

Collected Notes, Summaries, Resources, & References for a Natural Approach for Arthritis

[Edited by Chris Pringer, 1/7/16]

Set 4

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[===] ===[Miscellaneous Nutritional & Attitudinal Notes for Consideration]

Apple cider vinegar:

For a multitude of benefits, there actually are books written on this. For better pH, not to mention reducing inflammation, plus improves appetite choice as well as appetite control. And healthy stomach acidity, critical to the proper digestion of proteins. Which has a lot to do with uric acid in the blood and overworked kidneys trying to get it out – and painful joints when it can't. Always use the natural apple cider vinegar from the health food store [with the *mother* in it; ie: 'Braggs' brand], especially for internal usage... the distilled stuff should never be taken internally. [For Indigestion- 2 teaspoons in a glass of water, and take (sip) a glass full once every hour until condition improves.] A more alkaline pH is important for cells capacity to detox, for elimination systems to do their jobs. Is why a more alkaline diet also needed for arthritis (See Transition/Rebuilding Diet & related hand-outs).

Also for improving pH:

Smiling & laughing; meditation/ focus on blood as effectively handling toxins and distributing endorphins, tonifying eliminatory systems.

Nutrition Notes:

Coffee & Calcium lock each other up - take hours apart from each other. Multi-Vitamins, especially B-Complex, best after a meal- keeps enzymes assimilation capable, so you acquire the most nutrition from your food intake. Lemon in the am good for liver, good time for intake of most tonifying and anti-oxidative herbal supplements too (Ginseng, Pine Bark, Quercetin, etc). Such herbs generally work well with other antioxidant supplements as well, but if you do both, may be better utilized if take the A,E,etc later on in the day. Vitamin C works elimination system more if taken early in the morning or an hour+ before food.

The many fold benefits of deeper breathing/exhalation:

Performs lymphatic & internal organ systems massage for circulation, overall cellular health, nutrification & waste elimination for internal organs, so they can provide better for the rest of the body. With its many variations of therapeutic and transformational methodologies -- it is one of the most valuable realms of knowledge one can learn. Is best to focus on the exhalation, making it longer and slower (for relief of stress and/or pain) - the inhalation will take care of itself. One can also affirm: "I AM SAFELY, FULLY, AND EFFECTIVELY BREATHING, reminding my cells of their original full strength and capacity."

Eclectic(?) Nutrition:

One can pray to synchronize one's food with its highest/original vibration/blueprint, acknowledging it's compatibility with one's own systems and cells. (There are some samples at the Body-Mind Nutrition page. <<http://www.chalicebridge.com/BodyMindNutrition.html>>) Smelling the food, chewing slowly thoughtfully as doing this perks the digestive system. Cells and their enzymes respond markedly to loving compassionate and/or joyful energies. And/or just telling them *SINCERELY* that you're trying to do your best to take care of them helps - such attitudes, especially if expressed aloud aligns their crystalline molecular/ ionic connections/ relationships, as well as helps in balancing blood pH. (More on self-talk: no one need hear but oneself- even into a pillow (as a muffler) works so long as one can hear ones own words). The body responds to the mind. It doesn't know thoughts about the past from thoughts about the present - it takes it all as going on now.

So... sometimes it's good to remind yourself (after certain thoughts) that "ah, that's past, I'm supporting myself through this now." The emotional body of oneself knows a rose-colored affirmation when that's what it is. And that emotional body is "around" the cells with chronic conditions as an "inner-child." So it's ok to tell yourself, (your cells, your inner children or "your kids") that you're not perfect yet, that haven't been doing your best (up to "this point" in time; use the past or past-present tense when referring to a trait you don't want to keep), that you have a plan, even if long term, so long as you actually do and intend to stick to it as best you can. EG: faith and persistence matters. Then you begin to earn the trust of these cells (the inner children), they tend to respond just like kids when we talk to or dialog with them. It's not so much about what you say, or how long you jabber on, as much as how you say it: like kids, they respond best to *Quality Time* attention.

[===][===[**Tensing Yoga**]===[===]

The following are excerpts from the web page, "Tensing Yoga' Exercises for Self-Healing & Preventative Maintenance, for Muscle Injury Prevention & Self-Treatment, Optimizing Approach for the Body-Mind-Spirit connection."

