

OVERCOMING ARTHRITIS

A GUIDE TO SELF-HEALING

BY WELL-KNOWN AUTHOR & NUTRITIONIST

WALTER LAST

ANOTHER BOOK IN THE HEAL YOURSELF SERIES

OVERCOMING ARTHRITIS

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HEALTH AT LAST

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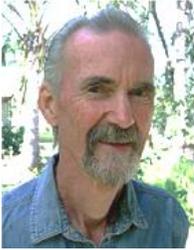
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THE HEAL YOURSELF SERIES

OVERCOMING ARTHRITIS is part of the Heal Yourself Series of self-help books. It is intended to be used together with the first book in this series, **TOWARDS RADIANT HEALTH**. This is a simple guide for the ten basic healing steps that form the foundation for any successful attempt to overcome a specific disease and attain lasting health.

Other books in this series are **OVERCOMING ASTHMA**, **OVERCOMING CANCER**, **OVERCOMING CANDIDA**, **OVERCOMING DIABETES**, and **OVERCOMING WEIGHT PROBLEMS**. For updates and further information about the Heal Yourself Series see www.the-heal-yourself-series.com and www.health-science-spirit.com.

Disclaimer

The aim of this book is to provide information on using natural healing methods to improve health and overcome illness. The author or publisher cannot accept any legal responsibility for any problem arising from experimenting with these methods. For any serious disease, or if you are unsure about a particular course of action, seek the help of a competent health professional.

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Introduction

YOU CAN OVERCOME ARTHRITIS

Arthritis in its different forms, together with rheumatism or rheumatic diseases, is the largest complex of chronic diseases in our society. Sooner or later it affects nearly everyone in one way or another.

The very fact of this widespread nature of arthritis and rheumatism shows that there is no medical solution for it. Therefore, conventional medicine prefers to regard it as natural that we develop arthritis as we get older. However, there have been many traditional or “primitive” societies where old people reportedly did not get arthritis. Therefore, it cannot be natural but rather an outgrowth from an unnatural lifestyle.

To this effect natural therapists and progressive medical practitioners stress a return to more natural living conditions, and especially an appropriate and healthy diet as a precondition to prevent and overcome arthritis and rheumatic diseases.

In addition to sanitizing the gastro-intestinal tract and strengthening the immune system, we need to eliminate the systemic microbial infections which are commonly at the base of this disease complex. In this way you should be able to prevent and overcome your arthritis regardless of your age.

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Chapter 1

SOME ARTHRITIS BASICS

Arthritis is an inflammation of the joints, while the term 'rheumatism' includes a variety of symptoms, such as inflammation, heat, pain or tenderness, swelling and stiffness of muscles, connective tissues and joints. This may also affect tendons, ligaments and bones; even internal organs can be involved.

There are more than 100 rheumatic diseases of which arthritis is just the group of joint diseases. In addition to the large group of connective tissue diseases there are also the autoimmune diseases in which the immune system attacks body tissues. Often two or more of these features are present in the same disease, such as in rheumatoid arthritis, which is an autoimmune joint disease. The most common forms of joint diseases are classified as rheumatoid arthritis, osteoarthritis and gout.

Osteoarthritis (OA) starts usually after the age of 40, and is the most common type of arthritis. It is also called degenerative joint disease. It develops more slowly than rheumatoid arthritis and does not spread to different parts of the body. Due to chronic inflammation around a joint, the protective cartilage wears away, causing bone ends to rub together, erode and sometimes fuse together (ankylosis). It causes pain, swelling and stiffness, and disability results when the disease affects the spine and the weight-bearing joints of the knees and hips.

Rheumatoid arthritis (RA) is an inflammatory autoimmune disease of the lining of the joint, the synovium, which results in pain, stiffness, swelling, joint damage, and loss of function of the joints. It starts mainly in younger individuals and is three times more common in females than in males. It can persist into old age, progressively becoming more disabling. Early symptoms include redness, swelling and soreness of joints. Often joints are affected symmetrically, that is both hands, feet, wrists or knees are involved. Pain and stiffness may

also travel to other joints and affect the whole body. In later life, lumps and nodules may appear at the joints and lead to deformities.

Juvenile Rheumatoid Arthritis is the most common form of arthritis in childhood. It causes pain, stiffness, swelling, and loss of function of the joints. There may also be rashes or fevers, and various parts of the body may be affected.

Gout is characterized by painful joint inflammations, chiefly those in the hands and feet; usually the big toes are prominently involved. There is a high level of uric acid in the blood and tissues, which results in deposits of needle-like crystals in the joints. These crystals cause inflammation, swelling, and pain in the affected joints as well as in muscles (myositis) and nerves (neuritis).

Infectious Arthritis is a general term and describes forms of arthritis that are caused by known infectious agents, such as bacteria or viruses. Examples are parvovirus arthritis and gonococcal arthritis. Arthritis may also develop in Lyme disease, which is a bacterial infection caused by the bite of certain ticks.

Psoriatic Arthritis occurs in some individuals with psoriasis and may be inherited due to pyroluria (see Chapter 5). Psoriatic arthritis often affects the joints at the ends of the fingers and toes. There may be changes in the fingernails and toenails. Back pain may result if the spine is involved.

Spondylo-arthropathies - a group of rheumatic diseases that mainly affect the spine. The most common form, ankylosing spondylitis, also affects the hips, shoulders and knees as their tendons and ligaments become inflamed, causing pain and stiffness. Ankylosing spondylitis may start in late adolescence or early adulthood. Also, reactive arthritis or Reiter's syndrome belongs to this group. It starts after an infection of the urinary tract, bowel, or other organ and may also cause eye problems, skin rashes, and mouth sores.

Fibromyalgia causes problems throughout the tissues that support and move the bones and joints. Pain, stiffness, and localized tender points occur in the muscles and tendons, especially around the neck, spine, shoulders, and hips. There are also chronic fatigue and sleep problems.

Systemic Lupus Erythematosus (also called lupus or SLE) is an autoimmune disease with inflammation of the joints, skin, kidneys, heart, lungs, blood vessels, and brain.

Scleroderma means “hard skin.” It affects the skin, blood vessels, and joints, sometimes also internal organs, especially lungs and kidneys. This is caused by an excessive production of collagen in the skin or internal organs.

Bursitis involves inflammation of the bursae, small, fluid-filled sacs that lubricate moving structures in the joints. It may be caused by arthritis or injury or infection of the bursae. Pain and tenderness limit the movement of nearby joints.

Tendinitis or Tendonitis is an inflammation of tendons (cords that connect muscles to bones) caused by overuse, injury, or a rheumatic condition. Pain and tenderness restrict the movement of nearby joints.

Other rheumatic diseases may manifest as rheumatic fever, sciatica, lumbago, spondylitis, low back pain, neuritis and myositis.

Conventional medicine assumes mainly genetic factors or inherited weaknesses, excessive physical stresses and repeated injuries as causative factors of rheumatic diseases. Also, gender can make a big difference.

For example:

- Rheumatoid arthritis is about three times more frequent in women than in men
- Nine out of 10 of those with lupus or fibromyalgia are women
- Gout and ankylosing spondylitis are more common in men than in women
- Scleroderma is more common in women than in men

Common symptoms of arthritis are:

- Swelling in one or more joints
- Joint stiffness that lasts for at least one hour after rising
- Constant or recurring pain or tenderness in a joint
- Difficulty using or moving a joint normally
- Warmth and redness in a joint

The common medical treatment for these conditions consists mainly of anti-inflammatory drugs, steroids and non-steroidal anti-inflammatory drugs or NSAIDs, mainly providing pain relief, while physiotherapy is used to maintain a degree of mobility in affected joints, but these treatments cannot slow or reverse the progressive deterioration of the disease. As a last resort affected joints may be surgically replaced.

Medical Treatment

The commonly used **non-steroidal drugs or NSAIDs** like aspirin, paracetamol and ibuprofen tend to induce upper gastrointestinal bleeding, which is a common cause of hospital admission.

Each year in the US, 25,000 patients suffer from gastrointestinal tract bleeding as a result of NSAIDs, 20% of the 20 million Americans who take large doses of these drugs develop serious gastric ulcers, and each year 10,000 of them die from haemorrhages.

Kidney failure is another potential side effect of NSAIDs. According to the *Journal of American Medical Association* Voltaren, the NSAID most frequently prescribed for arthritis in the United States causes severe liver damage with hepatitis.

NSAIDs also suppress bone repair and remodelling. Studies of arthritic subjects showed that these drugs significantly inhibited matrix synthesis and had toxic effects on cartilage metabolism. This means that these drugs used to relieve arthritis pain actually accelerate cartilage and joint destruction.

In May 2006 it was confirmed that high use of corticosteroids not only increases the rate of fractures but also triggers atrial fibrillation (AF), the most common type of abnormal heart rhythm, or arrhythmia. This sharply boosts the risk of heart failure and stroke.

More aggressive drugs include azathioprine, methotrexate, cyclophosphamide, penicillamine and hydroxychloroquine that may be administered together with NSAIDs and corticosteroids. A recent study in *The Lancet* evaluated 112 patients who were on such aggressive drug therapy over a 20-year period. Over one third (35%) had died and

another 19% were severely disabled. Just 18% were able to carry on normal lives.

According to the Journal of the American Medical Association (May 17, 2006, 295: 2275-2285) Rheumatoid arthritis patients who take the drugs Humira or Remicade double their chance of getting a serious infection, tuberculosis and pneumonia, and triple their risk of developing a number of different kinds of cancer such as lymphoma, skin, gastrointestinal, breast and lung cancer.

Arthritis surgery entails synovectomy (removal of badly inflamed joint synovium), arthroplasty (joint realignment and reconstruction), joint fusion (tendon repair), and in severe cases artificial joint replacement. Surgery is expensive, painful, and tends to cause increasing problems several years later.

However, as we will see in the following chapters, natural medicine has a rather different view of the causes and treatment of arthritis and rheumatic conditions.

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Chapter 2

THE MICROBIAL CAUSE OF ARTHRITIS

There is now overwhelming evidence for a microbial cause of arthritic and rheumatic diseases. As the term “infectious arthritis” shows it is clearly recognized that certain bacterial infections can attack the joints and also cause other rheumatic conditions. Nevertheless, the majority of rheumatic diseases, and especially rheumatoid arthritis and osteoarthritis are conventionally believed to be due to wear and tear, to autoimmune attacks of a faulty immune system, or simply to unknown causes.

However, according to the understanding of natural medicine there is always a good reason when a body system breaks down. It is the job of the immune system to attack agents of infection. When these lodge within body cells, then the immune system is primed to attack these infected body cells to prevent the infection from spreading to the rest of the body.

The chain of events that leads to these autoimmune attacks commonly starts in the intestinal tract.

THE ANTIBIOTIC SYNDROME

Lack of energy and digestive disturbances, arthritic joint pains, skin diseases, menstrual problems, emotional instability and depression have greatly increased in frequency in recent decades. These are all symptoms of what I call the '*antibiotic syndrome*'.

On further examination more symptoms may be discovered. Most of the gastro-intestinal tract is tender when pressed, especially the small intestine, liver and gall bladder. There may even have been a gall bladder operation that failed to improve the condition, sometimes even worsening the symptoms.

There might be a history of thrush or oral, anal or vaginal itching. When these are present the diagnosis of Candida is obvious, but it may also

be present in the absence of these manifestations and that can be somewhat confusing.

The yeast or fungus *Candida albicans*, of course, thrives during antibiotic treatment. I regard it as reckless negligence to prescribe antibiotics and similar drugs without simultaneous fungicides and replacement therapy with lactobacilli afterwards. I believe that this negligent use of drugs may well be the greatest single factor causing arthritis and other rheumatic diseases in our society.

A 1993 study found that every single one of 55 patients admitted to one hospital's casualty department was given broad-spectrum antibiotics. Blood tests showed that 67 per cent of them developed systemic *Candida* overgrowth. Another study found that chemotherapy commonly leads to systemic *Candida* infections, which greatly limit the success rate of chemotherapy.

However, the chemotherapy and antibiotic syndromes are not just due to *Candida*. I regard it more generally as a 'dysbiosis' where the wrong kind of microbes inhabit the intestinal tract, not just *Candida* and other fungi, but many types of pathogenic bacteria, including coli bacteria, which are normal in the colon but become disease-forming when they ascend into the small intestine.

If the problem has existed for years, there is usually a lack of gastric acid which then allows the stomach to be colonized by microbes, causing inflammation with pain and later ulcers.

The toxins released by the microbial overpopulation may cause in addition chronic inflammation of the liver, gall bladder, pancreas and intestines.

Bacterial Attack

Specific types of pathogenic bacteria appear to cause or contribute to specific autoimmune diseases. One variety of coli bacteria, for instance, produces a molecule that is very similar to insulin. When the immune system becomes activated against this molecule it may then also attack related features at the beta cells of the pancreas and initiate Type 1 diabetes.

Another type of bacteria, *Yersinia enterocolitica*, induces an immune response that attacks the thyroid gland and leads to Grave's disease with a serious overproduction of thyroid hormones.

Ulcerative colitis is linked to overgrowth with pathogenic microbes, the same as Crohn's disease, osteoporosis and ankylosing spondylitis. In ankylosing spondylitis, the vertebrae of the spine fuse together causing stiffness and pain. Other joints may in time become affected.

Klebsiella, another type of pathogenic bacteria, produces a molecule that is similar to a tissue type found in people with ankylosing spondylitis disease. When *Klebsiella* numbers in the gut decrease, related antibodies in the blood decrease and the condition improves.

Rheumatoid arthritis is linked to other bacteria, called *Proteus*. *Proteus* is also a common cause of urinary tract infections. Women suffer urinary tract infections as well as rheumatoid arthritis much more than men, while men usually have higher levels of *Klebsiella* and three times more ankylosing spondylitis than women.

In addition, microbial overgrowth damages the intestinal wall so that only partly digested food particles can pass into the bloodstream, causing multiple allergies. In this way all autoimmune diseases can be linked to food allergies caused by dysbiosis.

This is most obvious with rheumatoid arthritis. Other autoimmune diseases that have so far been linked to dysbiosis and allergies are psoriasis, lupus erythematosus and pancreatitis. When remedies that bind bacterial endotoxins are given, these conditions usually improve.

A further consequence of dysbiosis is susceptibility to food poisoning as with *salmonella* bacteria, while a healthy intestinal flora prevents these from multiplying and causing trouble. Tests have shown that when probiotic bacteria dominate it takes one million salmonella bacteria to cause disease; when we have dysbiosis it takes only ten.

Staphylococcus aureus or Golden Staph causes serious infections in hospital patients. It has been found that not only golden Staph, but also other infections are greatly potentized when they occur with *Candida* overgrowth. As *Candida* overgrowth is a natural outcome of the

standard hospital treatment, it is easy to see why Golden Staph is so deadly in hospitals.

A similar picture emerges with AIDS. People do not die from the AIDS virus, but from *Candida* and mycoplasma-potentized bacterial infections. I also see the antibiotic-induced dysbiosis in babies and infants as the main cause of their frequent infections, asthma, glue ear and greatly contributing to cot or crib death.

Recently a bacterium called *Clostridium difficile* (abbreviated "C-diff") has been making headlines. It tends to take over when antibiotics and heartburn drugs are used together. It can trigger severe digestive inflammation and diarrhoea, and result in death.

MYCOPLASMA

Closely related to dysbiosis and the antibiotic syndrome are the mycoplasmas or mycoplasmas. These are pleomorphic organisms without cell walls. "Pleomorphic" means that they can change shape from protein blobs to viral, bacterial and fungal forms, depending on the health of the organism in which they live.

Mycoplasmas have been shown to be a main factor in the causation of cancer and arthritic and rheumatic diseases. Several independent researchers have reported the proliferation of certain microbes in all of these diseases.

One of the first was the German professor of microbiology G. Enderlein who described in 1925 the different stages of a microbe that is normally present as tiny colloidal protein units. In various degenerative diseases these protein units grow into cocci and higher bacterial forms and finally into fungi.

Mycoplasmas appear to do much of the damage attributed to malignant tumours and autoimmune diseases. Most of the damage is done during the final fungal stages. Everyone seems to have some mycoplasmas, which are formed from the breakdown of body tissue. However, mycoplasmas begin to proliferate with a decline in health and vitality.

By weakening the immune system and the metabolism they prepare the way for the development of degenerative diseases. Toxins released by

mycoplasmas may also interfere directly with the respiratory chain and make the metabolism inefficient with an overproduction of lactic acid. This causes general over-acidity, mineral deficiencies, over-sensitivity, inflammations and pain.

Two factors that greatly contribute to the rise of mycoplasma are dead teeth and overgrowth of the intestines with harmful microbes. Dead teeth and the surrounding jawbone can become concentrated breeding grounds of harmful microbes, releasing a steady stream of toxins into the circulation.

