

RHEUMATOID ARTHRITIS

Commit to this program for 120 days before you decide that it is not working for you. You must realize it took years for you to reach a point of pain to decide to do something about the condition.

Arthritis – rheumatoid arthritis and other inflammatory diseases affect joints causing pain and decreasing mobility.

The synovial membrane and cartilage in the joints of the knees, wrists, elbows, fingers, toes, hips and shoulders needs the synovial fluid to maintain its integrity. This fluid comes from the fresh, clean water that we drink. But what's wrong with the American diet is we are consuming all kinds of drinks that are acid and an acid diet will pull fluid out of the joints. Many Americans, because they have been drinking flavored drinks all their lives, cannot stand the taste of water. But we must start drinking water if we want to maintain health. You can put a little fresh lemon in your water to help with the taste. Some kind of filtered or distilled water is a must to healthy joints.

Because of years of moisture leaving these areas with our high acid diet or just not drinking enough water, you will have bone on bone, inflammation, damage, and pain. See enclosed picture taken from Dr. Batmanghelidj's book, "Your Body's Many Cries for Water." You must reverse this by drinking only water and stop all the other drinks. You need to be at least drinking half your weight in ounces, more if possible. Yes, you will be going to the restroom more but that too is an advantage. To help move the fluid into the cells you can put a pinch of sea salt on your tongue each time you drink a glass of water. It must be sea salt with all the minerals not just sodium that you find in regular salt.

When you are in pain from the inflamed joints there is already some deterioration of the cartilage protecting the ends of the bones. This has been the wear and tear of aging, diet, and lifestyle. But we can rebuild these areas, it does take time and lifestyle changes.

With rheumatoid arthritis we often see an overactive immune system where self attacks self. Where there is inflammation, the immune system is going to respond. The more inflammation, the more response, the more active the immune system becomes, the more apt it is to get confused and begin to attack self.

How can we stop excess inflammation from forming in the body, rest and restore the immune system, rebuild the damaged cells and restore balance?

It all begins with what you put in your mouth, how well you chew it and how well you digest your food. To understand digestion more, read the enclosed information on digestion. All undigested protein molecules will enter the blood stream setting up an immune response. You see, undigested protein molecules do not belong in the blood

stream and to the immune system; this is the enemy. So you could be stressing your immune system with every meal. Also, many of these molecules will get by your immune system as time goes on, and then they settle in and around the cells, setting up inflammation response. The immune system is working very hard for you now with just undigested protein molecules, and soon it will become over active and confused, attacking protein molecules which are self.

This can easily be corrected by adding digestive enzymes to each meal and all sakes. The diet should be looked at because a high acid diet also adds to the problem (read the arthritis and bone spurs page). Vegetables and most fruits are alkaline so you should increase these in your diet. When eaten raw they are the most alkaline. Drinking plenty of water is a must if you want to see a decrease in pain. Adding a whole food green supplement will be an easy way to increase your alkaline foods each day. You will notice this is included in your supplement drink to rebuild the immune system and the damage in the joints.

Supplement drink can be mixed together in water, juice, or a smoothie. You can do this twice a day for faster healing but at least once. It can be a meal when adding fruit.

Nutritional Essential – 3 tablespoons a day
BarleyLife or Whole Foods – 2 teaspoons a day
Mega Omega – 2 tablespoons a day

With all meals take 5 Multiple Digestive Enzymes. You can also take enzymes on an empty stomach for repair but at least with meals. When desired healing is completed you can try 2–3 enzymes with meals. But if symptoms come back you are not digesting your food, add more enzymes and eat more raw.

It is good, at least at the beginning, to add some good bacteria to your diet. Probiotic Blend or Pro-5: 2 capsules right before bedtime. Do this for the 120 days and then you may be able to just do it once or twice a week to keep your colon clean and in balance.

You can take glucosamine sulfate and MSM to help with pain and speed healing. Two or more of each daily.

The more lifestyle changes you make the less supplementation you will have to take.

Please e-mail me with any question: asknancy@bellsouth.net or call:
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