<<http://www.chalicebridge.com/TensingYoga.html>>

* When muscles become habitually tense and contracted, they hold bones and the joints too tightly, leading to painful wear, which is often related to, certainly exacerbating of, such dis-eases as degenerative **arthritis**. Tensing Yoga greatly assists in optimizing the relationship among the various elements of the connective tissue system, including those forming the joints. [~Chris Pringer, originator of the Tensing Yoga approach]

In General:

Tensing Yoga will work for almost ANY muscle or muscle group. It's mainly designed for customized application to/for the muscle(s) that are challenging you. Which means no special positions to get into or hold - at least not unless you want to mix T.Y. in with another yoga practice. As T.Y. is a style of yoga **specific to location of chronic muscle tension**, there is a significant relationship between this tension and acute injuries that would otherwise most likely to occur in the future. How? T.Y. explores ***Tension Range*** (between max work and max rest), therefore the **Work/Rest Ratio** (difference in tension between these two states). This optimizes the **capacity to manage changes without injury** for previously chronically tense muscles. Results are further increased via rapport with muscles, with the understanding of body-mind inner-child corollary dynamics (as part of T.Y.'s approach). TY could be considered **an optimized form of self-applied, neuro-muscular re-education**, reinforced with a body-mind connectivity that insures a more comprehensive and long-term response (eg: High preventative maintenance gains). The Tensing Yoga web page (with it's sister page, "Body-Mind Integration Essays") goes into some depth explaining all the above and much much more.

Tensing Yoga is probably best practiced **before getting out of bed in morning**. One can add a few minutes before falling asleep. In one sense, it is like the progressive relaxation technique - tensing then relaxing the muscle(s) in question, but done **very much slower**, while breathing into those muscle(s) you are working with. More on breathing below (much more at the web page). It's best if one eases into the T.Y. system slowly at first, and that goes for each session, as well as how often you repeat the exercise. For starters, remind yourself that you deserve all the time it takes to get better, and that there is a payoff, which grows with each investment of focus - like most everything else that gets better given patience, perseverance, and time.

The Exercise:

If it has not been long since you have been injured, be sure to read all of these instructions and understand the nature of approach and the basic plan of approach before actually doing them; better yet, consult your physician or physical therapist. If the exercise causes any pain, especially pain that interferes with the awareness of how the muscles work in subtle ways, then I would suggest adjusting your application, position, speed of movement, and/or force applied, etc. If that doesn't solve the situation, and especially if the pain is severe, then you may have discovered a situation that requires you to (please) consult your chiropractor, physician, and/or massage therapist, to see if these exercises are the best therapy for the condition.

1) *Very very slowly* tighten, or contract, the muscle(s) -- as subtly as you can and still be able to feel the contracting. Allowing yourself to feel the contracting for the count of 3 ("one thousand one, one-thousand two..."). Then allow the muscle(s) to relax for a count of ten, then to a count of 10 let these muscles and your whole body "sink" into as fully rested a mode as you can w/o changing your overall body position. Really... it's the focus and the breathing into the muscles that make the difference. Do this three to five times.

2) Same thing except contract slowly until it feels like the muscle is contracted half way -- half as much as it would be when fully contracted that is. Now take the same amount of time to relax it. Now do the same thing but make the contracting phase take a count of 10 or even 15. Have the relaxation phase take the same count, followed with a count of 10 or 15 to full rest.

3) Repeat #2 adding to it an increased observance of how any other muscles in your body seem to be directly and/or indirectly reacting to this process, and while also noticing any changes in your breathing, or tendencies to alter it. Note that how you breath during the exercises is not that important, so long as it is generally slow and of moderate depth or deeper. What we are observing is any tendencies toward inconsistent rhythm, gasps, or the like. If/When you notice those, note the area of the muscle(s)/body that seems to be causing that. And, over time, you many notice how your steady application of this process massages out the ripples in the rhythm as you move through the ranges of tensing and relaxing the muscle(s).