A specific strain, mycoplasma fermentans, has been found in the synovial fluid of patients with inflammatory arthritis, but not in the joints of patients with reactive arthritis. Another strain, mycoplasma genitalium, has been found in the synovial fluid of some arthritic patients. Other cases have been reported of transmission of mycoplasma from animals leading to arthritis, such as from a cat bite. Mycoplasmas are also common in Crohn's Disease.

Conventional medicine regards mycoplasmas, similar to Candida, as relatively harmless occurring as a side effect of other, more serious infections. However, extensive clinical and microbiological evidence shows that mycoplasmas alone can cause a range of diseases even when no other infectious agents are present. The elimination of these pathogenic mycoplasmas requires a fully functional immune system in addition to prolonged anti-microbial therapy.

In the cover story of "Medical World News" of Sept. 9, 1985, we can read:

"The most controversial candidates for RA inflammatory triggers are the mycoplasmas. . . Because mycoplasmas lack cell walls, they can camouflage themselves in their hosts' own histocompatibility antigens. Thus, they're extremely difficult to culture from synovial fluid."

However, the most important proof of the mycoplasma hypothesis is the success of the mycoplasma-antibiotic protocol pioneered by the late Dr Thomas McPherson Brown. He has helped many thousands of patients with inflammatory rheumatic diseases by using a long-term low-dose treatment of Tetracyclines and especially Minocycline. Dr Brown was

sufficiently aware to use nutrition and probiotics in addition in order to prevent the development of dysbiosis (see www.rheumatic.org).

Dr. G.A.W. Rook et al. in "A reappraisal of the evidence that rheumatoid arthritis and several idiopathic diseases are slow bacterial infections" (Annals of the Rheumatic Diseases 1993; 52:S30-S38) states:

"It could become unethical to use steroids, or agents which block prostaglandin synthesis, as we cannot be sure they do not promote the proliferation of the organism, and so in the long-term lead to more severe disease."

And Dr Pnina Langevitz, et al in "Minocycline in Rheumatoid Arthritis" (Isr J Med Sci 1996;32:327-330) writes:

"Based on our more than 5 years' experience with this drug and on the three double-blind studies, it seems minocycline is an effective and adequately tolerated drug in patients with rheumatoid arthritis, including those who did not respond to previous ... therapy."

Also, various parasites - especially one known as the "Edolimax nana" amoeba – may cause arthritis, and after a thorough parasite cleanse the arthritis may disappear.

In animal experiments it has been shown that the injection of large doses of virulent mycoplasma culture leads to tumour development while lower doses cause various forms of degenerative connective tissue diseases, including rheumatoid arthritis.

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Chapter 3

ARTHRITIS AND FOOD

Arthritis is sometimes called the 'cooked food disease'. A high intake of cooked, sweet and fatty food is usually characteristic in the development of the disease. Alternatively, there is an inability to handle sweet and fatty food. Other main factors are a high incidence of food allergies and nutritional deficiencies resulting from an unhealthy intestinal flora.

Rheumatoid arthritis in particular is closely linked to food allergy. Most sufferers greatly improve when they are on a fast or restricted diet, which eliminates the foods to which they are allergic. Cows' milk products, wheat products and gluten are the most common offenders, but there is usually a whole range of foods to which individuals react with a worsening of symptoms.

WRONG FOOD

Gluten tends to damage the intestinal wall by having an irritating and inflammatory effect on the intestinal lining. It also blunts the absorption villi of the small intestines and contributes to malabsorption. Many individuals knowingly or unknowingly are highly sensitive to gluten and have varying degrees of celiac disease associated with mucus formation, inflammation and allergies.

However, basically everyone seems to be temporarily affected when digesting gluten as this tends to make the intestinal wall more permeable to only partly digested proteins. This greatly increases the likelihood of food allergies developing. The common gluten grains are wheat, rye, and barley. Gluten in oats is different and may not cause a problem. Wheat gluten is also added to many processed foods.

While you still have arthritis completely avoid all gluten products, and later be very careful. In previous centuries gluten was less of a problem because on the one hand the gluten content of grains was much lower

than today and on the other hand much of the gluten was enzymatically pre-digested by proper sourdough baking. Therefore, if and when you want to re-introduce gluten products after overcoming your arthritis, continue to avoid or minimize wheat and use preferentially spelt and rye sourdough bread.

Aspirin and other commonly used pain-relieving drugs have a similar effect as gluten. The intestinal wall becomes less effective in blocking harmful partly digested nutrients, and frequently a worsening of symptoms occurs in the longer term. The same happens if fruit acids are ingested or sweet food is eaten. The inefficient metabolism of these individuals converts sweet food only partly into energy; the rest forms lactic acid. Acids liberate histamine, which in turn causes swellings and strong inflammatory reactions. Therefore, inflammatory conditions deteriorate if fruit acids or acid-forming foods are ingested, while alkaline-forming foods, generally vegetables, neutralized fruit acids, and other foods rich in minerals are beneficial.

Another group of foods to increase allergic inflammations and pain sensitivity are the polyunsaturated seed oils high in linoleic acid, the main omega-6 fatty acid. Linoleic acid is converted to arachidonic acid (also present in meat) and further into a group of tissue hormones, called prostaglandins, which are pro-inflammatory.

Inorganic iron in supplements and water (brown residues) can also trigger inflammations because of increased free-radical formation.

The opposite effect, reducing pain sensitivity and inflammation, has another group of oils containing so-called Omega-3 fatty acids. These are mainly present in linseed and fish oils and form prostaglandins, which are anti-inflammatory. Linseed oil contains 50 – 60% of the omega-3 fatty acid linolenic acid and 15 – 25% linoleic acid.

While food incompatibility is a frequent trigger of rheumatoid arthritis, there may also be allergies to inhaled substances, such as gas from a gas stove or heater, car exhaust fumes, cigarette smoke, solvent fumes, perfumes, moth balls or any strongly or persistently smelling substance at home or work. Even toothpaste, make-up, detergents in

dishwater, synthetic clothing, moulds or any environmental, agricultural or food chemicals may contribute to this condition.

All of the factors causing or influencing rheumatoid arthritis can also contribute to the development of osteoarthritis. As the onset later in life shows, there must be another negative factor, which develops over time. As we will see, it is not age itself, which is the real problem, but the declining health of most people with advancing age and that is an important difference.

Joints need to be well nourished to maintain a healthy structure. Vitamins, minerals and other nutrients are required in sufficiently high concentrations to maintain and regenerate the cartilage linings of the joints and the synovial membranes and fluids surrounding them. Most individuals living on a 'normal' mixed diet are more or less deficient in one or more of these essential nutrients, and this will lead over time to a gradual deterioration of the joints, especially those which are heavily used but do not receive an adequate supply of nutrients.

Commonly affected are the weight-bearing joints in overweight individuals and also joints with old injuries, or joints that are embedded in muscles that are permanently contracted or spastic due to unreleased tension, poor blood circulation, and emotional stress.

Medical Evidence

There are various experimental studies, which show the extent of the allergy problems, especially in the causation of rheumatoid arthritis. In one report all 45 patients significantly improved in all seven objective and subjective disease parameters while on a 7-day water fast; a similar result was reported by another author in a study with 25 patients. Subsequent challenges with implicated foods provoked intense reactions with severe deterioration.

Reactions occur mainly against foods that are difficult to digest - so-called problem foods. In Australia these are mainly wheat and other gluten grains, cows' milk products and lactose, meat and sweet food, while in the United States there is also a high incidence of allergy to corn and soy products. However, the deciding factor is the individual food preference

of the affected person. Foods to which we are addicted and like to eat every day are usually the worst offenders.

Another report concerns 6 patients with rheumatoid arthritis who all had remissions of joint symptoms when they went on a low-calorie fat-free diet, a so-called cleanse. When, after 7 weeks, either animal fat or vegetable oil was reintroduced they all experienced return of their symptoms within 72 hours. Chicken, cheese, safflower oil, beef or coconut oil all caused inflammatory deteriorations in their joints.

Foods of the nightshade family frequently have a negative effect on arthritis. These include potatoes, tomatoes, eggplant and capsicum. In a study of 5000 arthritics who avoided nightshades, over 70% reported a gradual improvement over the 7 years of the experiment.

Nightshade foods contain the alkaloid solanine, which is highest in greened potatoes, and even damaged potatoes, but also to some degree in green tomatoes and green capsicum.

I assume that it is mainly the occasional ingestion of green parts of nightshades, which cause the arthritic problems. This may include green capsicum and the green inner parts of some commercial tomatoes.

Arthritics frequently do not have sufficient gastric acid for the proper digestion of proteins. This causes deficiencies in proteins, minerals and vitamins B1 and B12 as well as over-sensitivity to microbes in food and water. Of a group of 35 arthritics 28.6% did not have any gastric acid, (achlorhydria) while another 17% had only very low gastric acid levels (hypochlorhydria).

Supplementing meals with hydrochloric acid to assist in the digestion does not adversely affect joint inflammations, provided an alkalizing agent is also taken 2-3 hours after the meal. However, with advancing age inflammatory processes decrease and instead, there are increasingly calcifications and stiffness. In this situation it is actually beneficial to supply more fruit acids and cider vinegar.

This difference in the reaction to fruit acids results from age-related changes in the metabolism. Initially the ingestion of sweet foods causes

over-acidity in the tissues through accumulation of lactic acid. In addition, metabolic fruit acids accumulate from the citric acid cycle. These are normally oxidized to carbon dioxide and water in order to produce energy. With advanced arthritis, the metabolic oxidation is inefficient or partly blocked, which causes fruit acids to accumulate in the tissues.

This causes joint erosion by leaching calcium from the bones. With advancing age, on the other hand, the metabolism slows down. Sugars may then cause diabetes or be converted to fat and cause overweight. Now a deficiency of metabolic acids develops. The tissues and fluids around the joints become too alkaline, inflammations fade out, instead calcium starts to deposit around the joints, forming spurs and causing joints to grow together (ankylosis).

The generally low gastric acid levels in combination with an unhealthy intestinal flora (Candida!) may be the major causes for the high incidence of malnutrition in individuals with rheumatoid arthritis. In one study it was reported that nearly 75% of hospital patients in Alabama have signs of malnutrition. Most frequently deficient are protein, zinc, folic acid, pantothenic acid, vitamin C, selenium and cysteine.

Cysteine is a sulphur-containing amino acid that reacts with other amino acids to form cystine and keratin, which are high in connective tissue, skin, nail and hair. In arthritics the cysteine content of fingernails was only 8.9% compared to a normal value of 12%. Raw egg yolk is the best source of sulphur-containing amino acids (except if allergic to it). The best supplement for organic sulphur is MSM.

Meat and Sugar

Calcium leaching out of joints, bones and teeth is a major cause of arthritis, osteoporosis and tooth decay. There are two commonly used foods, which lead to elevated calcium blood levels and subsequently increased loss in the urine. These are meat and sugar.

High **phosphorus** blood levels tend to stimulate the parathyroid glands to become overactive. A common food high in phosphorus is meat. Also, many soft drinks are very high in phosphorus, and so are whole-meal products. Increased parathyroid activity means raised calcium

blood levels, and the sources of this additional calcium are the joints and bones. Those with a high phosphorus intake lose on average two to four times the amount of calcium in the urine than normal.

The higher the intake of high-phosphorus sources, the greater is the calcium loss. It is similar with sugar. After ingesting sugar, **insulin** blood levels rise and these, in turn, raise the calcium level. When individuals with a normal insulin response ingest 100g of sugar, the loss of calcium in the urine approximately doubles. However, many individuals have a poor sugar metabolism with an exaggerated insulin response as in hypoglycaemia or diabetes.

In these individuals a test load of 100g sugar increases the calcium loss with the urine about four-fold. It is unconceivable that joints could remain healthy with such huge and continuing loss of calcium.

Another important nutrient for joint health is **magnesium**, which is also regulated by the parathyroid glands. If calcium is raised in the blood, then magnesium is lowered and vice versa. This means, an increased magnesium intake will lower the calcium blood level, and therefore less or no calcium will leach from bones and joints. With sufficient magnesium intake calcium may even be re-deposited into joints and bones. However, experience shows that a high calcium intake in this situation leads only to calcifications in the wrong places, such as spurs, kidney stones, ankylosis and arteriosclerosis.

With these insights we can also understand why the common medical advice for the prevention of osteoporosis - to ingest more milk products and use calcium supplements - is generally ineffective. Clinical statistics show that calcium loss from the bones continues unabated. Instead, the real solution is to reduce the intake of phosphorus and sugar, and increase the intake of magnesium and boron. Hormonal changes (menopause) also play a role as well as vitamin D and K deficiency.

Gout

Gout is caused by uric acid crystals accumulating in joints and muscles. Uric acid is formed from the oxidation of purines, but it can also be synthesized from simple molecules. Purines are formed from the

breakdown of nucleic acids, which are part of the nuclei of cells. A diet high in meat and especially organ meat contributes to the formation of high levels of purines and uric acid. While it is not advisable to eat large amounts of *cooked* beans and peas due to their purine content, *sprouted* legumes are still recommended even with gout.

Sugars, especially fructose and the fructose part of household sugar, increase the production of uric acid and possibly the breakdown of nucleic acids. However, an even stronger effect on uric acid production is alcohol, especially in the form of beer. 95% of those affected with gout are males and of these the most common feature is high beer consumption. More than 75% of gout patients have insulin resistance or are obese. To compensate, their bodies produce much more insulin than normal. This in turn raises the level of *uric acid*. Therefore, a high carbohydrate diet can also cause gout.

Caffeine from coffee and theophylline from tea are methylated purines. While they may not have a direct effect on uric acid levels, they contribute to the loss of calcium and magnesium from the body. 300mg of caffeine, which may be found in three cups of coffee, doubles urinary calcium loss in both men and women.

Some gout patients may have an inherited difficulty to excrete uric acid. Kidney problems and diuretic drugs may also contribute. Drinking lots of water helps to flush uric acid from the body. Some foods may trigger gout attacks, such as fish, organ meat, broccoli, asparagus, coffee and orange juice. Cherries have a reputation of relieving gout. Eat lots of cherries during an attack or drink cherry juice. Also helpful are celery seeds (commonly used as extract), celery juice, and juniper berries or juniper extract.

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Chapter 4

NUTRIENTS AND REMEDIES

Arthritics tend to show a wide range of vitamin and mineral deficiencies due to malabsorption and metabolic problems which initially require much higher amounts than normal. Generally, the most effective remedies are Borax/Boron, Magnesium (best transdermal as chloride) and DMSO.

Niacinamide (also called nicotinamide) is very effective with osteoarthritis and especially with knee problems. In a controlled study, patients on niacinamide had a much better range of joint movements than untreated controls. Decreased pain and increased joint mobility were noted in 2 - 6 weeks. The dosage increased gradually to 1g three times daily and was tapered off once effective. In addition, a high dosage B complex was used. Even better may be niacin, the flushing type of vitamin B3.

Pantothenic acid, another B-group vitamin, is very effective with rheumatoid arthritis. Acute deficiency of pantothenic acid in the rat produced pathological joint changes, which were like those in osteoarthritis. Supplementation of patients produced a limited variable improvement, which ended when the supplementation was stopped.

Patients with rheumatoid arthritis have significantly lower pantothenic acid blood levels than those in a control group and the degree of the deficiency has been shown to correlate directly with the severity of symptoms: the lower the levels of the vitamin, the more severe were the symptoms.

After 2 months on 500mg of pantothenate 4 times daily, a group of patients showed significant improvement in morning stiffness, degree of pain and disability.

In another trial a group of patients received a daily injection of 50mg of pantothenate either alone or with Royal Jelly. Symptoms had improved

after 7 days, but showed no further improvement with continued injections. When the injections were stopped, blood levels gradually fell to their original low levels with a return of the former symptoms.

Vegetarians generally had higher pantothenate blood levels and responded better to pantothenate supplements. Interestingly, the degree of sludging or clumping of the blood, and with this the E.S.R., improved with pantothenate supplementation. "E.S.R" stands for "erythrocyte sedimentation rate" and is high in the blood with inflammatory arthritis. A raised E.S.R. is usually indicative of a general infection or of inflammatory and widespread immune reactions in the body.

Vitamin B6 is mainly beneficial for problems with the hands, fingers, wrists, arms and shoulders. Numbness, tingling, pain, stiffness and weakness commonly improved in 8 - 12 weeks while on 100 - 150mg vitamin B6 daily. Pyroluria is common with arthritis which blocks the conversion of vitamin B6 into its activated form P5P. Therefore, it is preferable to take 50mg or more of P5P in addition to vitamin B complex and plenty of zinc; see Chapter 5 for pyroluria.

Vitamin D is the most important vitamin for regulating the calcium metabolism, and has also strongly anti-inflammatory properties. Preferably obtain it by frequent mild to moderate exposure of the unprotected skin to sunlight, up to 20 minutes daily. Strictly avoid any burning, and minimize tanning (tanned skin produces less vitamin D). If sunbathing is not possible then obtain vitamin D from 5,000 IU of Vitamin D3 which is the natural form; D2 is synthetic and not safe in high doses.

