional Chinese patent herbal formula. One manufacturer branded it as Osteophyte in English. It is an amazing formula used for a wide variety of joint and bone syndromes, such as: osteoarthritis, rheumatoid arthritis, rheumatism and general joint pain, tendon pain, bone spurs, vertebral calcification following an injury, cervical spondylosis, subluxated or dislocated intervertebral discs, chronic cervical subluxation, spinal inflammation, osteoporosis, osteophytosis, Kashin-Beck disease, Heberden's nodes and heel spurs.

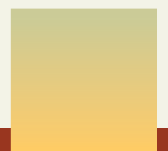
These come in small tablets, recommended dosage of 6 tablets three times per day.

And a tip on prevention

Prevention is always the best medicine. To help prevent osteoarthritis, avoid repetitive motions and heavy lifting. Researchers in the Netherlands found that these two things tripled the risk of developing the disease!



So take it easy with the heavy objects to keep your joints healthy. (But do enough load-bearing strength training to maintain bone density). And--if you already have the disease--please consider taking one or more of the four supplements mentioned above to relieve your pain and repair those damaged joints.



RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA) is non-discriminating as to whom it affects. Commonly known as “the crippling arthritis,” RA’s particular symptoms include fatigue, lack of appetite, low-grade fevers, body aches and stiffness. Typically, RA negatively affects several joints at once and in a symmetrical pattern, meaning if the right elbow is inflamed, the left will usually mirror it. Though it can and does attack any joint in the body, RA usually targets the small joints of the hands and feet.

When inflamed, the articular (joint) tissue that serves as the lining between the bones becomes red, painful and swollen. The frequency and duration of these “flare-ups” varies widely. After repeated episodes, chronic inflammation begins to cause damage to the surrounding tissue, cartilage and bone. Eventually this damage will lead to loss of cartilage and weakening of bones, resulting in painful and permanent destruction and deformities.

The truly sinister aspect of this disease is the extreme difficulty in diagnosing it. There isn’t one test that doctors can use to determine if someone has RA. Nor do all cases display the same set of symptoms. There are cases (approximately 10%) where the patient has an immediate initial flare up. Usually, though, the progress of RA is slow and insidious. So when the person is finally diagnosed, he can already have suffered irreparable damage.

The worst part is that within five years, 7% of these RA sufferers will be seriously disabled—and those are the ones who are currently on doctor-prescribed prescription drug therapy!

Once the cornerstone of RA therapy, NSAID usage is declining because it has been found that these drugs are more toxic than once believed. A recent study from the University of Pennsylvania Medical Center found that some of the new NSAIDs just recently approved by the FDA may increase the risk of heart attacks, strokes and other harmful cardiovascular problems! Additionally, almost all NSAIDs can cause serious gastrointestinal side effects—including ulceration, bleeding and perforation—at any time and without warning.



Second-line drugs for RA are called “Disease Modifying Anti-Rheumatic Drugs” (DMARD). These drugs actually address some of the causes of arthritic pain, such as inflammation and swelling. The belief is that their use may help prevent any further damage to the joints. But the price RA victims pay for this “cure” can be very high. Among the least harmful side effects of the more commonly prescribed drug Methotrexate are headaches, upset stomach, loss of appetite and mouth sores. More dangerous is the drug’s potential to reduce the patient’s white and red blood cell counts and even to cause kidney damage! Cytoxan, another commonly used DMARD, can increase the risk of developing leukemia and bladder cancer, and can cause temporary or permanent sterility in both men and women!

From the work being conducted at CWRU and other laboratories, scientists are now learning that they don’t have to use a sledgehammer to knock out RA. And that something as gentle and soothing as a cup of green tea can do the job nicely.

NATURE’S HEALING BUSH

It’s old news that Green Tea has natural medicinal qualities. In 1211 A.D., the Buddhist monk Eisai wrote about the healing wonder of green tea in his book, *Maintaining Health by Drinking Tea*. Green tea, like all true tea, comes from the leaves of the *Camellia Sinensis* tree. And 90% of the world’s supply of tea is still produced in China.

What makes green tea so powerful is a chemical compound called polyphenol, which occurs naturally in plants and works as an antioxidant. Polyphenols work to protect the body from the oxidative stress that causes disease. Specifically, the polyphenol-Epigallocatechin Gallate (EGCG) is an extremely powerful antioxidant. In fact, EGCG antioxidant activity is more powerful than the antioxidants found in vitamins C and E.

After 15 years of working with green tea in his cancer research, Dr. Hasan Mukhtar started looking at the possible benefits this drink could have for people with RA. Realizing that both disorders were inflammatory in nature, his team began testing to see if green tea would have the same healing affect on RA as it does on cancer and cardiovascular disease.



His first paper, “Prevention of Collagen-Induced Arthritis in Mice by a Polyphenolic Fraction of Green Tea,” was presented to the National Academy of Sciences in April 2005. The results were astounding. Out of the 18 mice that were given green tea extract, 10 never developed any arthritic symptoms, and the remaining eight only developed a much milder form of arthritis.

The amount of green tea given was the equivalent of drinking four cups a day. Lead author of the paper, Dr. Tariq M. Haqqi said, “Taken together, our studies suggest that a polyphenolic fraction from green tea that is rich in antioxidants may be useful in the prevention and onset and severity of arthritis.”

Three independent and controlled experiments were conducted. Using a widely accepted animal model that is very similar to RA, the mice were injected with collagen to induce arthritis. Two groups were studied for 40 days, while a third was examined for 85 days to verify that the green tea did not simply delay the onset of the disease.