NOTE: unless you are already highly practiced at this, Yoga, Tai Chi, some types of movement therapies and meditation, you will find this more than challenging. Except for one thing: you cannot do it wrong, so long as your muscles are not in the acute stage of injury or re-injury (in which case, stopping each time you feel pain is a prudent rule). It is the practice of this effort that IS the exercise. The practice may get more expert results over time, but not if you expect too much too quickly. In these kinds of awareness building exercises, the attitude of critical judgment and competition - even with self - tends to get in one's way, reduce the effectiveness. It is an activity most effectively regarded with the same approach as with an art-form. -Chris Pringer

Related Resources by Chris Pringer:

The "Body-Mind Integration" (Essays) Page - BASIC HOW'S AND WHY'S Of Storage of Tension and Memory in the bodily tissues ("normal" and otherwise): When, how and why it is stored and released; communication between body and mind, benefits; proprioceptors, personal growth, massage/bodywork, therapist's approach, etc. (Published In Massage Magazine, July-August 1992). Newly Added/Rev'd (May'11-July'12) on this page: "The science behind the body-mind relationships" (in the reference section) as well as addendum essays for clarifying these topics for *common sense* preventative maintenance application, as well as further completing the context and clarifying the dynamics and processes involved, including "Muscle Q & A" (a kind of overview of the mind-body aspect), "Body Awareness and Communications, as Related to Body-Memory and Integration." <<http://www.chalicebridge.com/BMIessay1.html>>

[===]===[One Healing Approach with "Body-Parenting"]===[===]

a) honestly own up to your part in creating or adding to your health condition and /or your circumstance about which you are presently concerned. That includes your means of self-nurturing (via food, other intake, activities or lack there of, communications to self or others or lack there of, etc), however dysfunctional in the past. Since that was the only thing you could *feel* you could do (for those intakes or activities) at that time and for a time. Thus coming to understand yourself somewhat, and at least beginning

b) the process of forgiving yourself, as you also begin choosing more healthy ways to proceed from this point. And thus

c) determine that you would do much better by nurturing yourself in the selected much more healthy ways. The next step then is to d) make the decision that you will do the best you can to live up to that determination based on your self-understanding. And in that light...

e) consider going into as deep a meditation as necessary to sit with your cells and insure them that they've done no wrong, that you love them, and will begin doing your best to listen to them, and

f) do that listening. IE: just sitting with them, focusing, while not making any promises you can not keep, because cells respond to such messages just like kids respond to the messages of their parents - and broken promises break their trust a little each time - unless and until you convince them otherwise - which we know gets harder each time if not impossible after enough times.

And remember, it's about "quality time" - they know what loving attention is when they get it. And if they don't, well, maybe is about time, right?

Ok, so how or why consider all this? Because...

a) the nervous system is designed to get our attention when the cells need us to do something different and will continue as necessary until we do the necessary different thing (or until we interfere with that system, whether with adrenaline or with drugs that interfere with those signals or their receptors). But...

b) often times, once we get in touch with our cells and to the degree we do the above (and it might require more than once, to say the least), depending on how sincere we are with our "turn around," and to the degree we are "on track" with the new habits or diet or supplement, etc that we are using, to that degree they will begin to lessen the use of the nervous system cells to get our attention.

c) Consistency and sincerity with the good parenting of our cells, like with our kids, can be everything.

Related Resources by Chris Pringer:

- * "Body-Parenting' Approach for Body-Mind Awareness"
<<http://www.chalicebridge.com/TensingYoga.html#BasisOfMetaphor>>
- * "Optimizing Results via Rapport with Muscles/OtherCells"
<<http://www.chalicebridge.com/TensingYoga.html#AttitudinalApproach>>
- * "My Cells, My Children"
<<http://www.chalicebridge.com/Innercomm.html>>

* "WHY PAIN? Notes on Pain, Awareness & Denial" (Physical and other levels) - Aspects in Developing a Practical Approach with Compassion.