Vitamin E is a powerful antioxidant that protects the joints from free radical damage and increases joint mobility. It inhibits pro-inflammatory prostaglandins and, in this way, benefits all forms of arthritis. During a 10-day trial with 900 I.U. of natural vitamin E daily 52% of patients reported a good pain-relieving effect. A double-blind study found that vitamin E may relieve many symptoms of rheumatoid arthritis. Use only natural vitamin E.

Vitamin K is essential for the calcium metabolism. Low vitamin K levels are associated with a greater severity of osteoarthritis and a greater number of osteophytes (the bony growths that sometimes form in the joints of OA patients).

The plant-based vitamin K is vitamin K1 while K2 comes from animal sources. Both are non-toxic, but the synthetic form, K3 or menadione, has caused some liver toxicity and occasionally, anaemia in high doses. Vitamin K can interfere with medical blood thinners.

Vitamin K1 regulates mainly blood coagulation while vitamin K2 is necessary for healthy bones and joints; in addition, it helps to prevent calcification of blood vessels. Vitamin K1 can to some degree be converted into K2, 100mcg K2 may be used as supplement.

With 200mcg/10g spirulina has probably the highest content of vitamin K. Other good dietary sources are barley and wheat grass juice or powder, dark, leafy green vegetables, such as kale, carrot tops, spinach leaves, cabbage and cauliflower, broccoli, Brussels sprouts, endive, lettuce, and fish meal, olive oil and avocados, meat, liver and egg yolk, and fermented products such as yogurt and cheese. Also, healthy intestinal bacteria can produce vitamin K.

Vitamin C supplementation (mostly as sodium ascorbate) has been shown to be beneficial in all forms of arthritis. Guinea pigs with artificially induced osteoarthritis developed severe symptoms on a low vitamin C intake, but only mild symptoms on a high intake.

Blood and tissue levels of vitamin C are especially low with rheumatoid arthritis. Several studies have demonstrated, that vitamin C protects cartilage and enhances its formation.

With gout, 4g of ascorbic acid daily increased the urinary excretion of uric acid while a daily intake of 8g in addition strongly lowered the uric acid blood levels. High vitamin C blood levels reduce histamine and therefore, inflammation. A high intake of niacin or nicotinic acid, on the other hand, may decrease uric acid excretion and provoke an attack of gout.

Vitamin C and MSM are best used together to oxygenate and restore an oxidative energy metabolism in tissue affected by Candida. Use up to 10 grams sodium ascorbate or buffered vitamin C and 10 grams of MSM well spread out during the day. Increase amounts only gradually to minimize diarrhoea or reactions, cut back if problems arise.

You may mix the powders with drink or food, or dissolve them in a litre of water, herb tea or juice, and frequently sip during the day. If you need additional alkalizers, then you may also mix sodium bicarbonate and/or potassium citrate with the same drink. In this case sip it only before and between meals.

In addition to a vitamin B complex, use about 500mg of niacinamide with breakfast and lunch because it is needed as the main coenzyme for redox reactions, it is also anti-inflammatory. Use alternative oxygen with all low energy conditions, Candia problems, cancer, arthritis, circulation problems, autoimmune diseases, infectious diseases, and Candida-caused mental conditions such as depression, ADHD, schizophrenia etc.

Vitamin C and MSM can prevent and cure blood circulation problems such as arteriosclerosis or atherosclerosis, cardiovascular disease, prevent heart attacks and strokes, and also peripheral vascular disease leading to varicose veins, deep vein thrombosis, leg ulcers diabetes foot, and poor blood supply to the brain. Many conditions such as arthritis, degenerative eye changes, migraines, and multiple sclerosis are aggravated by poor circulation.

Deficiency of vitamin C, sulphur, copper and zinc are main causes of weak and aging connective tissue, such as blood vessels, skin and hair. See: https://www.health-science-spirit.com/Healing_the_Body/More-Energy-%26-Less-Disease.html for more details.

While **folic acid** levels are generally low with rheumatoid arthritis, supplements seem to be most helpful with gout. High doses of 10 - 75mg daily have been used to block uric acid production and have been reported to be more effective than drugs in reducing uric acid blood levels. Additional vitamin B12 may be required with such high folic acid intakes.

Minerals

Boron is the most important mineral with arthritis. It strengthens bones and joints, regulates the calcium-magnesium metabolism through its effect on the parathyroid glands, lowers the urinary excretion of calcium and magnesium, and raises the blood level of sex hormones, especially in post-menopausal women. Boron occurs naturally in fresh fruit and vegetables or may be supplied as borax or boric acid. 100mg of borax is the recommended maintenance dose but much more is initially required for antimicrobial therapy, see Chapter 7.

Copper has a reputation of being an effective anti-inflammatory agent in arthritis. Medically it is best used in the form of copper salicylate or as colloidal copper. It can increase joint mobility, decrease swellings and pain, and normalize the E.S.R. For more detailed information on copper salicylate see Chapter 9.

Arthritis sufferers have also found it quite effective just to wear a copper bracelet around an affected limb. This practice has been validated by medical research. When after one month the copper bracelet in a large group of patients was replaced by a placebo (an imitation bracelet) those who had previously improved deteriorated again. The average loss of copper from the bracelets for one month was 13 mg, presumably dissolved by sweat and absorbed into the skin.

Iodine is important in molecular form to regenerate tissue, protect mucous membranes from invading fungi, and prevent unwanted growths such as tumours and cysts. Best use a drop or two of Lugol's solution, more is temporarily needed with antimicrobial therapy, see Chapter 7.

Iron is a problem mineral. Like zinc, it is elevated in the synovial fluid around the joints, but too low in the serum. Iron deposits can often be seen in the membranes of affected joints. There are reports of female rheumatoid arthritis patients deteriorating with ferrous sulphate supplements. On the other hand, there is often anaemia in female patients from malabsorption and vitamin B6 deficiency due to dysbiosis and pyroluria. The suggested solution is to supplement meals with ascorbate/vitamin C which improves the iron metabolism. However,

anaemia may also result from deficiency of copper or vitamins B6, B12 and folic acid.

Magnesium is needed by many enzymes, and to relax muscles. It is especially good with arthritis and cramps. Use up to 600mg daily. I prefer it as magnesium chloride. Hydrated magnesium chloride contains about 120mg of magnesium per gram or 600mg per rounded teaspoon. For convenience you may fill a jar halfway with magnesium chloride and then to the top with water. One teaspoon of this solution, sprinkled over food or with a drink, provides about 200mg of magnesium. With arthritis it is even more effective to rub the solution in addition onto the skin over painful areas, and also add it to bath water, preferably in addition to sodium bicarbonate. See https://www.health-science-spirit.com/Healing_the_Body/Magnesium_Oil.html for details.

Molybdenum is required to incorporate sulphur into cartilage; sulphur allergy indicates molybdenum deficiency, in this case take 250-500mcg of molybdenum.

Selenium levels are depressed with rheumatoid arthritis. The longer the duration of the disease and the more severe the symptoms, the lower are usually the blood selenium levels; conversely, increased selenium levels are also related to improved haemoglobin levels in the blood. Generally, 100 to 200mcg per day are recommended.

Sulphur baths have a long history of being used for arthritis. The beneficial effect of this has been confirmed in medical studies. Blood sulphur levels rise following sulphur baths. Alternatively, patients used to take powdered sulphur. This resulted in an improvement in many cases with the generally reduced cysteine content of fingernails returning to normal values.

MSM, DMSO and foods such as egg yolk, onions, garlic and the cabbage family are good sources of sulphur. L-cysteine, L-methionine and taurine are sulphur-amino acids. Sulphur is needed to form cartilage and to detoxify harmful chemicals.

Zinc levels in the blood and cells of patients with rheumatoid arthritis are markedly reduced as compared to controls, also more zinc than normal is lost with the urine. High-level zinc supplements led to

significant improvements in most patients in regard to all disease parameters. I prefer zinc citrate. Take 10 to 30mg 2-3 times daily with food. Deficiency is commonly due to pyroluria, see Chapter 5.

Anti-Inflammatory Agents

Anti-inflammatory remedies speed up healing and reduce pain. The strongest anti-inflammatory agents are alkalizers, followed by turmeric, DMSO, copper salicylate, blue light, strong magnet (south-pointing pole), chlorophyll (spirulina, chlorella, leaf and grass juice), ginger, bromelain, omega-3 fatty acids (fish and krill oil), magnesium chloride, bioflavonoids, grape seed extract, cartilage (bovine and shark), and a diet of fresh raw food or even fasting or raw-food cleansing, and generally food low in phosphates. Some anti-inflammatory herbs are aloe vera, echinacea, golden seal, liquorice, moringa and slippery elm.

A **counter-irritant** may be used to draw the inflammation from an inflamed joint to the skin to dissipate. For this an irritant may be used as a pack over the joint. Effective are cayenne, garlic and kerosene. Afterwards the skin irritation may be soothed with a fresh cabbage leaf over the area, replace several times a day.

Use a combination of several of these anti-inflammatory agents. In any of these selections, I recommend to include blue light therapy on any inflamed areas. It is best to cover these with two layers of blue cellophane and expose to a strong light. This not only reduces inflammation, but also any pain.

In addition to acidity, another nutritional factor with strong inflammatory effects is a high intake of phosphorus. Therefore, use mainly foods low in phosphorus, such as spirulina, grass juice powder, vegetables and fruits. Foods high in phosphorus are meat, yeast, fish and seeds such as legumes, nuts and whole grain products. When using these take additional alkalizers.

Minimize pro-inflammatory influences such as radiation or sunburn, sweeteners and sweet foods, food cooked at high temperatures, and anything to which you are allergic or sensitive. Seed oils are high in inflammatory omega-6 fatty acids or linoleic acid. Infections are strongly inflammatory; keep them under control with all available agents. Have

frequent mild to moderate sun exposure (without sun-screen) on the bare skin, and in addition expose yourself to the sun fully clothed as much as you can without overheating.

Other Anti-Rheumatic Agents

While polyunsaturated oils from oil seeds tend to produce inflammatory tissue hormones or prostaglandins, fish oils, the linolenic acid in linseed and gamma linolenic acid in spirulina, borage and evening primrose oil produce anti-inflammatory prostaglandins. Commonly linseed oil (from ground linseed), cod liver oil or capsules of fish oils are used. Other anti-inflammatory remedies are also very helpful, such as ginger, turmeric, feverfew, golden seal and propolis.

Flavonoids are mainly yellow, orange, pink or purple plant pigments as in various fruits and flower petals. Some of the more potent ones are called bioflavonoids; these include rutin, quercetin and hesperidin. Flavonoids strengthen the blood capillaries, improve the absorption and action of vitamin C, they are strong antioxidants and have anti-allergic and anti-inflammatory properties.

In this way, they are especially beneficial with inflammatory forms of arthritis. In particular, some flavonoids inhibit the autoimmune reactions around the joints. A good diet contains 1g or more of flavonoids. Some are available as supplements, others as coloured fruits, vegetables and flower petals.

The amino acid **D,L-phenylalanine** is quite effective as a pain reliever. It may take up to 3 weeks to get results. Commonly 750mg 3 times daily have been used; if not effective, double the dose for another 3 weeks. Inflammation and swellings may be reduced. A similar beneficial effect has been found with the amino acid tryptophan. Patients who had been treated with tryptophan for depression also had relief from arthritis. The amino acid L-histidine may also be beneficial.

Connective tissue consists mainly of long chains of glucosamine and similar modified sugar molecules linked to proteins. These chains are called mucopolysaccharides or proteoglycans. Normally these make up about 80% of cartilage; in arthritic cartilage this may be reduced to 40%

or less. Ingesting proteoglycans as food or supplements has been shown to be very beneficial.

These can be supplied from various forms of cartilage. Several experimental studies have shown significant improvement in most patients with long-term supplementation of **green-lipped mussel** (*Perna canaliculus*), sold as Lyprinol, Lyprinex or Seatone.

In addition, **calf cartilage** has been used with good results, especially injections of pre-digested cartilage. Now liquid oral bovine cartilage is also available.

Shark cartilage is commonly used as finely-ground powder, one teaspoon or 5g three times in juice. With low gastric acid production, you may pre-digest it: Make a paste by mixing shark cartilage with hydrochloric acid (e.g. betaine hydrochloride) so that it is mildly acid. Wait for an hour or two at room temperature and then refrigerate. If it is too acid then neutralize the excess acidity before use, or take it with protein meals. You may also add unheated juice of pawpaw leaves or juice or puree of green pawpaw or other digestive enzymes for better absorption.

Other foods rich in proteoglycans are aloe vera, okra, sweet potato leaves, shark fin soup, Irish moss, and especially broth of fish heads. The amino sugar glucosamine is a main raw product for the synthesis of proteoglycans. Chondroitin consists of long chains of glucosamine and similar molecules. All cartilage supplements provide glucosamine and chondroitin.

Glucosamine and **chondroitin** are not only basic building blocks of cartilage and other connective tissue, they also have anti-inflammatory properties. My preferred form of glucosamine is N-acetyl glucosamine, but also the hydrochloride or sulphate forms are fine. N-acetyl glucosamine is the active form as incorporated in proteoglycans, but almost all clinical studies have been done with glucosamine sulphate.

Most ingested N-acetyl glucosamine is not used directly, but first broken down to glucosamine. It has the advantage of raising the blood level of glucosamine for days, while ingested glucosamine remains only for a very short time in the blood and about half is converted to glucose. You

may use 2 to 10g of glucosamine and 1 to 5g of chondroitin a day in divided doses. The lower values are the maintenance dose and the high ones for acute conditions.

In addition to oral use also rub a solution of glucosamine and MSM (e.g. dissolved in warm water) into affected joints.

Initially it will be best to use glucosamine and chondroitin in addition to cartilage products, after sufficient improvement you may reduce the amount and range of these supplements.

Most connective tissue consists of long chains of alternating molecules of N-acetyl glucosamine and N-acetyl galactosamine. These in turn are formed in the body from the simple sugars' glucose and galactose in reaction with the amino acid **L-glutamine**. Therefore, it may also be helpful to take 1 or 2 teaspoons or 5 to 10g of L-glutamine per day in divided doses at the beginning of meals, because a deficiency of it would be a limiting factor in cartilage formation. Other important nutrients in cartilage formation are MSM (supplying sulphur), vitamin C, copper and zinc.

Boswellin has been used in Ayurvedic medicine to maintain healthy joints. It inhibits inflammation, improves blood supply to the joints and maintains the integrity of blood vessels.

Bromelain and other protein-digesting or proteolytic enzymes (e.g. papain) are well known for their anti-inflammatory properties. Bromelain, an enzyme from pineapple, was found to improve most inflammatory arthritic conditions.

Celery helps with gout; you may use seeds, possibly as extract, or drink celery juice.

Ginger is an excellent anti-inflammatory; it stimulates digestion and helps to prevent nausea. Use fresh ginger in your juices and meals.

Moringa Oleifera is my favourite herb for arthritis; use as tea or powder. It has many health benefits. In addition to strong anti-inflammatory effects it is also a strong fungicide and works well against *Candida albicans*, a main underlying cause of most arthritis. Best combine Moringa with Turmeric. A good overview is at www.cancertutor.com/moringa-oleifera.

MSM (methylsulfonylmethane) is naturally present in food and our body. It is a biologically active form of organic sulphur, and is a main ingredient of connective tissue. MSM tends to give relief to those with arthritis and muscular pain.

MSM helps in various ways, it inhibits pain impulses along a major nervous system network known as C fibres; it reduces inflammation; it promotes blood flow and reduces muscle spasms. It also helps to soften hardened tissues and cell walls and makes them more elastic. MSM is commonly used in combination with glucosamine. Use about 10g daily orally and as solution rubbed into the skin.

DMSO is closely related to MSM and has the same beneficial properties but often to a higher degree. It is also a microbicide, antioxidant and bio-solvent, easily crossing the skin. It blocks pain when rubbed onto affected muscles or joints, and heals at the same time by improving blood circulation, and with its anti-inflammatory and antimicrobial effects.

DMSO can be used on its own and applied over inflamed, stiff or painful muscles or joints, or over troublesome organs, or it can be used to carry remedies or nutrients such as magnesium, copper salicylate or glucosamine through the skin.

To avoid skin irritation, apply DMSO diluted at 70% or less. To make it about 70% mix 2 parts of 100% DMSO with 1 part of water, and for a weaker solution (50%) mix equal parts of DMSO and water. If you also add other dissolved remedies, such as Magnesium Oil, Glycerine, MSM or Lugol's, then you can count these as part of the water.

Depending on the degree of pain or inflammation DMSO may be applied several times during the day over the area of discomfort. The effect may be felt within minutes. Use of DMSO may be limited by developing odour problems (garlicky smell) and loose bowels, see https://www.health-science-spirit.com/Healing_the_Body/MSM-and-DMSO.html

Some other arthritis herbs are Devil's Claw, Nettle Leaf and Yucca.

