

Arthritis

Harmony & Health

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Quality Products for Health

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Symptoms: cracking joints, stiffness, especially early in the morning, pain, deformation of the joint, usually affecting first the knees, hips, fingers and vertebrae. Over 100 different forms of arthritis have been labeled, among them gout, viral, psoriatic, and most commonly osteo and rheumatoid arthritis. Rheumatoid arthritis is a more destructive form because the inflammation can cause deformation of joints at an early age. It is complex and considered an auto-immune, therefore also best to work with the microbiome and immune system.

Other considerations:

As with all diseases, a nutritional approach to the treatment cannot produce immediate results, but is the main road to a biological rebuilding of the body which goes beyond masking symptoms.

- A. Excess weight must be reduced first, especially if dealing with weight bearing joints.
- B. If gout, undigested protein can cause painful uric acid deposits in the joints. Digestive enzymes, found especially in papaya & pineapple, as well as apple cider vinegar, improves digestion of proteins.
PDA— excellent combination is a Protein Digestive Aid. Black Cherry can help flush excess uric acid out.
- C. Eat plenty of vegetables, especially greens, for they enhance an alkaline environment in the body. Less acid, less inflammation.
- D. Essential omega 3 fatty acids lubricate the joints and reduce inflammation.
- E. Antioxidant vitamins and minerals should be added to the regime, they protect the joints from free-radical damage & reduce inflammation; Turmeric is one of the most studied showing benefits.

SUPPLEMENTS

Homeopathy:

- **Rhus Toxicodendron** –when stiffness occurs upon rising, and motion reduces pain. Cold, wet weather aggravates an attack while heat reduces the pain.
- **Bryonia**—the opposite, the pain is worse with motion and relieved by rest & applying cold packs.

HERBS:

- **Devil's claw**— effective in reducing the inflammation of connective tissues, reduces stiffness
- **Dandelion** -dispels uric acid— 3 capsules or 1 cup tea twice daily for 4-6 weeks to reduce the frequency and intensity of pain and to strengthen the connective tissue. (Esp. gout, substitute Alfalfa for osteo)
- **Ginger**— warming herbs— increases circulation of the blood & lymph. In Chinese medicine, it is used for pain, due to its ability to move energy. Can help by taking it internally or using it externally as a compress on the painful area. Studies have found it useful for both pain and reduction of swelling.
- **Olive Leaf Extract**— antiviral, anti-fungal, antibacterial properties that benefit auto-immune disorders. It can help increase stamina and restoration. This has shown to help with the inflammatory properties of rheumatoid arthritis and to increase circulation to affected areas.
- **Yucca**— lubricates joints— it was used by Native Americans because they knew that it allowed the joints to move freely. This freedom of movement was due to the saponin content of the herb, much like putting oil on a squeaky hinge. They also act in a similar manner to cortisone, as an anti-inflammatory.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



Building Better Health Naturally

Herbal Combinations to Support:

- **Joint Support**—a traditional combination with bromelain, hydrangea, yucca, and much more for arthritis that reduces acid waste, thins blood, reduces inflammation & promotes structural healing.
- **Joint Health** - Ayurvedic formula for arthritis w/ Boswellia to help reduce inflammation.
- **KB-C (Strengthen Water)** —Helps reduce acid in the body and aids the healing of bones, joints and connective tissue. Beneficial for back aches, osteoporosis, as well as gouty arthritis.
- **Curcumin EX Str-** Much stronger than standard Turmeric, reduces inflammation & stiffness related to rheumatoid, psoriatic, & osteoarthritis; also helps bursitis, MS, & many chronic conditions.
- **Skeletal Strength**—Nutrients to help build healthy bones, for bone density & growth spurts.
- **Trace Minerals**—good minerals & more, alfalfa-alkalizes, kelp for iodine, & dandelion for uric acid

Everflex w/HA

- **MSM** supplies biologically active sulfur. Sulfur has a long history as a healing agent, for centuries mankind has soaked in sulfur rich mineral hot springs to help heal a variety of ailments. It is a naturally occurring compound in green vegetables. Some of MSM's essential functions include maintaining structure of the proteins in the body; helping the formation of keratin, which is essential for hair and nail growth; aiding in the production of immunoglobulin, which maintains the immune system; and catalyzing the chemical reaction that changes food into energy. Dr. Ronald Lawrence, assistant clinical professor at UCLA School of Medicine conducted a double-blind study with degenerative arthritis. The preliminary study indicates that MSM offers a safe, non-toxic way to help ease the pain of arthritis with more than 80% of the patients studied getting improvement from pain.
- **Glucosamine**- is an amino sugar normally found in the human body and is the base material for making up mucous membranes, ligaments, tendons, and synovial fluid in the joints. It addresses the underlying cause & supports the body's natural ability to heal itself.
- **Chondroitin**—is a long chain of repeating sugars found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. It interferes with enzymes that destroy cartilage molecules and enzymes which prevent nutrients from reaching the cartilage.
- **Hyaluronic Acid**—naturally occurring substance in the body that helps lubricate & cushion the joints and keep the cells hydrated; helpful for osteoarthritis, reducing structural joint damage.

Topicals

- **CBD Pain Relief Cream**- CBD has pain-relieving and anti-inflammatory properties
- **Essential Oils:** Clove, Eucalyptus, Ginger, Lavender, & others can be used in baths, massage and compresses on the affected joints for analgesic and anti-inflammatory.
- **Capsicum and Ginger** are warming. Remember whenever heat is applied to a painful stiff joint, it is very important to move the joint as much as possible immediately afterwards, otherwise the heat can cause congestion which will make the condition feel worse, rather than better.
- **Deep Relief or TeiFu EO Blend** -nice combination formula to apply topically for pain & inflammation.
- **Copper Bracelets or Magnets** -insoles, attached to points, or mattress pad have helped some.

Activity Essential - Smooth and healthy joints may have a lot to do with taking the stairs, instead of the elevator, and going for a daily walk. You cannot use wear & tear as an excuse not to exercise, but rather choose wisely the type of exercise you do. No blood vessels go directly to the cartilage & bone of a joint. Rather the joints must receive the oxygen and nutrients needed for healthy growth and healing from the nearest blood vessel. Exercise moves the nutrients from the nearest blood vessels into the joint fluids and squeezes waste products from the joints to the vessel. Thus, exercise helps prevent cartilage and joint deterioration.

Weight bearing exercise also increases bone mass. Women between the ages of 40- 54 who were physically active had significantly stronger and denser bones in their spines and arms than in a group of women the same age who did not exercise. Activity is as important as diet & supplementation for joint health.