<<http://www.chalicebridge.com/Whypain4c.html>>

[===]===[Inversion Therapy and Arthritis]

[Excerpt:] Along with proper nutrition which can often remediate and reverse arthritis, physical activity is very important. Moving the joints, exercising the bodies musculoskeletal system and stimulating blood circulation and lymph flow are all part of a healthy arthritis reversal program. One of the easiest ways to get a wonderful, low stress, low impact full body, blood/lymph circulation and joint movement experience is to use an inversion table. Stasis or lack of movement in the joints, especially arthritis in the spinal column responds wonderfully to proper inversion therapy. In our more than 30 years experience in this field we have seen many cases of spinal stenosis, bone spurs along the spine and of course thousands of cases of compressed discs and sciatica helped using an inversion table. The therapy is easy. Once you are acclimated to inversion which only takes a few days of gentle incline you can start a mild rocking motion. Using the Traction Handles which are standard on the EP-950 Inversion Table you can start a gentle rocking motion. When you go back to a 40 degree angle for example the joints of the spine are separated and fluid pulled in to the disc capsule, when you come upright with your feet close to the ground the spine is compressed and fluid forced out. This accordion like pumping action can work wonders for oxygenation, removal of waste products, stimulating healing, regeneration and keeping your body young and subtle.

[Ref.Source:] If You Have Arthritis or Bone Spurs You May Want To Read This Page,

<http://www.energycenter.com/grav_f/arthritis_book.html>

[===] ===[Alternative Treatments]=== [===]

* **Ankylosing Spondylitis -ALT Therapies**

[Ref.Source:] <http://www.spondylitis.org/patient_resources/alternative.aspx>

Alternative Treatments

[Excerpt:] The National Institutes of Health defines complementary and alternative medicine (CAM) as a group of diverse medical and health care systems, practices, and products that are not presently considered to be a part of conventional medicine. CAM therapies used alone are often referred to as "alternative". When used in addition to conventional medicine, they may be referred to as "complementary". The list of what is considered to be CAM changes continually, as those therapies that are proven to be safe and effective become adopted into conventional health care and as new approaches to health care emerge.

Americans spend more than \$1 billion a year on nontraditional treatments for arthritis. The reasons for seeking CAM treatments vary – many people want relief for pain and suffering that traditional medications have not provided; they hope to avoid potentially serious side effects associated with such medications; and certain conventional medical and surgical treatments cost more than many of us can afford.

Acupuncture

[Excerpt:] The exact way in which acupuncture works on the body remains unclear, but stimulation of acupuncture points by puncturing the skin with hair-thin needles may lead to release by the brain and spinal cord of opium-like molecules that help relieve pain. ...

Moxibustion

[Excerpt:] Moxibustion is a type of heat therapy which includes the burning of processed dried leaves of artemesia vulgaris (mugwort), rolled and shaped into cones, at or over acupuncture points to treat pain, warm the body and strengthen the internal organs. A penetrating medicinal action of the leaf oil has an analgesic action. Continued patient home instructed therapy could augment this effect. It also has been used in Chinese medicine to increase the red and white blood cell count to increase immune function.

Chiropractic Treatment

[Excerpt:] [Mostly warning]

Massage

[Excerpt:] Many people with spondylitis find therapeutic massage very helpful, and if done carefully, it can be a beneficial tool for pain relief and stress reduction. If a massage therapist is aware of a person's spondylitis and understands the disease and any potential manipulation issues, gentle massage can help promote well being. It may provide temporary relief of pain or stiffness, and in some cases improve flexibility because of the increased blood circulation. "In all my years of experience as a physical therapist, I have never known massage to worsen the symptoms of inflammation in a patient with AS. Deep tissue mobilization is nearly always welcomed by those with AS and is usually given in combination with passive stretches and ultrasound, heat or ice," says Mary Rosenberg, Physical Therapist, Los Angeles, CA.

Yoga Therapy

[Excerpt:] Yoga has been practiced for over 5,000 years and can greatly benefit people with spondylitis under the instruction of a knowledgeable instructor who can tailor the program to the individual.

Oriental Medicine

[Excerpt:] In our Spring 2008 issue of Spondylitis Plus, there was an in-depth article about oriental medicine and the treatment of spondylitis. Members can read the article by viewing the issue in our member area by clicking here.

[Ref:]...There are published research studies on AS and Oriental Medicine that can be found on the Internet at National Library of Medicine PubMed: <<http://www.ncbi.nlm.nih.gov/PubMed/>>

[Ref:] Due to popular demand, here are the studies that the article referenced:

1. Cao TM, Han HN, Duan YC. Clinical study on long-term treatment of ankylosing spondylitis with integrated traditional Chinese and western medicine. Zhongguo Zhong XiYi Jie He Za Zhi. 2001 Aug;21(8):576-8.