Ionised Water

Negative hydrogen ions in ionised water easily release electrons that can kill Candida. Use a high ioniser setting that increases the strength of the negative oxidation-reduction potential (-ORP). Even more effective may be Brown's Gas, a mix of hydrogen and oxygen molecules with the addition of life energy or bioenergy as in fresh fruit and vegetables, see <https://eagle-research.com/product/ac50/> (US) or <http://lotushydrocare.com.au/index.html> (Australia).

Preferably use water with a high mineral content, if possible, with a high amount of magnesium and with the addition of some sodium bicarbonate. Add some more sodium bicarbonate before drinking. Alternatively, you may buy Microhydrin or Megahydrate as capsules with negative hydrogen bound to silica.

Hydrochloric Acid

As a result of Candida overgrowth, the body may lose its ability to produce an adequate amount of hydrochloric acid in the stomach. This is quite common with arthritis and especially in the elderly. This leads to incomplete digestion of proteins, allergies, and poor absorption of vitamins and minerals. Another possibility is gastric reflux and possibly hiatus hernia.

Related symptoms are belching, bloating, anaemia, discomfort after eating, or food lying heavily in the stomach. As a digestive aid you may drink diluted lemon juice or diluted cider vinegar with up to half a level teaspoon of magnesium chloride during cooked meals, especially protein meals. Magnesium chloride reacts with organic acids to form magnesium citrate or acetate and hydrochloric acid.

With protein meals you may also use betaine-hydrochloric acid supplements taken mid-meal. However, habitually taking hydrochloric acid makes the body over acid, and not enough sodium bicarbonate is available to neutralize the acid in the duodenum. While the stomach content needs to be acidic, the small intestine needs to be alkaline otherwise nutrients are not properly absorbed.

Therefore, when using hydrochloric acid with a meal, take also half a teaspoon of sodium bicarbonate in liquid before or 2 to 3 hours after a small meal, and 3 to 4 hours after a large meal with flesh food. However, do not take a hydrochloric acid remedy if you have or had gastric or intestinal ulcers as these may be reactivated with pain.

Bitter herb tea before or after meals stimulates digestive juices while a teaspoon of slippery elm powder in warm water before meals can ease discomfort due to gastro-intestinal inflammations.

Liver Improvement

Intestinal Candida overgrowth produces acetaldehyde that inhibits energy production in the liver. The same happens with inherited pyroluria. Most important are intestinal sanitation, antimicrobial therapy and several remedies such as coconut oil, milk thistle, P5P, zinc, the amino acids taurine and carnitine (best as N-acetyl carnitine), and B group vitamins, especially B3 and B5.

For details see https://www.health-science-spirit.com/Healing_the_Body/Healing_the_Body_Part%201.html

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Chapter 5

OTHER CONTRIBUTING FACTORS

Some further factors contributing to arthritis are poor elimination, leading to the accumulation of wastes and toxins in the body, dental problems, contracted muscles, pyroluria, and sludgy blood.

Poor Elimination

Generally, in arthritis the organs of elimination are weak, often leading to mucus congestion of the lymphatic system and to fatty degeneration of organs and muscles.

Uric acid is an especially unpleasant metabolic residue because of its low solubility, which leads to deposits of needle-like crystals. These crystals irritate muscles and joints and greatly add to the pain caused by tight muscles with tension and inflammation, resulting in gout and various forms of rheumatism. High levels of uric acid are formed by a diet high in meat, sugar, coffee and tea. Because uric acid is only slightly soluble, it needs plenty of water and well-functioning kidneys to flush it out of muscles and joints and remove it from the body.

Other organs that are usually weak in arthritis are the stomach, the liver, gall bladder and generally the whole of the digestive system. The prominent involvement of the big toes with gout is especially significant as these are the starting points of the acupuncture meridians of the liver and pancreas. While the sugar metabolism is especially weak with other forms of arthritis, with gout it is mainly the protein and fat metabolism.

Besides the kidneys, other organs of elimination are the bowels, the liver, the skin and the lungs; all of these need to be greatly stimulated to remove toxic and obstructive waste residues from arthritic joints and rheumatic muscles.

Wastes and Toxins

Tense muscles surrounding a joint have a further strong influence on joint deterioration. Such muscle tensions may originate from overwork

of this particular muscle group, or the cause may be unreleased emotional tensions. If we feel an emotion, but do not properly act to release it, then this energy is stored in a corresponding muscle in the form of a permanent contraction of some muscle fibres.

This is called muscle armouring. Unreleased anger may, for instance, affect the shoulder muscles, and unreleased sexual tension may armour pelvis and hip muscles. An armoured muscle has a permanently contracted core with greatly reduced blood and lymph circulation. This in turn encourages the accumulation of toxins and metabolic wastes in this area. Such armoured muscle groups around a joint will also prevent an adequate supply of nutrients from reaching the joint.

Furthermore, armoured muscles, because of their lack of nutrients, tend to produce large amounts of lactic acid. This in turn liberates histamine and leads to inflammations. At the same time, these over-acid conditions contribute to the erosion of bones and joints (e.g. osteoporosis). On the other hand, when conditions are too alkaline (e.g. when the metabolism slows down with advancing age) then calcifications will occur and cause joint deformities.

While armoured muscles will in this way contribute to malnourishment of joints and arthritis, also the reverse is true: an inflamed joint will lead to muscle tension and armouring around it, and this in turn will further contribute to the long-term joint deterioration.

Dental Hazards

In addition to an unhealthy intestinal flora, another main source of endogenous toxins, those produced within the body, are dead teeth. Dead teeth are even more dangerous than mercury amalgam fillings and having two different kinds of metal in the mouth. Teeth with a root canal filling, a post-crown and sometimes also teeth with large fillings or pins are dead.

Dead teeth slowly disintegrate and cause a chronic osteitis with softening and inflammation of the surrounding jawbone. Toxins are continuously released into the surrounding tissue and blood stream. This process may continue even after removal of a dead tooth, especially if the diseased bone is not curetted or scraped out back to

the healthy jawbone, or if any fragments of root or metal remain embedded.

A four-thousand-year-old papyrus describes the dialogue between the Pharaoh and his physician. The Pharaoh complains of severe arthritis and his doctor replies that this is due to the bad condition of some teeth that need to be removed. Even orthodox medicine is now slowly catching up to realize that various diseases are associated with microbes originating from infected teeth, gums or jawbones.

Root-canal filled teeth appear to be a major contributing factor in many health problems, not only arthritis, but also cancer, heart disease, kidney disease and autoimmune diseases. This is due to microbes that multiply in the multitude of tiny canals or tubuli in the dentine and gradually leach out into the lymph system. Even normally harmless microbes can become very dangerous under the anaerobic conditions in dead teeth.

Additionally, in the acupuncture system each tooth is related to a specific energy meridian, organ and joint. Therefore, an interference field in a specific tooth can trigger or intensify arthritis in a related joint.

To give some examples, number 3 teeth in all locations are associated with the hips, the lower 6 to 8 and the upper 4, 5 and 8 are related to the shoulders and elbows, also to the hands, feet and toes in various locations, numbers 1 to 3 in all locations connect to the feet, back of knees and sacrococcyx, and lower 4 and 5 and upper 6 and 7 to the front of knees and the jaws.

To avoid problems, all dead teeth should be removed and any areas of osteitis curetted. If in doubt about the condition of the jawbone with missing teeth consult a therapist who does electro-acupuncture testing as with Vega or similar equipment. As there are no nerves, there may be no pain to indicate osteitis. Many testimonials of former sufferers attest to the benefits of having hidden dental hazards removed. For further details see Dental Problems at https://www.health-science-spirit.com/Healing_the_Body/Dental_Problems.html

Inflammatory Bowel Conditions

Inflammatory bowel conditions are another contributing factor to arthritis. These will generally be corrected with the recommended intestinal sanitation and systemic anti-microbial therapy. In addition, use a teaspoon of slippery elm powder in warm water or herb tea before meals to give the intestinal wall an anti-inflammatory coating.

Taking the amino acid **L-glutamine** before meals helps to protect the cells of the intestinal lining from damage. Glutamine provides energy and is also converted into N-acetyl glucosamine, which is required for regenerating the intestinal wall. The cells of the intestinal mucosa generally have a high rate of turnover, but patients with inflammatory bowel disease have a turnover rate at least three times higher than healthy individuals.

N-acetyl glucosamine is also required for all other cells in the body; it is a main component of cartilage, strengthens the immune system, and has anti-viral, anti-arthritis and anti-cancer properties.

Those with inflammatory bowel disease cannot make sufficient N-acetyl glucosamine. This deficiency leads to further intestinal damage including increased permeability and leaky gut syndrome. Supplementing N-acetyl glucosamine in addition to L-glutamine can help heal the intestinal mucosa by supporting glycoprotein synthesis. Try 1 to 3g of L-glutamine and N-acetyl glucosamine before each meal.

Pyroluria

Many arthritics have pyroluria, a common metabolic condition in which pyrrole, a key component of haemoglobin, is overproduced in the liver. The surplus binds to vitamin B6 and zinc and is excreted in the urine.

This creates severe deficiencies in B6, zinc and to a lesser degree in some other nutrients, such as niacinamide, gamma linolenic acid (GLA), manganese and biotin. The main cause of pyroluria appears to be intestinal dysbiosis with overgrowth of Candida, pleomorphic (shape-changing) microbes in the blood, and possibly Lyme disease, all affecting the liver.

Pyroluria can be inherited or newly acquired from microbial liver invasion and is commonly associated with an inefficient fat metabolism and poor blood circulation. It becomes even more serious if inherited pyroluria is in addition to stress and an active Candida problem. Acute symptoms may show up only during periods of stress.

With pyroluria the liver often cannot convert normal vitamin B6 or pyridoxine into the activated form Pyridoxal-5-Phosphate or P5P. Preferably supplement with 50 to 150mg of P5P and 50-60mg of zinc in divided doses. Pyroluria, especially in addition to Candida, causes mental-emotional conditions, problems with connective tissue, joints, muscles and circulation, Type 1 diabetes, epilepsy and a weak immune system. Pyroluria is the cause of psoriatic arthritis which often shows up in the family tree together with the other mentioned conditions; see www.health-science-spirit.com/Diseases/Pyroluria-and-Candida.html and www.health-science-spirit.com/Healing_the_Body/Managing-the-Immune-System.html

SLUDGED BLOOD

A major contributing factor, especially with rheumatoid arthritis, is an overgrowth of the intestines with undesirable bacteria and fungi, especially Candida. The main cause for this is usually antibiotic treatment as well as other drugs, sometimes also the meat from animals reared with routine antibiotic feeding. The problem is aggravated by low gastric acidity as well as a diet high in sweet foods.

Frequently the intestinal wall is damaged by the hyphal form of Candida and a high gluten intake as well as by allergenic inflammations. This allows microbial decomposition products to enter the bloodstream and weaken the immune system as well as aggravate the joint inflammations. Another contributing factor in this process is the use of aspirin and other analgesics that make the intestinal walls more porous, and contribute to the development of liver problems and Leaky Gut Syndrome with multiple allergies.

This invasion of microbial allergens or endotoxins combined with food allergens not only produces joint inflammations, but also a

phenomenon called 'sludged blood', i.e. the red blood cells and platelets begin to aggregate and clump together.

In this condition they cannot adequately deliver oxygen, and clog the capillaries in muscles, leading to oxygen starvation, lack of nutrients and accumulation of metabolic waste products. This results in a generally sluggish blood circulation, which is a major cause of the morning stiffness in arthritis. In severe cases hypercoagulation may lead to bone necrosis.

The clumped blood cells and the resulting sluggish circulation can be directly observed in the capillaries of the conjunctiva of the eyes of arthritics. This same condition is responsible for a raised erythrocyte sedimentation rate or E.S.R. in the blood with inflammatory arthritis. A raised E.S.R. is usually indicative of a general infection, or of inflammation and widespread immune reactions in the body.

In addition to infections, inflammations and allergies, a high fat intake or low-fat clearance rate induces temporary sludging of the blood. This is probably the reason for the improvement experienced on a low-fat diet. Arthritics often have poor liver functions and a slow clearance of fat particles (chylomicrons) from the bloodstream. This makes blood cells stickier, causing them to clump together and the resulting oxygen deficiency increases the pain in the affected area.

Besides sustained antimicrobial therapy, the main remedies to overcome hypercoagulation are DMSO, fibrinolytic enzymes, Olive Leaf Extract, and alkalising.

Hypercoagulation

Fibrin is a sticky protein fibre. It naturally cross-links to form blood clots for sealing wounds and stop bleeding. However, fibrin also may cross-link with non-bleeding inflammations. Commonly such inflammations are due to Candida and other microbes and toxins in the gut and blood.

The resulting excess of cross-linked fibrin forms micro-clots that block blood flow in capillaries, it also sticks to the walls of blood vessels and narrows their opening, and it causes blood cells to clump together in a process called hypercoagulation. Sticky blood appears to be a

precondition for tumours developing metastases, for cholesterol to clog up arteries, and it is also a common factor leading to high blood pressure, heart infarct, stroke, deep vein thrombosis, kidney disease, muscle pain as in fibromyalgia, chronic fatigue, circulation problems, fainting, declining memory and dementia.

Clumping can be seen with live blood analysis when erythrocytes aggregate, sometimes looking like many coins sticking together in a column-like manner (*rouleaux formation*). Such clumped blood does not flow freely like healthy blood, and cannot move through capillaries so that many organs become starved of nutrients. Until sufficient improvement with antimicrobial and cleansing therapies, fibrinolytic enzymes can decrease blood stickiness and clean out congested or blocked blood vessels.

Nattokinase, originally from natto, fermented soy traditionally used in Japan, may be the most effective fibrinolytic enzyme. It is commonly available as capsules with 2000 FU or units of fibrinolytic activity. The normal maintenance dose is one capsule each before breakfast and at bedtime, best in a non-protein drink.

Serrapeptase originally derived from silkworms, may be somewhat less effective in dissolving clots but it also dissolves other dead tissue, such as scar tissue, adhesions and cysts. Commonly used are 20,000 to 80,000 units/capsule but even 250,000 units/capsule are available. The maximum dose is claimed to be up to 2 million units per day. It may be taken together with nattokinase.

Bromelain breaks down all kinds of unwanted protein residues. Activity is measured as Gelatine Dissolving Units or GDU, commonly 2000 GDU/gram. Take up to 6000 GDU daily in divided doses on an empty stomach. However, this may re-activate dormant ulcers and can temporarily cause severe pain. Preferably separate bromelain from nattokinase and serrapeptase (e.g. 20 minutes later) as these may be digested by bromelain and papain.

Soft Tissue Calcifications

With increasing age our bones become softer as calcium moves out and accumulates in soft tissues, such as blood vessels, on the outside

of joints, in muscles, brain and glands. This causes inflammation, pain, rigidity, arteriosclerosis, heart attacks, strokes, kidney disease, cataracts and loss of memory, basically the same conditions caused by hypercoagulation. The underlying cause is usually an underactive thyroid and overactive parathyroid glands due to chronic Candida, pyroluria, mercury, and deficiencies of boron, iodine, magnesium and vitamins D and K2.

Toxic Metals

Accumulations of toxic metals, especially mercury from dental amalgam fillings and aluminium from vaccines, are a major problem with many diseases. Use oral chelation to reduce this toxic load. Sulphur compounds, especially taurine and cysteine, are needed to detoxify the liver. If these cause problems, add a molybdenum supplement.

A strong metal chelator is alpha lipoic acid which is able to cross the blood-brain barrier to pull mercury out of brain cells. Helpful as support are absorbent clay, Chlorella (cell broken), cilantro, DMSA, MSM, N-acetylcysteine, sodium thiosulphate, and vitamins C and E.

Two helpful methods are the Klinghardt Neurotoxin Elimination Protocol and the easier Cutler Protocol: Alpha lipoic acid is used for 3 days and 2 nights every 3 hours during the day and every 4 hours during the night, and this is repeated once a week or fortnight. Each dose may be from one quarter to 1 mg/kg body weight.

However, I believe that with a high intake of vitamin C and other chelating remedies a less strict schedule can be used. During detoxification health problems may temporarily increase. Preferably use mercury chelation only after Candida is under control.

WHAT NEEDS TO BE DONE

The causes and solutions outlined so far show us what to do to overcome arthritis and rheumatic diseases. While different forms of these diseases may require a different emphasis, they also have many factors in common. The most effective way in each case is to get the basics right, and then use additional remedies or therapies to overcome

any remaining problems. A holistic program is based on the following steps:

- A healthy diet low in gluten, sugar and unhealthy fats
- Suitable supplements and remedies
- Intestinal sanitation combined with internal cleansing
- Systemic anti-microbial therapy
- Additional therapies as required

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Chapter 6

INTESTINAL SANITATION AND CLEANSING

It generally works best if you combine internal cleansing or fasting with intestinal sanitation. Fasting is a restriction of food, which allows waste products to be used for producing energy, or to be removed from the body through cleansing, and flushed out of the intestinal tract and kidneys.

CLEANSING PERIODS

Cleansing periods are of great importance, all the more if you are overweight and the further the disease has progressed. Frequency, duration, and food restrictions are to be selected according to the severity of the disease, weight, and the sensitivity of the body.