Green tea, unlike the more widely used black version, is not fermented. Instead of crushing the tea leaves, thereby removing the polyphenols, green tea is first dried, then heated. One teaspoon steeped in hot (not boiling) water contains anywhere from 100 to 200mg of EGCG. Milk should not be added, as it negates the tea’s beneficial properties. According to this study and others that were done for other diseases, two to four cups a day is usually recommended.

In a second study, researchers found further evidence that green tea is a powerful tool in the fight against RA. They discovered that the polyphenol EGCG can protect human articular chondrocytes from being destroyed in what is known as apoptosis, or cell suicide. These chondrocytes are the cells responsible for releasing cartilage, the very thing that RA attacks. Dr. Haqqi said this exciting discovery, coupled with their earlier study, offers RA patients new hope. Though the existing damage RA may have caused will not be repaired, it seems green tea will aid in halting any further progress. And by sipping several cups of green tea every day, those who are genetically predisposed to RA may never have to suffer from its disastrous effects.

Human trials are currently being developed. In the meantime, however, Mukhtar and Haqqi both strongly encourage people to start drinking green



tea. Nobody has shown any form of toxicity associated with tea, and with the tremendous amount of data showing its many beneficial qualities, it is a wise and wholesome preventive measure.

Since prevention is the cure for both forms of arthritis, let us now examine how 3,000 years of traditional Chinese medicine found a pattern of imbalance that is at the root cause of them.



CHINESE MEDICINE OFFERS PREVENTION

Traditional Chinese medicine (TCM) views things not in singularity, but in terms of a “pattern of imbalance” in the body that causes disease. It then differentiates the pattern based on the most prevalent sign and symptom. In this way a pattern can be identified, observed over time and (hopefully) corrected, thus alleviating the disease and/or eradicating its symptoms.

In TCM the various types of arthritis are grouped under the rubric “obstructive pattern.” The condition occurs when external wind, cold, dampness and/or heat enter the body and lodge themselves in the meridian (energy) channels and network vessels. This leads to impairment of qi (vital energy) and blood circulation, which causes such signs and symptoms as: achy pain, impaired joint movement, numbness, tingling and/or heaviness of the limbs.

There are two main Obstruction Patterns in TCM. They are Wind-Cold-Damp and Wind-Damp-Heat.

The **WIND-COLD-DAMP PATTERN** is caused by wind, cold and/or dampness invading the body when immunity is low. It blocks the channels and forces an excess of coldness and/or dampness to congregate around the joints, thereby restricting movement and causing pain.

Wind-Cold-Damp obstruction pattern is further differentiated as either being Moving Obstruction, Painful Obstruction or Fixed Obstruction.

MOVING (WIND) Obstruction finds the pain in the joints to move or wander between locations—like the movement of wind. Symptoms include impaired movement of the joints that changes location, aversion to wind, fever and chills.

PAINFUL (COLD) Obstruction finds severe pain in one location. Symptoms include impaired movement of specific joints, pain that is worse when exposed to cold but is alleviated when exposed to warmth.



FIXED (DAMP) Obstruction finds the pain to be fixed in one location. Symptoms include numbness and swelling of the skin, heaviness of the limbs, and the conditions worsens when the weather is cool, cold or damp.

THE WIND-DAMP-HEAT pattern is caused when wind, dampness and/or heat lodges in the body. This can easily happen when one's immune system is weak during the long hot/humid/damp summer months.

Symptoms include heat blocking the channels causing hot skin, swelling and red color of painful areas that increases with contact. Since it is a heat condition, there is often a dehydration aspect causing dry mouth, dark concentrated urine and constipation. Drinking plenty of cool, purified water and watermelon juice will do much to alleviate this condition.

Since TCM differentiates between the syndromes of obstruction, it does not look to treat them all the same way. Various acupuncture points would be needed and herbal medicines would be used to do any number of the following: eliminate wind and/or dampness, dissipate cold, warm the channels, free the network vessels, resolve heat toxin and stop pain.

If you live in an area where there are acupuncturists or Chinese herbalists, we recommend consulting them for treatment. However, there are five simple things that you can do yourself to help prevent or alleviate the symptoms of arthritis.



LIFESTYLE CHANGES HELP PREVENTION

Whether you have full-blown arthritis or just creaky joints, pain in your daily nemesis. The creaky knees and achy back of old age are a well-known stereotype for good reason... It's based in truth. As we age, muscles shorten and lose some elasticity. The soft tissues that hold joints together stiffen. Bones lose their density.

Conventional medicine typically offers cover-up treatments for these naturally occurring changes. But these treatments do nothing to restore lost function. They may relieve symptoms—and just as likely, they may not. But they don't get at the root causes of the problems. And people still suffer.

In addition to trying the natural remedies and therapy mentioned above, here are some lifestyle choices to be mindful of that will go a long way toward prevention.

1. Be mindful of wear-and-tear on the joints through repetitive stresses or strained activities, such as running, lifting, machine work, dancing, martial arts, etc. Try to take a break or change position (or activity) often to decrease changes of breakdown. And be sure to warm up the muscles and joints properly before engaging in such activities.
2. Inactivity can also lead to joint problems, since lack of exercise or movement in general can weaken the joint-supporting musculature and decrease mobility. A joint, like a muscle, that is not used enough will atrophy, becoming weak, stiff, dysfunctional and prone to injury. So get up and move around, clean the house or exercise as often as possible. Movement is the key.
3. Studies have shown that obese individuals are at risk for developing arthritis because of the constant load placed on them. This is especially the case with such joints as the knees and hips. Changing your diet and exercise habits will help prevent this from happening!



Don't just mask the pain of achy joints with drugs that actually prevent healing. Try these alternative methods, get your joints back to health and you're on your way to doing the things you love—pain free!