2. Jia J, Wang Q,Zhang T, Li J. Treatment of ankylosing spondylitis with medicated moxibustion plus salicylazosulapyridine and methotrexate-a report of 30 cases. J Trad mChin Med. 2006 Mar;26(1):26-8.

32. Liu P. TCM treatment of ankylosing spondylitis by tonifying the kidney and strengthening the governor vessel. J Tradit Chin Med 2008;28:44-5.

<<http://www.aocprm2010.com/download/AOCPRM%20Poster%20List%20&%20Guidelines.pdf>>

45. Ryu M, Kim EH, Chun M, Kang S, Shim B, Yu YB, et al. Astragali Radix elicits anti-inflammation via activation of MKP-1, concomitant with attenuation of p38 and Erk. J Ethnopharmacol 2008 17;115:184-93.

Qigong

[Excerpt:] Qigong is a word that describes various exercises designed to regulate the body's metabolic processes and internal energy. These exercises utilize specific breathing, posture, meditation and visualization exercises similar to yoga. But, unlike yoga, the exercises are much easier to perform, often requiring no space or time requirements. An example is Tai Chi. Qigong is recommended by the Arthritis Foundation.

[Ref:] Arthritis and Ankylosing Spondylitis

<<http://www.webmd.com/back-pain/guide/ankylosing-spondylitis>>

*** Ankylosing Spondylitis -ALT Therapies**

[Ref:] Oriental Medicine and Ankylosing Spondylitis By Craig Gimbel, DDS - Morristown, New Jersey Educational Support Group Leader | March 6, 2008 [believe5154@optonline.net, (973) 476-8976]

[===] ===[Yi-Ren Qigong]

"Qigong is the traditional practice of Chinese energy medicine combining various methods of breathing, movement, and meditation. It has been practiced with documented results in China for thousands of years for the prevention and treatment of illnesses. Qigong is part of traditional Chinese medicine (TCM). It works with Qi or 'vital energy' which is one of the key components of healing. Qigong has many different styles and types. The type of Qigong we offer at Yi Ren Qigong Center is called 'Yi Ren Medical Qigong (YRMQ).' YRMQ is not in conflict with any existing medical protocols; instead, it promotes one's existing medical programs and/or treatment."

~**Dr. Guan-Cheng Sun**, PhD, founder of the Institute of Qigong & Internal Alternative Medicine, is an expert in Qigong for Functional Pain, originator of the new system of Qigong called "Yi Ren® Qigong," currently engaged in mind-body medicine and energy medicine research at Bastyr University, Seattle, Washington. [Fall 2010]

"Yi Ren® Qigong' assists individuals to identify and treat the root cause of their health condition. Illnesses do not occur spontaneously. Symptoms are not the causes of diseases but expressions of the body's internal miscommunications. Causes may occur on many levels, including physical, mental, emotional and spiritual. To accurately identify and treat the root cause of diseases with Yi Ren Medical Qigong, there are specific practice routines which can help individuals recover completely. Yi Ren Medical Qigong practice increases both the therapists/practitioners' levels of awareness, assists individuals in identifying the fundamental underlying causes of dis-ease on all levels, and encourages practitioners to work on the root causes rather than symptoms."

Articles at the Yi Ren Qigong Center web site <<http://yirengqigongcenter.com/>> include "Guiding Principles of Yi Ren Qigong", "Introduction to Yi Ren Medical Qigong", "Qi Cultivation for Healing Chronic Illness", "The Art of Internal Observation", "The Physiology of the Three Gates". Featuring Dr. Guan-Cheng Sun, PhD., Founder of the Institute of Qigong & Internal Alternative Medicine. Dr. Sun is currently engaged in mind-body medicine and energy medicine research at Bastyr University, Seattle, Washington. He is an expert in Qigong for Functional Pain (pain with no apparent organic causes).