During a cleanse or the following healing program a low point may be passed, often with fever, nausea, vomiting and diarrhoea, after which conditions begin to improve. For details about this aspect see 'The Healing Crisis' in Step 1 of **TOWARDS RADIANT HEALTH** .

During cleansing drink plenty of fluid. Aim for about 3 litres daily from mainly green juices, herb teas and energised water (e.g. ionized, bubbled with Brown's Gas, exposed to sunlight), but less if you eat a lot of fresh fruit or juicy salads. If you have problems eating raw salads use a high-speed blender and ingest without straining.

If **overweight**, fast about one week each month until much improved, then gradually less. However, you may start with one-day fasts and then three days before proceeding to a full week. Insensitive individuals and those with gout may often fast on fresh fruits, especially (unsprayed) apples. In addition to apples, sensitive individuals may try fresh green vegetable juices, sprouted seeds and vegetable salads, flavoured with herbs and a small amount of extra virgin olive oil. In the evening you may add some lightly cooked (steamed) vegetables).

If you are **underweight**, just use the recommended diet together with the intestinal sanitation procedure described below.

INTESTINAL SANITATION

The aim of this step is to repopulate the intestines with healthy bacteria. Antibiotics and other drug therapies commonly cause an overgrowth of the intestinal tract with pathogenic microbes, especially hyphal *Candida*, which cause most of the problems with rheumatic diseases. First, we need to kill these undesirable microbes, flush them out immediately to avoid absorbing their toxic decomposition by-products, and then supply healthy bacteria or probiotics and prebiotics, the nutrients on which healthy bacteria thrive.

Fresh, raw garlic has powerful anti-microbial powers. Even in a dilution of more than 1:1000 it kills most bacteria and fungi. To minimize unpleasant reactions, such as headaches, nausea and other gastrointestinal discomfort it is preferable to take the garlic together with a strong laxative. This is called a flush.

An effective flush is with a tablespoon of Epsom salts (magnesium sulphate) or magnesium chloride in a large glass of water. Drink some more water afterwards. If you are constipated or overweight you may take 2 tablespoons when using it for the first time to make sure that it quickly comes out at the other end. To make it taste less bitter you may refrigerate the dissolved magnesium salts overnight.

In the morning you crush a large clove of garlic, mix and drink it with a small amount of water, and follow this with the refrigerated drink and some more water.

During the following mornings you may use less magnesium salts or take a milder laxative instead. Do this for a minimum of three days, and preferably for one week or longer. With bowel problems it can also be very helpful to swallow a peeled clove of garlic whole at bedtime with some liquid.

If you cannot take garlic, you may put the crushed clove into capsules or cover with soft food and swallow. If you seem to be allergic to garlic, then use another anti-microbial, such as hydrogen peroxide or start

directly with olive leaf, pau d'arco or wormwood. Similar if you can only use garlic during the weekend because of work conditions.

Use magnesium salts or another laxative flush with any of these other anti-microbials, except if this interferes with other commitments. Before you eat or drink anything, or 30 to 60 minutes after the anti-microbial flush, take a high-potency probiotic, for details see below.

Alternative Flush

Milder than the magnesium salts flush is an isotonic flush. An isotonic flush consists of nine grams or one heaped teaspoon of salt in one litre of water. It is suitable for sensitive individuals and generally with low to normal blood pressure, but is not strong enough if constipated or overweight.

A solution is isotonic if it contains a similar amount of salt as the blood. Do not drink more water after the isotonic flush, as it would no longer be isotonic. Drink the whole isotonic solution within about 10 minutes. To be on the safe side use a strong Epsom salts flush on the first morning, and then you may continue with an isotonic flush.

Other laxatives that may be used for a flush are sodium sulphate (Glauber's Salts), castor oil or Senna. You may need to experiment with your chosen laxative to find the right amount to take with the garlic so that it is effective within a few hours.

Psyllium is a mild laxative. Take a heaped teaspoon of psyllium hulls, possibly together with 2 - 3 teaspoons of ground linseed. Add a teaspoon of sodium bicarbonate and an antimicrobial (e.g. garlic, ginger, a tsp of 3% hydrogen peroxide, or ¼ tsp of borax). Mix in a glass of water and drink, immediately followed by another glass of water. As with the isotonic flush, this is probably not strong enough for the first morning, but may be used subsequently. Psyllium absorbs microbial toxins and carries them out of the body.

If you develop unpleasant symptoms, such as nausea, after taking the anti-microbial remedy, but the flush is not sufficient to produce a strong bowel movement within two to three hours, take another dose of a strong laxative.

If at a later time you do take a course of antibiotics, chemotherapy or cortisone-type drugs then also take a fungicide during this time (e.g. one of the above mentioned anti-microbials or the drug nystatin) and also use probiotics shortly after taking such drugs.

Probiotics

This leads us to the next step: replacing the decimated pathogenic microbes with desirable lactobacilli. This is best done in a high dose 30 - 60 minutes after each anti-microbial flush; otherwise the unwanted microbes may grow back to full strength after the next meal. You may also use more probiotics before other meals.

Probiotic bacterial cultures are available as powders, capsules, and dried or liquid fermented foods. Preferably use cultures with a wide variety of bacterial strains grown on vegetables and seeds. Suitable are also Kefir, Kombucha and soil-based microbes e.g. Prescript Assist or Effective Microorganisms (EM probiotics).

Dried cultures are dormant and relatively inactive as compared to bacteria in fresh or live ferments, and often have only a limited number of strains. With a suitable culture you can make your own live ferments. Keep part of it as a starter for the next batch.

Alternatively obtain genuinely fermented sauerkraut or lactic acid fermented foods from health shops or the Internet. In Australia you may see www.agmfoods.com for fermented wholegrain liquid with specially bred active bacteria. In other countries you will find similar products. Fermented grains are completely pre-digested and do not normally cause any problems.

Ferments may be rather acidic and can cause over-acidity problems in sensitive individuals. You can avoid problems by partly neutralizing the acidity with sodium bicarbonate or dolomite powder.

Kefir grains can be used to ferment not only milk but also vegetables. See: <http://users.sa.chariot.net.au/~dna/kefirpage.html> for an excellent information site. It has the advantage of containing a wide range of protective microbes and also to work at room temperature. I do not recommend using commercial yogurt because of the high content of mucus-forming lactose and limited strains of lactobacteria.

The kind of bacteria that thrive in your intestines depends largely on your food. Best is raw food as berries, sprouted seeds, fresh green leaves and root vegetables. Use as salads or pureed in a high-speed blender and ingested without straining. This will supply needed microbes and also the fibre and nutrients to feed them.

Other good foods for intestinal microbes are legumes and inulin from various vegetables (e.g. chicory roots, Jerusalem artichokes, onions and leeks) or commercial inulin powder. Other prebiotics are fructooligosaccharides or FOS and resistant starch (RS). These feed mainly the microbes in the colon.

You get RS by adding green banana or a small raw potato (avoid any with green skins) when blending vegetables. To make isolated RS blend some peeled potatoes and refrigerate. After a short time, the RS granules accumulate at the bottom and you can pour off the liquid. 100g of raw potato provides a recommended daily amount of 25g RS. For a good article on Resistant Starch see <http://www.gestaltreality.com/2014/02/27/resistant-starch-a-concise-guide/>

Prebiotics may increase wind. This can be reduced by increasing amounts of prebiotics only slowly, using psyllium before breakfast, or adding a few drops of Saturated Solution of Potassium Iodide or SSKI when soaking beans to inactivate an enzyme inhibitor. Replace the water before cooking. Also see Intestinal Sanitation at www.health-science-spirit.com/Healing_Foods/Intestinal-Sanitation.html

Bowel Cleansing

In addition to the intestinal sanitation with garlic, magnesium salts and probiotics, it is important to keep the bowels clean and functioning optimally on a permanent basis. The cleaner the bowels are the easier and quicker is it to clean the rest of the body. Congested bowels lead to congested lymph, blood and tissues.

Fatty and fat-soluble toxins and wastes are released through the liver and gall bladder into the bowels. Bitter herbal teas as recommended to improve the digestion will also assist in this task. Use sufficient laxative

food, especially vegetables and fruits, and in addition ground linseed, psyllium and magnesium salts, to have 2 - 3 bowel movements daily.

If necessary, take 1 teaspoon of magnesium salts with warm water first thing in the morning, or at bedtime. A good herbal cleanser is aloe, which may be combined with senna for an occasional thorough cleanout, especially before and during fasting. If available, have initially a series of professional colonics (colonic irrigations). For further information on self-administering colonics and cleansing enemas see Chapter 4 of **TOWARDS RADIANT HEALTH** or www.health-science-spirit.com/Healing_the_Body/Hydrotherapy-Packs-and-Colonics.html

Of further benefit are peroxide retention enemas. After a normal enema to clean the bowels, insert half a litre of water, or diluted vegetable or grass juice containing one tablespoon of 3% hydrogen peroxide. Try to hold it inside for 10 minutes or longer. The next day add 2 tablespoons; continue increasing the amount of peroxide on subsequent days until you find the highest concentration that you can hold for several minutes. You may also try to increase the volume of water or juice.

Initially you may feel worse after doing this, but the next day you should be much improved.

THE BASIC CLEANSE

A recommended form of combining fasting, cleansing and intestinal sanitation is the Basic Cleanse. Eat (organic) apples only for the first three days, as many as you like. Granny Smith apples are usually preferable, but if they are too acid for you then use a sweeter variety.

In the evening, have a hot castor oil pack on the liver and upper abdomen: Coat the area liberally with castor oil, cover with a woollen cloth folded in several layers, and keep warm for one to two hours with a hot-water bottle. At bedtime take a tablespoon of olive oil. Normally extra-virgin is best, but in this case light olive oil will be easier to swallow. Shake the oil in a jar together with a teaspoon of lecithin granules and some fresh citrus or grape juice.

On the evening of the third day take half a cupful of olive oil in this way. Then lie down immediately on your back or right side. After the first

bowel movement the next morning look in the toilet bowl for gallstones. There may be hundreds of little greenish wax balls of different sizes floating on top of the water.

During the cleanse take a glass of water with chopped garlic or ginger and a tablespoon of magnesium salts or a teaspoon of psyllium first thing in the morning. 30 to 60 minutes later use probiotics as powders or ferments. Continue taking probiotics before some meals for several weeks.

If you do not have the time or energy for the full cleanse, you may now return to your normal diet and possibly do the rest at another time. Otherwise, stop using apples from the fourth day on, and for another five days drink only freshly pressed (or frozen) vegetable juices; these may be flavoured with apple or other fruit.

If you do not have a juicer, then just continue with apples or vegetable salads, or blend fresh leaves at high speed in a blender and drink without straining. Every 3 hours, or 5 times daily, take a heaped teaspoon of psyllium hulls together with 2 - 3 teaspoons of ground linseed. Mix in a large glass of water and drink immediately followed by another glass of water. The linseed should be freshly ground in a blender or coffee grinder and refrigerated or frozen. Preferably take plenty of digestive enzymes during this time, such as bromelain, papain, or alternatively use blended mature green pawpaw or juice of pawpaw leaves.

FEVER THERAPY

High body temperature during a fever helps to greatly weaken pathogenic microbes and cancer cells while at the same time strengthening the immune system. It also aids in sweating toxins out through the skin. Hippocrates wrote *"Give me a fever, and I shall cure any disease."*

Fever therapy can be used as a series of weekly overheating baths with temperatures gradually increasing up to 43°C for 30 minutes. However, this can be rather exhausting and a somewhat milder procedure is as follows: Take a hot, but not scorching hot bath for 20 to 25 minutes. Add about 1kg of Epsom salts or magnesium chloride to the water and drink

5 cups of hot ginger root tea made by simmering a piece of fresh ginger root (chopped or grated) for 5 to 10 minutes. Do not use a towel to dry. Cover up in bed with plenty of blankets until the induced fever breaks within 6 - 8 hours. Protect the mattress with a plastic sheet. Repeat this once a week for 6 - 8 weeks.

Safeguards: Always have a helper present during fever therapy in case of fainting. Avoid ginger if your platelet count is low. Other sweat-inducing or diaphoretic herbs are lemon balm, marjoram or passion flower.

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Chapter 7

ANTI-MICROBIAL THERAPY

Rheumatic diseases are generally associated with chronic microbial infections, commonly expressing as autoimmune diseases. Therefore, it is necessary to use intestinal sanitation with systemic anti-microbial therapy to clean the blood, lymph, joints and internal organs of Candida, mycoplasmas and other pathogenic microbes and parasites.

In addition to the remedies specifically mentioned below, you may also add others that have been traditionally used, such as grapefruit seed extract, propolis, extract of Neem leaves, and the oils of tea tree, Neem tree, cinnamon, eucalyptus, mustard, oregano, and thyme as well as an electronic blood purifier. Continue using fresh raw garlic, ginger, and turmeric paste with coconut oil and ground black pepper.

It is best to alternate between different remedies in cycles from daily to weekly and longer. With this rotation it is less likely that microbes will become treatment resistant.

Also, if a strain of microbes is resistant to one of the remedies it may be eliminated with one of the others. Further, instead of using high doses of any one remedy you may try moderate amounts of several different remedies taken at different times on the same day.

Continue with an intensive program until you feel that your arthritis is under control. Then you may continue for a much longer time with a reduced maintenance dose. If symptoms come back then just repeat the intensive treatment.

The mentioned dosages are for average body weight, overweight individuals may take more and underweight individuals or children less. These remedies may not be suitable in high doses during pregnancy, in this case consult a health professional. For maintenance you may use half the indicated amounts.

During antimicrobial therapy it is common to experience occasional bouts of diarrhoea. This may be from die-back reactions of Candida and other microbes, but it may also be from toxins released by the liver. This can be associated with headaches and intestinal discomfort. In this case clean the intestinal tract with a flush or with psyllium, garlic and lots of water, or use enemas or colonics. The quicker you get the irritating toxic material out of your system the better.

Important: Initially start anti-microbial remedies at low doses and increase only gradually to minimise the severity of any die-off or Herxheimer reaction. During a reaction stop or halve the dose and afterwards slowly increase again.

Iodine Therapy

Iodine is an excellent fungicide. Besides helping with arthritis, it also serves to prevent and remove internal cysts, and tumours. Most commonly used is Lugol's solution. At full-strength it contains 10% potassium iodide and 5% iodine. Each drop has 6.5 mg of iodine/iodide.

If you buy a weaker iodine solution then take more drops than for the standard solution. Iodoral tablets available in the US have 13 mg iodine/iodide per tablet. Iosol, an iodine/ammonium iodide remedy, has 1.8 mg of iodine/iodide per drop.

Before starting take a drop to test your reaction. This may happen when on thyroid medication, or with goitre or an overactive thyroid. In this case start with $\frac{1}{4}$ drop and increase only very slowly to improve thyroid functions, not as an antimicrobial.

Iodine has a special affinity for mucous membranes which are also an attractive hiding place for fungi. Gradually increase to 6 - 8 drops 4 times daily or 10 drops 3 times daily in liquid other than just water. Suitable are warm but not hot coffee or tea, or mix with food, but do not mix directly with antioxidants. You may take antioxidants later with the same meal. Use more or less iodine according to body weight.

Continue for 3 weeks with the full dose, but interrupt or temporarily reduce the dose if you develop a serious reaction; if necessary, repeat the course at a later time. As a maintenance dose you may continue with

a few drops per week. For more information see https://www.health-science-spirit.com/Healing_the_Body/Iodine.html

MMS – Sodium Chlorite

Acidified sodium chlorite (NaClO_2) is one of the strongest broad-range microbicides, and is used as an antimicrobial treatment in the food industry and for water purification. In solution it is very alkaline and stable but when acidified it forms unstable chlorous acid and chlorine dioxide gas (ClO_2) with strong oxidising effects.

As part of the systemic therapy you may start taking 1 or 2 drops of MMS, gradually increasing this up to a maximum of 15 drops daily or until some nausea develops. In this case you may cut back by 2 drops and stay at this level for several days until increasing again by 1 drop a day. Generally, it is better to have some food in the stomach. One can also absorb the gas from the mouth or the rectum and this usually does not cause nausea.

An alternative method for intensifying the antimicrobial program or for overcoming an acute infection is by taking 3 to 4 drops of acidified and diluted MMS every hour or every 2 hours for several days. Temporarily reduce the dose if nausea occurs.

In all cases mix the MMS with five times the number of drops of lemon or lime juice or white vinegar. Commonly a more effective 10% solution of citric acid in water has been used but this causes more nausea and instead an equal number of drops of MMS and 4% hydrochloric acid (HCl) may be used.

Three minutes after adding the weaker acids or 20-30 seconds after adding the HCl dilute with half a glass of water, herb tea, or juice without added vitamin C, e.g. apple or grape juice but not orange juice. Do not take any antioxidant supplements close to MMS; best keep them 3 or more hours apart.