"In response to a question I asked I received this answer from Dr. Sun, which I think might also provide a concise and useful amount of information about the Qigong system that he developed:

Yi Ren Medical Qigong has potential to improve and heal arthritis... The first step of Yi Ren Medical Qigong application to/for chronic condition is the internal energy system activation. The internal energy system or energy body is the interface between the mind and the body. This internal energy body provides access to us for working on the past memories and experience of the body and the root causes of specific health conditions, I prefer to call root causes, the old "software" of the internal body.

The internal energy system activation is the pre-condition for energy healing in the Yi Ren Medical Qigong practice. Thus, individuals with chronic conditions are encouraged to take a Yi Ren Medical Qigong level one course first for initiating their internal energy system. Once the internal energy system is activated, a personalized or specific health condition focused healing approach can be started with Yi Ren Medical Qigong. If some individuals are not able to take the YRMQ level one course due to schedule conflicts, she or he may take an intensive weekend course with Dr. Sun for healing specific health conditions such as YRMQ for Type 2 Diabetes or for Chronic pain to initiate the internal healing system. - Best regards, Guan-Cheng"

[===] ===[Chinese Medical Approach for Arthritis]===[===]

[NOTE:] I was taught many years ago that while Western medicines has 3 or 4 classifications for arthritis, whereas Chinese *Five Element Theory* finds 17 different syndromes based on the variety of causes and effects, for these [symptoms of "arthritis"]. EG: 17 different specifically defined approaches for meridian-based therapies, including herbal therapy and acupuncture. [~Chris Pringer]

* Dr. Glenn S. Rothfeld, M.D. is the founder and medical director of Spectrum Medical Arts. In addition to his medical training in Family Practice, Dr. Rothfeld has studied Chinese herbal medicine and acupuncture. He holds one of the nation's first Master's degrees in Acupuncture. A past clinical fellow of Channing Laboratory of the Harvard University School of Medicine, Dr. Rothfeld is currently a clinical assistant professor at the Tufts University School of Medicine. In addition he directs the Western medical curriculum at the New England School of Acupuncture. He is the author of the four volume book series, Natural Medicine For... (Back Pain, Arthritis, Allergies, and Heart Disease) published by Rodale Press. E-mail: Dr. Rothfeld

* Based on what I've studied about Chinese medicine, and hear from many in Seattle, I agree with Dr. Yu Chen (practitioner of Traditional Chinese Medicine (TCM)), who says "For many kinds of pain, acupuncture should be the first choice, such as for joint pain (shoulder, elbow, wrist, hip, knee, ankle, and small joints), the pain after surgery, herpes zoster, phantom limb pain, sciatica, arthritis, migraine headache, etc. ...For some diseases, Western medicine has a clear diagnosis but lacks a way to treat, or surgery seems necessary. ...TCM has a complete theory for making a diagnosis and developing a treatment plan. In China we use both TCM and Western medicine together. I do believe that the American people will learn how to take advantage of both approaches.
 Yu Chen is an MD in China and a licensed acupuncturist in Maryland. She is in private practice in Pikesville and Parkville, and can be reached at (410) 484-4892."

--TCM Treatment of Ankylosing Spondylitis by Tonifying the Kidney: TCM Treatment of Ankylosing Spondylitis by Tonifying the Kidney and Strengthening the Governor Vessel ...This panel also reviewed literature on acupuncture treatment of addiction, ...the beginning of treatment and just before needle removal to tonify or reduce ...treatment regimens (combined electroacupuncture and

strengthening twice a week, ...kidneys, pericardium, sanjiao, gallbladder, liver, governor vessel ...[citation: naturalstandard.com/databases/acupuncture]; TCM herbal therapies are typically given in combinations of ...Both Shu Di Huang and Sheng Di Huang tonify the kidney system. ...Governor Vessel that travel primarily to the back of the head. ...For example, ankylosing spondylitis and psoriatic arthritis are usually cold in nature.