To quickly stop nausea, you may take 1000 mg or more of vitamin C, but this also stops the anti-microbial activity. To avoid or minimize oxidative damage I recommend taking MMS only in the morning and evening or only once a day and use a combination of antioxidants, including vitamin C, at lunchtime or several hours away from the MMS. To minimize

unpleasant side effects, try to alkalize the body before going on a course of MMS.

The main danger after a high dose of MMS is from low blood pressure and hypoglycaemic shock caused by fluid loss after vomiting and diarrhoea. If this should happen take immediately a high dose of vitamin C to stop the reaction, lie down, and drink lots of lightly salted and sweetened water. A general recommendation for rehydrating after vomiting and diarrhoea is a fluid made with 6 level teaspoons of sugar and 1/2 level teaspoon of salt dissolved in 1 litre of water, or alternatively use salted rice water. Further, Individuals with a tendency to haemolytic anaemia must avoid MMS and other oxidising substances.

Chlorine Dioxide Solution (CDS) is now available over the Internet as a concentrated solution of the gas in water. It is easier to take than acidified MMS and does not seem to cause nausea.

CDH - A New MMS Protocol: CDH means Chlorine Dioxide Holding Solution, and stands between classic MMS and CDS. Advantages are: It is less nauseating than MMS, causes less stomach upset, once made it does not need activation, lasts for weeks, and appears to have better results.

For making CDH use a ratio of 22 parts of water with 1-part MMS and 1-part activator. To make 240ml of CDH put the ingredients in the following order into a 250 to 300ml glass bottle with a good sealing plastic cap: 220ml purified water; 10ml MMS; 10ml of 3 to 4% HCl or 50% Citric Acid (it tastes better with hydrochloric acid than with citric acid). Immediately cap the bottle tightly so that no CLO₂ gas escapes. Shake the bottle to mix the ingredients, repeat shaking several times later. Store the bottle in a dark place at room temperature for a day. Then keep the bottle of CDH refrigerated; once cooled the CDH can be used and will last for weeks, no further activation is needed.

Every ml of CDH contains 1 pre-activated drop of MMS, so instead of dosing with drops, dose with millilitres of CDH, e.g. instead of adding 3 drops of activated MMS to half a glass of water you now put 3ml of CDH in half a cup of water or more and drink. See one of the Jim Humble websites for more details.

Rectal absorption: Have a bowel movement and an enema, and then try 2 activated drops in 250 ml of water. Hold for several minutes, expel, clean again with an enema and finally insert 4 to 8 activated drops in 250 ml water, hold for up to 30 minutes. You may also add bicarbonate to make it less acid. Try this once a week with gradually increasing doses.

Non-Acidified MMS: Sodium chlorite without any added acid is useful for long-term treatment of rheumatoid arthritis by controlling the pleomorphic microbes which are the root cause of autoimmune diseases. This also helps to neutralize the neuro-toxic effects of acetaldehyde produced by *Candida* and other fungi.

This is much less damaging to antioxidants in the body than prolonged use of acidified MMS, and the incidence of nausea will be greatly reduced. Therefore, after a short period of using acidified MMS try periodically using non-acidified MMS.

As an average dose try 5 to 10 drops (or half a ml) of MMS once a day after the evening meal or at bedtime in a drink. In this way you may use vitamin C and other antioxidants until mid-afternoon without interfering with the action of MMS. However, non-acidified sodium chlorite, just like acidified MMS, does react with and reduce the glutathione in body cells.

Therefore, use it only for limited periods, e.g. for one week every other week, and limit this program to 6 to 10 weeks (3 to 5 cycles) before a longer break of one or more months. Alternatively use it 5 days a week for 3 to 5 weeks. During breaks use higher amounts of other antimicrobials instead, such as Olive Leaf Extract or Lugol's solution.

Kerosene

Kerosene is a highly effective fungicide. It contains hydrocarbons that boil between 145°C and 300°C. The lighter fractions are mainly absorbed in the stomach and intestines while those with a boiling point above 200°C move mostly through the whole of the intestinal tract with a laxative effect. The most suitable boiling range is from about 100 to 200°C. For more details see [Kerosene - A Universal Healer](#).

Refined kerosene with a low content of aromatic hydrocarbons is available as low-odour kerosene. A suitable variety in Australia is Diggers

Low Odour Kerosene with a boiling range from 149 to 194°C. It is available from hardware stores rather than supermarkets. Recochem - www.recochem.com.au - also have odourless kerosene, but with 190 to 230°C the boiling range is too high.

To see if products in other countries are suitable go to the website of the manufacturer and look up the Material Safety Data Sheet or MSDS. It should preferably be low in aromatics and mostly in the recommended boiling range. It may not be sold as kerosene but rather as naphtha petroleum, hydrocarbon solvent or white spirits. It should be petrochemical based aliphatic hydrocarbons, and not isoparaffins or special solvent mixtures with a very narrow boiling range.

Shell Chemicals has 2 suitable products free of aromatics: ShellSol D40, with a boiling range of 145° - 210°C, and the lower boiling SBP 100/140. BP White Spirits, low in aromatics, boils from 142° to 200°C. A suitable low-odour product in the US is Klean-Strip 1 Kerosene from Wal-Mart. In Europe you can get Shell-Sol D40, SBP 100/140 and Gum Turpentine, see Amazon or www.ebay.co.uk

Also try stores selling building materials and paint supplies, larger hardware stores, or the Internet. If a low-aromatic product is not available then even normal kerosene may be used. It is not more toxic but only has a stronger odour. Benzene is toxic but boils at 80°C and so is not a problem in fractions boiling over 100°C.

The dosage and duration of a course are rather flexible. Generally, it may be best starting with half a teaspoon, then continue with one teaspoon for a week or two and gradually increasing up to one tablespoon for a week or two until ending again with one teaspoonful for a total duration of about 6 weeks. This may be repeated as needed.

It is best taken before breakfast or at bedtime. Coat the tongue with molasses and follow with a small amount of drink and food. For children it has been used as several drops on sugar. The higher doses tend to cause diarrhoea and liver detoxification. While this is beneficial, it also causes unpleasant cleansing symptoms. Whenever a problem arises reduce or temporarily stop the intake.

Pure Gum Turpentine

Gum Turpentine (*not* mineral turpentine!) was a trusted antimicrobial remedy for thousands of years. Use up to a teaspoonful adding as much sugar as it takes to soak up the turpentine. Or dilute with a spoonful of paraffin oil or olive oil. Wash down with a drink and follow with a small amount of food.

It has a pine flavour and is relatively pleasant to take, but it has a stronger effect than kerosene. Start with only a few drops and increase very gradually. It is especially active in the headspaces, and too high an initial dose may cause temporary balance problems or fainting in some individuals. Try using it 2 or 3 days a week, and kerosene or another remedy on other days. Preferably take it at bedtime. I actually prefer mixing it 1:1 with kerosene and take a teaspoonful.

Borax

Borax and boric acid contain boron and are excellent fungicides with additional wide-ranging antimicrobial properties, and also chelating fluoride and heavy metals.

Dissolve a lightly rounded teaspoonful (5-6 grams) of borax in 1 litre of good quality water (no chlorine or fluoride). This is your concentrated solution. Keep this bottle out of reach of small children.

One 1 teaspoon (5 ml) of concentrate is the standard dose with 25 to 30 mg of borax and provides about 3 mg of boron. Start with one dose mixed with drink or food. Gradually increase to the chosen maximum intake. The minimum effective dose when used as microbicide is about 100mg of borax.

Individuals with low to normal weight may try a daily amount of 500 mg or 100 ml of the concentrated solution; drink spaced out during the day or mix with food. Heavier individuals may use 1 gram or 200 ml of concentrated solution. Autoimmune diseases have been cured with 2 grams/day for several months. Take your maximum amount for up to 1 month and then alternate with another microbicide. However, continue taking a maintenance amount of 2 or 3 doses daily. Alternatively, with long-term use of high amounts of borax stop taking it for one week each

month. Instead of taking 100- or 200-ml concentrated solution you may just mix $\frac{1}{8}$ or $\frac{1}{4}$ of a level teaspoon of borax powder with food.

Borax is rather alkaline and in higher concentrations has a soapy taste. You may disguise this with lemon juice, vinegar or ascorbic acid. It is one of the best remedies for vaginal thrush: fill and insert a gelatine capsules at bedtime for one to two weeks. For more details see www.health-science-spirit.com/Healing_the_Body/Kerosene-a-Universal-Healer.html

Olive leaf

Olive leaf is used as tea, powder, or extract to kill all kinds of microbes. The active ingredient is oleuropein. Preferably use 600 to 1000mg of oleuropein daily as part of the anti-microbial rotation program.

Dried olive leaf has about 30-90mg of oleuropein/g; therefore use 10 to 20 grams per day. As the tea is bitter you may use part of it as powder stirred in juice. Simmer dried leaves in 1 litre of water for 1 - 2 hours, top up, strain, refrigerate, and drink 3 - 5 cups daily.

More common is olive leaf extract. As powder stir half a teaspoon in water or juice two or three times daily, take before meals, add glycerine to sweeten. The normal retail form is as 500mg capsules. In this case you may use 6 to 10 capsules daily.

Liquid commercial extracts commonly contain only 4mg of oleuropein per millilitre and may not be effective for an intensive program, but contain other beneficial antimicrobials.

Pau d'arco

Pau d'arco (also called taheebo or lapacho) is a strong fungicide from the inner bark of a South American tree. Either use extract or make a tea: one tablespoon of bark or a heaped teaspoon of powder in a large cup of water. Bring to boil and let simmer or steep for 5 to 15 minutes; drink 3 cups a day.

Powdered pau d'arco in capsules or cold water does not work, but you may use pau d'arco *extract* in capsules. Until you get a good result use a minimum of 5 capsules or one teaspoonful of extract 3 times daily,

the more the better. Later gradually reduce the dosage. Pau d'arco is not standardised and inferior products may not work.

Wormwood

Wormwood is effective against most microbes. Commonly used is *Artemisia absinthium*, but also *Artemisia annua* or Sweet Annie is good. Both herbs have different active ingredients, and you may use a mixture of both. They should not be taken during pregnancy, and not ingested in high doses for more than one month at a time.

To avoid the bitter taste of *A. absinthium* stir a rounded teaspoon of powder in some cold water or juice and drink immediately. Use a teaspoonful three times daily. However, its bitterness stimulates the digestive system. It has been used as a folk remedy to cure jaundice. Therefore, in addition to taking it in cold water, frequently drink some as tea with a meal.

Make wormwood tea by adding 1 heaped teaspoon of the herb or 1 rounded teaspoon of the powder to 1 cup of boiling water and allow it to steep for ten to fifteen minutes.

Drink it quickly and before breathing again, drink something pleasant afterwards. You may also use wormwood powder in capsules (3 to 5 capsules 3 times daily), or use only Sweet Annie.

Coconut Oil

The medium-chain saturated fatty acids in coconut oil are potent antimicrobials and especially fungicides. Take up to 5 tablespoons of virgin coconut oil spread out during the day mixed with meals and other food. After sufficient improvement you may reduce this to a comfortable long-term maintenance dose. Coconut oil provides energy for damaged organs; it does not need bile or pancreatic lipase for absorption and does not cause weight problems. I prefer coconut oil to monolaurin, an isolated component of coconut oil, or to undecylenic acid, a related fungicide.

Moringa

Moringa Oleifera is an excellent microbicide. It has been shown to eliminate *Candida*, Golden Staph and other microbes, even if these are protected by biofilms. Use as leaf powder or tea. In difficult cases add

Curcumin, the active ingredient in turmeric. Gradually increase to high doses and then drop back to a lower maintenance dose.

Colloidal Silver

Colloidal silver has a long history as a natural antibiotic. Try a teaspoonful three times daily for several weeks. Keep each spoonful in the mouth for several minutes before swallowing. Store colloidal silver in a brown glass bottle in a dark and cool place. It is actually more effective in direct contact with infected sites than just swallowing it as ionic silver may precipitate as silver chloride in the stomach. More effective is colloidal silver made with high voltage, or try Molecula Silver or Monoatomic Silver all with very small particles that are more effective and not affected by stomach acid.

Hydrogen Peroxide

Hydrogen peroxide is suitable to sanitise the gastro-intestinal tract. You may dilute 35% hydrogen peroxide, or buy 3% or 6% peroxide from a supermarket or pharmacy. Stabilizers in some of these products are usually harmless. Nevertheless, food-grade is preferable. Best dilute peroxide for daily use to about 3% by adding 1 part of 35% peroxide to 10 or 11 parts of water. Start taking a few drops in a glass of water. Gradually increase to 1 teaspoon or more four times daily before meals and at bedtime. If you develop an aversion, decrease again. Swallow quickly instead of slowly sipping. To disguise the aftertaste, add aloe vera gel, fruit flavours, herb tea, or cinnamon. Continue for a month or two and then reduce to only once a day. In addition, use it to rinse your mouth and gargle. It helps with thrush and to prevent colds and tooth decay.

Fenbendazole

This is a veterinary product used to eliminate parasites and worms from domestic animals, and it is also one of the best fungicides. In recent years it came to prominence due to **effective cancer treatments**. It also had research publications in prominent science journals. It is generally non-toxic for humans and has a bland taste as powder or liquid.

It is commonly sold as Panacur but in Australia cheaper as Fenbender 100. In Australia a veterinary prescription may be required, but it is

easier to obtain from ebay.com.au. Take about 250 mg as powder or ½ tsp of the liquid with food or drink for three consecutive days each week and pause for the remaining four weekdays.

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Chapter 8

ARTHRITIS DIET

A low-allergy diet will go a long way towards overcoming arthritis and restoring good health. You may just adopt the following low-allergy diet as it is or modify it to your requirements. If you find that there are still some foods that do not seem to agree with you, or if you would like to add other foods about which you are not sure, then use food-allergy testing as explained in Chapter 9.

Furthermore, allergic reactions and pain are greatly intensified if the body is too acid. Therefore, it is good to understand some basics about the acid-alkaline balance, so that you know how to alkalize your body.

Low- Allergy Diet

The basic arthritis diet consists of plenty of raw food such as sprouted seeds, fresh vegetable juices or vegetables pureed in a high-speed blender, also vegetable salads in increasing amounts according to the strength of the digestion. You may cook lentils and brown rice, usually eaten together at the same meal, and also steamed vegetables, especially onions, beetroot, green beans, okra, sweet potato leaves and other green leaves and members of the cabbage family.

Whenever possible use freshly prepared vegetables rather than frozen or tinned products or potato chips. Frequently have raw food days. Use organic or free-range raw egg yolk (e.g. as part of a salad dressing), otherwise soft-boiled egg. Fish and seafood are good, and especially the broth of fish heads and bones simmered in diluted vinegar. Fish can be eaten raw after soaking it in lemon juice or good vinegar to make it more tender and sterile. Eat only small amounts of red meat, and preferably raw as organic or grass-fed mince.

Other suitable foods are lean white meat, goats' milk products, legumes (except with gout), avocado, almonds, and celery. Use a spoonful of coconut oil with most meals. Also good are extra-virgin olive oil, ground

linseed and lecithin. Grind linseeds in a coffee grinder and refrigerate. Try peanut oil and lanolin as skin rubs.

The more sensitive the skin is to cold, insect bites and irritants, the less fruit should be used or, better still any fruit acids may be neutralized with alkalizers (see below). With insensitive skin use a fair amount of fruit before or instead of meals.

Until sufficient improvement it is best to avoid or minimize bread and other flour and grain products. Use only sourdough-baked bread, possibly rice or spelt bread, rye sourdough bread only after improvement and allergy testing. Instead of using commercial bread, you may experiment with sourdough baking from lentils, buckwheat and brown rice, soak and blend the seeds, possibly use acidophilus culture as starter.

Because of the usually weak digestive powers, it is important to have only small meals, chew very well. Have breakfast or possibly lunch as the main meal, but only a light, early evening meal. Ingest any water in which vegetables or brown rice have been cooked. If meat, fish or nuts are used, eat these as the first part of any meal. Try hydrochloric acid supplement with protein meals. If possible, lie down for a nap after lunch.

While it is important to have plenty of fluid-intake, this should not be taken with or after meals so that digestive juices are not diluted. Drink about one litre of preferably warm water, alkaline ionized water or Brown's Gas bubbled water, diluted citrus juice, herb tea or fresh diluted vegetable juice about 30 minutes before breakfast.

For making vegetable juice use mainly wheat grass, barley grass, celery, parsley, edible weeds and other green leaves as well as beetroot, and only a smaller amount of flavouring sweet vegetables (e.g. carrots, pumpkin) and apple. A further glass of water, herb tea or fresh juice may be taken before other meals. Drink juices slowly and spaced out to minimize any rise in the blood sugar level; also try fresh vegetables pureed in a high-speed blender and ingest without straining.

As sweeteners you may use xylitol, Stevia or glycerine. Fats consist of fatty acids combined with glycerine. Glycerine is needed for a healthy

skin and does not require insulin like sugar and other carbohydrates. You may also use cocoa powder or carob powder, as long as they are pure and not sweetened or with milk solids. For further information on food selection and preparation, food combining as well as metabolic types, see Chapter 2 of **TOWARDS RADIANT HEALTH** .