[====][====[Modular-system-for-novel-chinese-herbal-formulas]

[Excerpt:] Excerpts from <<http://www.freshpatents.com/Modular-system-for-novel-chinese-herbal-formulas-dt20070315ptan20070059386.php>>

[====]====[ARTHRITIS.LOG Question on back/arthritis pain, 9/3/96:]====[====]

[Question:]

Gentleman is supposedly losing quantity of disks. Has been told that cartilage in the form of gelatin will help. He is tired of the pain. Has had chiropractic help before....no offense to anyone but he seems to think they just want his \$ and never seem to help what is wrong. Would really appreciate any help anyone has to offer.>

[Response:]

Taken from the book 'Eat To Win' by Robert Haas:

Since there are over a hundred forms of arthritis caused by many factors, some of which remain unknown, we have no cure for this painful and crippling disease.

Free radicals contribute to the pain, swelling and joint injury of arthritis. Serum iron accumulates in the membranes and fluids surrounding affected joints and interacts with oxygen to form free-radicals called superoxide anion radicals. These, in turn, damage red blood cells, causing them to leak their contents into the inflamed area, which then produces the most damaging of all the free-radicals known-- hydroxyl radicals - that destroy DNA and break down the protective fluid that normally lubricates joints. The less fluid, the more stiffness and pain. The free-radicals also interact with unsaturated fats in the body, producing even more free-radicals and more injury.

During this process, lysosomes (little sacs that contain powerful protein-dissolving enzymes) are destroyed, leaking their enzymes into the damaged area, which further increases the damage to joint membranes. Most physicians who specialize in the study and treatment of arthritis and related diseases will tell you that diet has little to do with causing arthritis or relieving its pain and stiffness.

High fat, high cholesterol diets that are low in natural antioxidants such as vitamin E, beta carotene, vitamin C, and antioxidant metals such as selenium and zinc contribute to the damage done by oxygen and other unavoidable free radical stimulants.

Rely on antioxidants to prevent excessive production of harmful free radicals. Antioxidants can reduce the damage from most traumatic injuries and minimize free radical destruction of joint tissues.

[- watchman@nucleus.com (Tom Hennessy);

[Response:]

You might try Applied Kinesiology AK some DC's & ND's use it others like myself just use AK. I am a practitioner in the North of Scotland & I have a lot of success with back/arthritis pain. With arthritis type pain it is often worth looking at food allergies/intolerances.

[- Lincoln Coutts, 100255.3254@compuserve.com]

[Response:]

There is a book called, "The Egoscue Method of Health through Motion" by Pete Egoscue. I've seen (and personally experienced) wonderful results with his methods. It's based on the idea that the back is meant to be both strong and stretched. He gives clear methods of analysis of different conditions and therapies to correct them. With very severe arthritis the therapy seems to have an irritating effect.

[- Steve Albin ND]

[Response:]

It has been reported osteomalacia.. is connected to 'renal acidosis' or another name for Fanconi.. which *can* be caused by heavy metal toxicity. Also loss of bone mass.. is linked to low testosterone levels.. again.. linked to kidneys.. through studies of *stress* induced kidney failure? Below an article in which iron overload of *unknown* cause.. treated simply by venesection leads to alleviation of arthritic symptoms. Antioxidants have been shown to improve arthritis.. which are *coincidentally*? depleted in Iron Overload.

[- watchman@nucleus.com (Tom Hennessy)]

[Response:]

Auto immune arthritic patients respond well to colon healing. Permeable gut syndrome being implicated in these types of problems. This program includes long term supplementation as well as dietary and life style changes but has more satisfactory and longer term results.

For short term relief any anti inflammatory protocols either natural or allopathic will be able to help. The natural protocols being safer and gentler, the allopathic antiinfl. meds in general, acting more quickly, powerfully and more invasively.

Although there isn't much research regarding it, we must not overlook the mental emotional predispositions to chronic disease. Regarding this aspect constitutional homeopathic medicine may be helpful. There are also several acute homeopathic medicines which may help give temporary relief.

Other alternatives:

Rolfing may be helpful. Acupuncture. Some persons respond well to more gentle movement techniques such as Feldenkrais or Alexander technique.

[- Brian Roettger DC, HMD Pacific Health Sciences pachlth@loop.com]

[Response:]

Hi, Cynthia and all, especially Kombucha people--I've just been to talk with Karl Wollarth, who told me that horsetail tea will repair the worn vertebrae, and kombucha will repair the discs between the vertebra. I would be curious to know what others have to say about this.

[- Katherine, ray@sirius.com]