Almond Milk

You may use this instead of animal milk. Soak almonds overnight. Replace the water, blend the soaked seeds, (remove almond skins before blending) and press through a strainer. You may either drink the liquid immediately or refrigerate it. You may add the residue to your breakfast.

Bone-Jelly Broth

Frequently provide nutrients to strengthen connective tissue by using the soft bones and cartilage or gristle of fowl, and also skin, bones and heads of fish. Add a tablespoon of vinegar, and simmer with sufficient water in a covered glass (preferred) or enamelled container for several hours.

With larger quantities repeat adding acid (vinegar) and simmer until the bones are soft. Then blend and strain the broth, and refrigerate or freeze in small containers. Add bone-jelly broth to meals and vegetable salads - it is an excellent source of gelatine, minerals and collagen. If the broth is too acid, add an alkalizer. Do not cook acid food in stainless steel (or aluminium).

Krill Oil and Astaxanthin

Krill oil and Astaxanthin have both shown excellent results with all forms of inflammatory joint diseases. Krill are tiny shrimps from Antarctic waters. Krill oil provides anti-inflammatory long-chain omega-3 fatty acids bound to phospholipids (similar to lecithin). This makes krill oil several times more effective than fish oils which are present as triglycerides.

The phospholipid bonding also makes krill oil much easier to absorb and to be transported to where it is needed in the body. This is important as many arthritics have problems with absorbing and metabolizing fats.

Krill oil supplements may be deceptive. Buy only products that state that they contain about 400 mg/g of phospholipids. A low or missing phospholipid value means that it may be mostly fish oil with added astaxanthin. Until sufficient improvement, take 2 grams daily mixed with lecithin and food, later continue with 1 gram daily. Frequently extra astaxanthin has been added in amounts of 1 to 1.5 mg. per gram of krill oil.

Astaxanthin is one of the most powerful antioxidants. It provides the pink colouring of krill oil, lobsters and salmon and is originally produced by microalgae. Farmed salmon and commercial egg yolk are commonly coloured with synthetic astaxanthin which may not be beneficial. Algae-produced astaxanthin is suitable for vegans.

Together with beta-carotene and lutein astaxanthin belongs to the carotenes which are all fat-soluble. It is commonly sold in 4mg capsules; try 2 or 3 capsules daily. To enhance absorption, you may take some mixed with lecithin and olive oil in a meal, mix another part with coconut oil and rub into soft parts of the skin, and finally keep part of it under the tongue, best at bedtime.

Protein Powder Mix

You may use this as a basic snack or meal. Mix one or two teaspoons of spirulina and possibly chlorella, two of barley or wheat grass powder and three or more of ground linseed and bee pollen (preferably cell-broken pollen) in a suitable liquid, such as almond milk, seed yogurt or (goats') milk yogurt, fresh vegetable juice, dark grape juice or smoothie.

You may add raw egg yolk, pawpaw, banana, berries or other fruit, also lecithin, coconut oil or extra-virgin olive oil, and make the consistency so that you can drink it, or eat it like porridge. If desired, sweeten it and flavour with cocoa or carob powder.

Fermented food

Ferments can be very effective in sanitising the intestinal tract and, with this, improve many health problems. Use raw sauerkraut juice, self-made goat milk yogurt etc. For more information about ferments see Intestinal Sanitation at: https://www.health-science-spirit.com/Healing_Foods/Intestinal-Sanitation.html

Sourdough Baking with lactic acid fermentation is much healthier than yeast baking. It makes minerals and inositol available that otherwise remain unavailable in conventional cereals.

Mix the following:

- 2 cups of brown rice flour
- 1 cup of buckwheat flour
- 1 cup of sourdough starter
- 2/3 cup of warm water
- 1 or 2 tsp of honey or molasses

Normally you save a cup of the sourdough for the next batch. When doing this for the first time then add instead a probiotic culture. Honey or molasses are added as food for the bacteria to be converted to lactic acid.

Buckwheat flour is recommended in all non-gluten baking to make the bread stick together. You may replace part of the rice flour with other non-gluten flour, as for instance coconut, lentil or pea flour, which you can make yourself by grinding dried coconut or seeds in a coffee grinder and putting it through a sieve.

Keep the mixture warm for several hours or overnight, preferably in a yogurt maker. When it has become somewhat frothy and risen by up to half in volume it is ready to bake. If you want to add salt you can do it at this stage after taking out and refrigerating a cupful for the next batch. If it is too acid for your taste, mix some alkalizer into the dough, (e.g. sodium bicarbonate)

Put the dough into a baking tin, keep it warm for an hour or more to let it rise again, and then bake for 35 to 40 minutes at 180°C. You may also explore spreading some of the dough flat on a tray and preferably let it dry in the sun for a few hours, or otherwise just in a warm place. It may not get dry like a baked product but rather moist and crumbly. Keep the dough firm for faster drying.

This is a live fermented food and tastes somewhat sour like yogurt. You may use it with any good spreads and in addition to salads and other meals just like bread. Start with small amounts.

Caution: Improperly made or stored ferments can cause allergic reactions and intestinal discomfort – be careful. Further, do not leave acidic ferments in contact with blank metal surfaces, e.g. grease a baking tin or use baking paper.

Restricted Food

Some arthritics improve when avoiding foods of the nightshade family: tomatoes, potatoes, capsicum and peppers, eggplant or aubergine. These may contain the toxic alkaloid solanine, which is especially high in green parts of potatoes and tomatoes.

Best avoid these until sufficient improvement, then introduce gradually with careful self-observation. Use only red capsicum, not green ones. However, raw potato juice and broth of potato peels may be helpful to some and you may experiment with these.

Avoid cows' milk products, wheat products (except wheat grass juice or powder), and initially also other gluten foods such as rye, barley and oats; breakfast cereals, sweeteners and sweetened food, salt (except with low blood pressure), red meat, yeast, fat, fried products, commercial polyunsaturated oils or seed oils, margarine and mayonnaise. However, oats and sourdough-baked rye may not cause a problem, so just experiment.

Avoid potentially mouldy foods, such as peanuts or peanut butter, black olives, commercial fruit juices, dried fruit, pickles, tomato sauce, mouldy cheeses, ice cream, processed and smoked meats, malt products, barbecue sauce and flour products.

Initially avoid fermented beverages such as beer and wine, and alcoholic beverages in general, also highly processed food or food containing preservative, colouring or other chemicals.

If sensitive minimize non-neutralized food acids, such as lemon juice and vinegar, also fruit juice or dried fruit. Avoid alcohol and smoking. Try to avoid chlorinated and fluoridated water for cooking and drinking. With gout minimize cooked legumes.

Mineral Absorption

Arthritis in general and osteoarthritis in particular is associated with mineral deficiency. This is not only due to eating too much mineral-deficient refined food but also to the presence of phytates in whole or unrefined seeds and their flours. Phytates prevent the absorption of minerals unless seeds are sprouted or fermented.

Phytates are mineral salts of phytic acid which are mainly in the outer part, the bran or hull. When eating cereals, yeast-baked bread, nuts or almonds, or cooking brown rice or legumes, fewer minerals are being absorbed as they remain tightly bound to phytic acid.

Commonly excess phytic acid is present which can also block the absorption of minerals from fruit and vegetables in the same meal. This can be improved by soaking seeds overnight and discarding the water and so reducing the amount of phytic acid. But to make all minerals in whole seeds available these need to be sprouted or fermented, as in sourdough baking or eating sprout salads.

Another important rule is not to discard the water in which vegetables have been cooked because this also removes most of the vitamins and minerals. Using microwave for cooking changes vitamins and other sensitive bio-molecules in undesirable ways, and needs to be avoided, the same with GM foods.

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Chapter 9

ADDITIONAL THERAPIES

Further helpful therapies are mainly aimed at cleansing procedures from the outside, such as removing toxins through the skin, and additional anti-inflammatory measures.

Food Allergy Testing

When returning to your normal diet after cleansing for three or more days pay attention to any sensitivity reactions. Preferably keep a diary of tested foods and any reactions, such as nausea, pain or discomfort, and also record your pulse rate before and after eating a test food or meal.

Usually the pulse rate rises slightly 30 to 60 minutes after food intake. If it rises more strongly than with other foods, then this indicates an allergy; the stronger the rise, the stronger the allergy. Allergy testing may not work if you are exposed to tobacco smoke or use coffee, tea or other drugs.

There are various forms of allergy testing, some more technical, others a simple skin scratch method, muscle testing or pulse testing; none of these, however, is as reliable as proper elimination testing, also called the **elimination diet**.

If you cannot use a cleanse for at least 3 days, then for about five days you abstain from all or most of the commonly eaten foods. Instead use a very simple diet with as few components as possible.

A possibility is a small selection of cooked vegetables with lentils or peas, flavoured only with olive oil, herbs and salt. Someone who had problems with most foods used only turkey. *Whatever you choose be sure it is not your favourite food as that is more likely to cause problems.* During this time also try to minimize any other possible allergenic influences such as solvents, or car exhaust fumes, house dust, moulds,

gas, or cigarette smoke. Basically, avoid anything with strong or unusual smells.

Starting on the second day there may be more or less troublesome withdrawal symptoms with cravings for the food or stimulant to which one is addicted. There may be headaches, dizziness, weakness and other problems. On the fourth day these symptoms usually subside and one begins to feel much better. Often symptoms of long-standing ailments, including arthritis, may disappear or improve as well.

If you do not feel right by the fifth day, this may be due to chemicals and drugs, whether medical or recreational, which take much longer to clear from the body. It will greatly lessen discomfort during the fast if you take a strong laxative on the first morning of the fast. In addition, drink a lot of water or diluted herb tea. The sooner you feel better the sooner you may start testing different foods.

Most recommended is elimination testing directly after the Intestinal Sanitation. While on your restricted diet begin recording your pulse rate. Check your pulse for a full minute before, and 30, 60 and 90 minutes after the meal. If the pulse is generally stable it may be sufficient to check only once after 60 minutes. Always test sitting in the same position, and when the pulse rate is not increased from any previous activity.

On the morning of day four, five or six have your first test meal. Try different foods during the day. In the beginning, test mainly foods that you expect to be safe. Test suspected allergenic foods at the last meal of the day so that you can sleep off any prolonged reactions. Use suspect foods only individually or with previously tested non-reactive foods.

Before and after each test meal make the pulse tests and any other relevant tests. If the pulse rate increases by 10% or more after the meal, then this may indicate an allergy; the greater the increase, the stronger the allergy. If there is a reaction involving a combination of newly tested foods, then repeat testing the individual foods.

In addition, make other tests relevant to your condition: Check the range and pain level of impaired joints or muscles, and watch out for any sign

of bodily or emotional discomfort. With weak eyesight also check your reading ability using a wall chart; school children may be tested for clarity of writing and speech. Keep a detailed diary of the pulse rates, measurements and any unusual happenings, feelings, discomfort and so on.

You may stop a strong reaction by taking 1 level teaspoon of sodium bicarbonate (baking soda) or better, 2 parts of baking soda with 1 part of potassium bicarbonate. On a normal diet, reactions may be delayed and manifest up to two days later. In addition, if you have a strong reaction it may help to dilute the suspected allergen 1:100 with water.

Then clean the mouth and put a few drops of this mixture under the tongue. If this does not help within minutes, dilute further in steps of 1:100 and repeat the process.

Test offending foods again after three to six months. Commonly small infrequent amounts are then tolerated. Eat problem foods not more than once a week. If conditions deteriorate once more, test again or adopt a safe low-allergy diet. The body is less sensitive to allergic reactions when using alkalizers and digestive enzymes.

Alkalizing the Body

An over-acid body is also over-sensitive - emotionally as well as physically to pain. The skin and the mucous membranes become very sensitive to irritants, and any allergic reactions are greatly intensified. The opposite happens when the body becomes too alkaline, it becomes insensitive and rigid, and it calcifies.

The strongest alkalizing foods are spirulina, barley or wheat grass powder, fresh green vegetable juices and vegetable broth, e.g. the broth of boiled potato peelings. Those who are over-acid become even more so with fruit acids and acidic fermented foods.

However, dissolving dolomite in vinegar or lemon juice until nearly neutral produces a strongly alkalizing remedy. Alternatively, baking soda may be used to neutralize acid fruit juices. In addition to taking a teaspoon of sodium bicarbonate with psyllium before breakfast, you may take further amounts before other meals.

Take so much alkalizer that your urine during the day is mostly above pH 7 or slightly alkaline (pH 7 is neutral). To treat strong pain, temporarily increase the urine pH towards 8. To check your urine, you may use pH papers or use turmeric. Dissolve a teaspoon of the powder in half a litre of methylated spirits, shake and let settle to produce a yellow solution. In an alkaline pH this becomes ruby red, it turns colour at a pH of 6.8. To test pour some of the yellow solution into a glass and add some urine, if it turns red then the urine was alkaline, if it stays yellow then it was acid.

However, the best alkalizing food cannot bring lasting improvement if one has Candida or continues to eat food to which one is allergic, or with too much sweet food or refined food.

Copper Salicylate

Copper, in organic form as chelates, complexes or as colloids, is excellent for reducing inflammations, strengthening connective tissue, restoring hair colour and the oxidative energy metabolism as well as fighting parasites. It is best known for its benefit in treating arthritis and rheumatic diseases.

In clinical trials 60mg of copper salicylate have been used twice daily for 10 days, Copper deficiency causes uric acid levels to rise in gout. Copper blood levels in rheumatoid arthritis are elevated as liver stores are mobilized in response to the inflammatory processes, causing tissue deficiency.

Animals given a choice between drinking normal water and water in which a copper pipe has been immersed reportedly prefer the high copper water. This helps to keep them free of parasites. Copper armbands are well known to reduce arthritis. Copper serum levels are elevated up to threefold above normal with inflammations, and with many chronic and infectious diseases, as the body mobilizes tissue stores of copper to fight the condition. During remissions copper levels in the blood return to normal.

The most effective anti-inflammatory copper remedies are organic copper complexes. Commonly these are related to salicylic acid.

Copper salicylate has a better anti-inflammatory effect than cortisone, but without the side effects.

Dr Werner Hangerter, of the University of Kiel in Germany successfully used copper salicylates for over 20 years with more than 1100 patients with rheumatoid arthritis and other inflammatory conditions. Of 620 patients with rheumatoid arthritis 65% became symptom free and another 23% improved significantly, only 12% remained unchanged. With acute rheumatic fever 100% became symptom free. Also, neuromuscular problems such as sciatica, neuralgia and cervical spine-shoulder problems responded very well. Even short-term treatment of rheumatoid arthritis resulted in long-term remissions or improvements.

The therapeutic potency and safety of the copper complexes of aspirin (acetyl-salicylic acid) and salicylic acid is much better than for aspirin itself or for inorganic copper. These complexes are 5 to 8 times more effective than aspirin but less toxic. The therapeutic index (the margin between effectiveness and toxic effects) has been stated as being significantly greater than for other anti-inflammatory drugs.

While aspirin causes or aggravates peptic ulcers and gastro-intestinal bleeding, copper complexes have a better ulcer-healing effect than commonly used anti-inflammatory ulcer drugs. Harmful effects of aspirin, salicylic acid and similar drugs apparently arise because they bind copper in the body and cause localized copper deficiency in the tissues.

Unfortunately, copper salicylate complexes are difficult to obtain, presumably because they cannot be patented. For further information see https://www.health-science-spirit.com/Healing_the_Body/Copper-and-Zinc-Salicylates.html

You can easily dissolve copper salicylate in water for external use and as packs or rubs on sites of pain or inflammation. To improve its skin absorption, you may mix it with aloe vera gel or MSM. However, do not apply it directly on skin that is injured, inflamed or very sensitive, or try in highly diluted form.

For internal use try a teaspoonful (approximately 25mg of copper salicylate) three times daily in liquids with meals. For short-term use for

relief of strong pain you may also double this amount. When it produces the desired effect, cut back to a maintenance dose of 1 teaspoonful a day or interrupt the intake after a few weeks to see what happens.

Another possibility is to obtain and ingest sodium salicylate and a copper chelate together. Some copper salicylate may then form in the stomach. Copper salicylate is a stable complex and most of it appears to be excreted unchanged. Therefore, it is more a remedy than a supplement. Nevertheless, when taking copper as complexes, colloids or chelates over a longer period also take additional zinc to avoid a zinc deficiency from developing. Individuals who are sensitive to salicylates need to be extra careful but I believe that even then it will generally be well tolerated.

Removing Mercury

Toxic metal accumulations greatly contribute to the development of arthritis and autoimmune systems in general. The worst offender is mercury, especially from amalgam fillings, vaccines and seafood. Once absorbed mercury may remain in brain and nerve tissue for an indefinite time and cause local degeneration as well as hyperactivity of the immune system.

After replacement of any amalgam fillings use oral chelation to remove toxic metals. Commonly sulphur compounds are used to chelate metals and transport them to the liver and kidneys for removal. One of the strongest chelators is alpha lipoic acid (also called thioctic acid), best combined with milk thistle extract. Chlorella (cell broken powder) prevents re-absorption of expelled metals from the intestines. Also helpful are DMSO, MSM, N-acetylcysteine, alpha-tocopherol, and ascorbic acid. If sulphur remedies are not well tolerated, add a molybdenum supplement.

I like the Cutler Protocol at <http://www.gesundohnepillen.de/cutler.pdf> Alpha lipoic acid is used for 3 days and 2 nights every 3 hours during the day and every 4 hours during the night, and this is repeated once a week or fortnight. Each dose may be from one quarter to 1 mg/kg body weight. During detoxification health problems may temporarily increase.

Blistering

Blistering, also called counter-irritation is a direct cleansing method for local conditions and has been used successfully for centuries with arthritis and other rheumatic complaints. It often relieves pain and stiffness quicker and more reliably than other methods.

The usual technique to irritate the skin over a painful or stiff joint is by applying a blistering agent. One may also vigorously brush affected joints or even intentionally expose them to insect bites or stings.

A folk remedy for arthritis is to hold a stiff or sore joint in an ant's nest, or let it be bitten by sand flies or mosquitoes; even bee stings have been used. Another folk remedy is beating the affected area with a bunch of stinging nettles.

The principle is to draw the toxins and congesting energies from the inside to the surface. Liniments, compresses and plasters may be used. Vegetable turpentine or kerosene are suitable as blistering agents, but most commonly used are cayenne, mustard powder and Cantharides. Cayenne or mustard powder may be mixed with water to make a paste. This is spread on a linen or cotton cloth and applied to the affected area.

Leave it on until the burning becomes too uncomfortable. Preferably a blister has been raised or pustules appear. Wash off any remaining paste residues and open the blister with a needle to drain the fluid. For healing the skin keep a fresh cabbage leaf over the blistered area, later rub vitamin E oil onto it.

In long-standing conditions blistering may have to be repeated several times in different places around the joint or along the course of an infected nerve as with shingles.

Blistering can also be used with low back pain, sciatica, myositis, bursitis, neuralgia and neuritis, lumbago, spondylitis as well as with pain, inflammation and infection of inner organs.

I found kerosene very effective. Moisten a cloth with kerosene and wrap it around the affected joint. Possibly cover the cloth with plastic. After some time, the skin may start burning but try to keep the pack on as long as you can stand it. This may be less than half an hour with sensitive skin or several hours if the skin is insensitive. After removing

the pack, the burning will stop very quickly, but do not wash with water. The skin should be very red as after sunburn and it may start peeling after a few days, just like sunburn.

A milder arthritis treatment is to mix one part of kerosene with one or two parts of olive oil and keep this as a pack on or around an affected joint, or soak or massage the joint with it.

Packs, Rubs, Baths, Colours

Packs, baths and rubs can be very helpful. As a rub use warm peanut oil. Rub it into affected joints while at the same time and for 5 - 15 minutes afterwards keeping the area warm with an infrared lamp or heater. For more immediate pain relief you may also add oil of sassafras, wintergreen or cloves to the peanut oil.

Epsom salts or magnesium chloride are both suitable as packs. Soak a cloth in a saturated solution of magnesium salt, or alternatively in very warm water, wring out lightly and cover with a heavy layer of magnesium salt. Apply this to a painful or stiff area and keep warm for 1 - 2 hours with a hot water bottle. If the problem is in the hands or feet, make a concentrated magnesium salt solution and bathe the affected part in it while keeping the solution as hot as possible. You may also buy a 25 kg bag of magnesium salt and dissolve 1 - 5 kg in a hot bath, the more concentrated the better. Preferably also add twice the amount sodium bicarbonate to the bath. Repeat all of these once or twice a week. Often induce sweating after a bath.

With **colour therapy** you shine a strong blue light at close range onto a painful or inflamed area, while for chronic weakness and stiffness use an orange light. You may use a coloured light bulb, or alternatively a colour-filter or coloured cellophane may be used with a normal light bulb or the sun as a light source. Expose the affected area for about 60 minutes at a time with a coloured light bulb as close as possible to the skin but far enough that excessive heat is not a problem. However, it is more convenient just to wrap the affected joint or area with coloured cellophane and expose it to normal daylight or sunlight or full-spectrum electrical light.

Try **reflexology**, it is very effective; see https://www.health-science-spirit.com/Healing_the_Body/Reflexology.html Or Towards Radiant Health. Also stimulate the skin with alternating hot and cold showers and with vigorous skin brushing, especially over stiff areas.

Massage can help greatly to improve blood circulation and flushing toxins out of muscles and tissues. In addition to professional massages, try frequently massaging with friends and relatives.

Deep tissue massage to loosen up the ligaments and tendons can be especially effective with stiff muscles and joints. Unfortunately, it is also rather painful; therefore, start using it after painful inflammations are already under control. If it cannot be done professionally you may ask a friend or relative to press deeply around areas of stiffness, or you may even do it yourself. Also press sore spots in the shoulders for arm problems and in the buttocks for leg problems. For direct massage over painful areas use gentle massage, lightly circling over the skin.

Exercise

The best exercises to energize and relax tight muscles are tensing and shaking exercises. Sometimes you may shake the whole body, at other times just the affected parts. You may do this standing, sitting or even lying down. Shake the limbs or the whole body for one minute or longer while at the same time breathing rapidly and deeply.

Tensing, too, may be practiced in any position. You may either just tense the muscles around a painful, weak or stiff joint or leg, or gradually tense all your muscles, starting with the feet and proceeding towards the top. At the same time inhale deeply. Hold breath and maximum tension for several seconds and then exhale while at the same time relaxing the muscles from the head downward. Do this about ten times and repeat several times during the day. Also, isometric exercises may be done: press with the arms or legs against a wall or other unmovable objects. Hold a deep breath while pressing and pay attention to relaxing the muscles afterwards.

If you can walk without much pain, then go for long walks and practice deep breathing in clean air at the same time. If you have difficulty walking, try swimming. As a general health measure, get into the habit

of doing suitable yoga exercises, especially those, which strengthen the spine or the back and the abdominal area. See: www.health-science-spirit.com/exercises.html for more exercises.

Emotions and Imagery

Unreleased emotions contribute significantly to muscle armouring and with this to the development of arthritis. The most frequent problems are suppressed anger, suppressed sexuality and resentment.

If you have arthritis in the leg joints or hip, violently kick a cushion or something similar for several minutes. If the problem is in the arms or shoulders, hit a cushion or mattress with the fists. If you remember having felt a grudge against a particular person, you may imagine hitting or kicking him or her. Make angry sounds at the same time; you may also cry or shout. You may have to repeat this on subsequent days. When you feel that you have reacted out all the stored resentment, frustration and anger and feel emotionally empty, begin creating an imaginary scene in your mind in which you forgive that person and any others you do remember. Try to send out some kind thoughts in the end.

Even if you do not remember a particular incident or person that caused you to be frustrated and resentful, do the exercise anyway. Some memories may come up while you are doing it. Finally, forgive yourself formally for problems you may have caused to others or which others may have caused you.

Also, very helpful is mental imagery. Sit or lie in a comfortable position and do one of the many available relaxation exercises. Then imagine that with each inhalation you draw in a cool blue stream of healing energy, which you mentally direct to any painful area. Imagine the pain as a red fire ball around the inflamed joint. See the blue healing energy washing away at the fireball and with each exhalation a murky mixture of red and blue energy leaving the body. Gradually the fireball becomes smaller and smaller until after several minutes it has completely disappeared. Feel the joint being immersed in the soothing blue healing energy. Repeat this exercise as necessary to control any pain.

If a joint is weak or stiff, you may imagine the healing energy to be orange or golden-yellow and see it washing away any constricting grey or black waste matter or calcifications. Then see the joint in a perfect shape and condition, have a look at an anatomical picture to know what a healthy joint should look like.

Finally, see yourself in a mental movie exercising, working and using the diseased joint and also the whole body in a normal way or as you would like to use your body. For additional mind tools, such as the emotional Freedom Technique, relaxation exercises and meditation see Chapter 9 of **TOWARDS RADIANT HEALTH** .

Further Measures

In addition to the direct elimination of harmful residues through the skin it is of greatest importance to improve the elimination through the bowels and kidneys. Much of the morning stiffness with arthritis is due to water retention. This can improve by avoiding salt and taking herbal diuretics, such as juniper berries or tea of elder or peach leaves, also meadowsweet, sarsaparilla or sassafras.

There are various other aspects, which may have either a positive or negative influence on your condition. I want to mention briefly just some of them. **Keep warm** during cold nights. It may be beneficial to sleep in a natural fibre sleeping bag during cold periods. A featherbed, on the other hand, may aggravate symptoms due to static electricity generated between feathers. Have a pillow consisting of natural materials and preferably the same for the mattress. If you continue sleeping on a foam rubber mattress put several natural fibre blankets on top, enclose the pillow in an allergy-proof casing.

Do not **sleep** or work for long periods close to operating high-powered electric appliances, avoid being exposed to fluorescent lighting for long periods. Do not sleep with the head resting on an arm or sit with your knees crossed. Do not wear synthetic clothing, especially as underwear. Preferably have natural fibre carpets and curtains and only a minimum of large synthetic or plastic items in living and work areas.

Minimize wearing **glasses**, frequently look without glasses at the blue sky and green surroundings; be outdoors as much as possible. Walk barefoot on moist grass.

For further information on healthy living and pollution control see Chapters 7 and 8 of **TOWARDS RADIANT HEALTH**.

For arthritics **menstrual bleeding** is a cleansing process. Females should avoid strenuous activity during period time, which may suppress menstruation and worsen arthritis. However, it is fine for the period to stop due to a vegetarian or raw food cleansing diet.

Magnets: The south-pointing pole of a strong magnet or a magnetic pulser has a strong anti-inflammatory and pain-relieving effect. See www.health-science-spirit.com/Healing_the_Body/Magnet-Therapy.html and www.health-science-spirit.com/Healing_the_Body/ElectronicZapper-and-MagneticPulser.html

Low back pain is often due to problems in the abdomen and sexual organs. Try to relax the long muscles on both sides of the spine. A good therapy for low back problems, beside yoga exercises, is to hang upside down. Special inversion equipment is available from sporting goods stores.

A method of **pain relief** developed for persistent phantom limb pain may also help with some kinds of arthritic pain. You may buy a wrapping or cover of fine steel mesh in nylon, see www.farabloc.com You may also experiment by obtaining some steel mesh or metal fly-screen, enclose it with light cloth and attach over the area of pain.

Scleroderma: wrap the affected limb in a cloth soaked in tea tree oil or gum turpentine. After several days or weeks, the skin becomes inflamed and painful. Then stop the treatment and frequently rub vitamin E oil into the skin. An alternative and possibly easier and faster method is to keep rubbing 70% DMSO on affected parts.

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Chapter 10

A HOLISTIC ARTHRITIS PROGRAM

The causes and solutions outlined so far show us what to do to overcome arthritis and rheumatic diseases. While different forms of these diseases may require a different emphasis, they also have many factors in common. The most effective way is in each case to get the basics right, and then use additional remedies or therapies to overcome any remaining problems. A holistic program is based on the following steps:

- A healthy diet of mainly fresh raw food
- Suitable supplements and remedies
- Raw-food cleansing periods or periodic fasting
- Intestinal sanitation
- Systemic anti-microbial therapy
- Additional therapies as required

Healthy Diet

The key points of a healthy arthritis diet are

- Easily digestible raw food, possibly using high-speed blender
- Frequent small meals or snacking and thorough chewing
- Food low in allergy, fat, flour products, processed food and sugar
- Avoid frying, GM food, synthetic flavours and colours, microwave
- Have at least 10% of fresh raw food with any cooked meal

Follow the diet instructions in Chapter 8; also see Chapter 2 in **TOWARDS RADIANT HEALTH** or https://www.health-science-spirit.com/Healing_Foods/Healing-Foods-List.html

Supplements and Remedies

As shown in Chapter 4, there is a wide range of nutrients and remedies that are potentially useful to improve arthritis. The following is a low-key selection as a starter program in addition to the recommended diet. According to your response you may then use additional remedies or

higher amounts, or you may reduce the variety and amounts after sufficient improvement.

As a basic supplement take a **B-complex** tablet with most meals. Specific vitamins may be added for certain problems such as 50 to 300mg of **P5P**, the active form of vitamin B6, especially for hand, arm and shoulder problems, and to improve formation of connective tissue, up to several grams of **pantothenic acid** with rheumatoid arthritis and weak adrenal glands (stress sensitive), up to 3g of **niacinamide**, all to be taken in divided doses during meals and snacks. Also use 5,000 IU of **vitamin D3** and a natural form of **vitamin E**. Sodium ascorbate or buffered vitamin C and MSM up to 10g spaced out during the day. Start **all** remedies at low doses and increase gradually. Stop or halve the doses during any reaction, then slowly increase again.

Minerals that have been found to help are 30 - 50mg of zinc, 10 - 20mg of manganese, 500mg of magnesium, 100 - 200mcg of selenium, iodine from a drop or two of Lugol's solution, and also chromium and molybdenum. However, the main mineral is boron, commonly from borax. The minimum therapeutic dose of boron is 9mg which is also a good maintenance dose. Initially it is advisable to use much higher amounts, especially as borax is also an excellent fungicide. Use **copper** as explained in Chapter 9.

Try **glucosamine**, half a teaspoon or more before or with each meal, best as N-acetyl glucosamine, possibly also chondroitin and shark or calf cartilage. Also, L-glutamine is needed for cartilage formation; try up to a teaspoonful before or with each meal.

Omega-3 Oils - traditionally a tablespoonful of cod liver oil has been used, best shaken together with lecithin and fresh orange juice in a jar or alternatively odourless fish oil and halibut liver oil capsules. Now I recommend instead using the more effective combination of krill oil with additional astaxanthin.

If elderly, or with signs of mineral deficiency (soft fingernails), try a **hydrochloric acid** supplement with protein meals. Alternatively add fresh lemon juice or cider vinegar and also some magnesium chloride solution.

Digestive enzymes from supplements or pineapple, pawpaw or ripe Kiwifruit can be helpful. The protein-digesting enzymes bromelain and papain (pineapple and papaya) can be mixed before eating with the protein part of a meal to help with the digestion and also to reduce pain and inflammation. If food or chemical sensitivities remain a problem even after allergy testing and avoiding offenders, then several grams of the amino acid glutamine can help to make the intestinal wall less 'leaky'. Periodically use Nattokinase and Serrapeptase to clean capillaries and improve blood circulation.

D,L-phenylalanine (but not L-phenylalanine) reduces pain by blocking enzymes which destroy natural pain-killing hormones in the brain. Start with 500mg - 3 times daily. It may take up to 3 weeks until it becomes fully effective; possibly increase to 1500mg per dose, once effective decrease again to a minimum maintenance dose.

To improve **liver functions**, try alpha lipoic acid, milk thistle, and after meals half a cup of a bitter liver herb such as centaury, devil's claw, gentian or even wormwood. Take 1 to 3 teaspoons of coconut oil with most meals to provide energy for the liver; in addition, ½ tsp of taurine and preferably also N-acetyl carnitine once or twice with food.

Raw Food Cleansing Periods

Start with one day on fresh raw food and gradually extend to a week or more. Best are salads, sprouted seeds and fresh leaves, juiced or blended. Also try the Basic Cleanse as described in Chapter 6. After a cleanse of at least 3 to 5 days introduce new foods gradually while observing your body for signs of food allergy or sensitivity.

Intestinal Sanitation

While improving your diet also start with the program of intestinal sanitation as outlined in Chapter 6. The main aim of intestinal sanitation is the elimination of Candida overgrowth and healing the Leaky Gut Syndrome caused by it. Use psyllium with garlic or ginger, and sodium bicarbonate before breakfast in addition to probiotics and prebiotics.

Systemic Anti-Microbial Therapy

Continue with the intestinal sanitation while starting the systemic anti-

microbial program. Use a wide range of the anti-microbial remedies mentioned in Chapter 7. Alternate them periodically and use different remedies on the same day, also cycle amounts. They are all good fungicides and have their individual strong points. Borax, kerosene, Fenbendazole, and gum turpentine are especially effective in sanitising the whole length of the intestinal tract and are also good to eliminate parasites. In addition to other anti-microbials also use moderate to high amounts of coconut oil, turmeric paste and ginger.

Additional Therapy

Use additional therapies especially for pain relief as explained in Chapter 9 according to the nature and severity of your symptoms. Effective methods are blistering, packs and baths of magnesium salts, DMSO rubs, blue light, reflexology. The best anti-inflammatory and pain-relieving effect comes from strongly alkalizing with sodium bicarbonate to increase the urine temporarily close to pH 8.

As you can see there is so much you can do to help yourself that you may not know where to start. Begin with the most essential items: diet improvement, basic supplements, intestinal sanitation, raw food cleansing, anti-microbial therapy, and especially alkalising. This should help to overcome most of your arthritis problems.

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