

How To Cure Arthritis Pain



3 John: 2

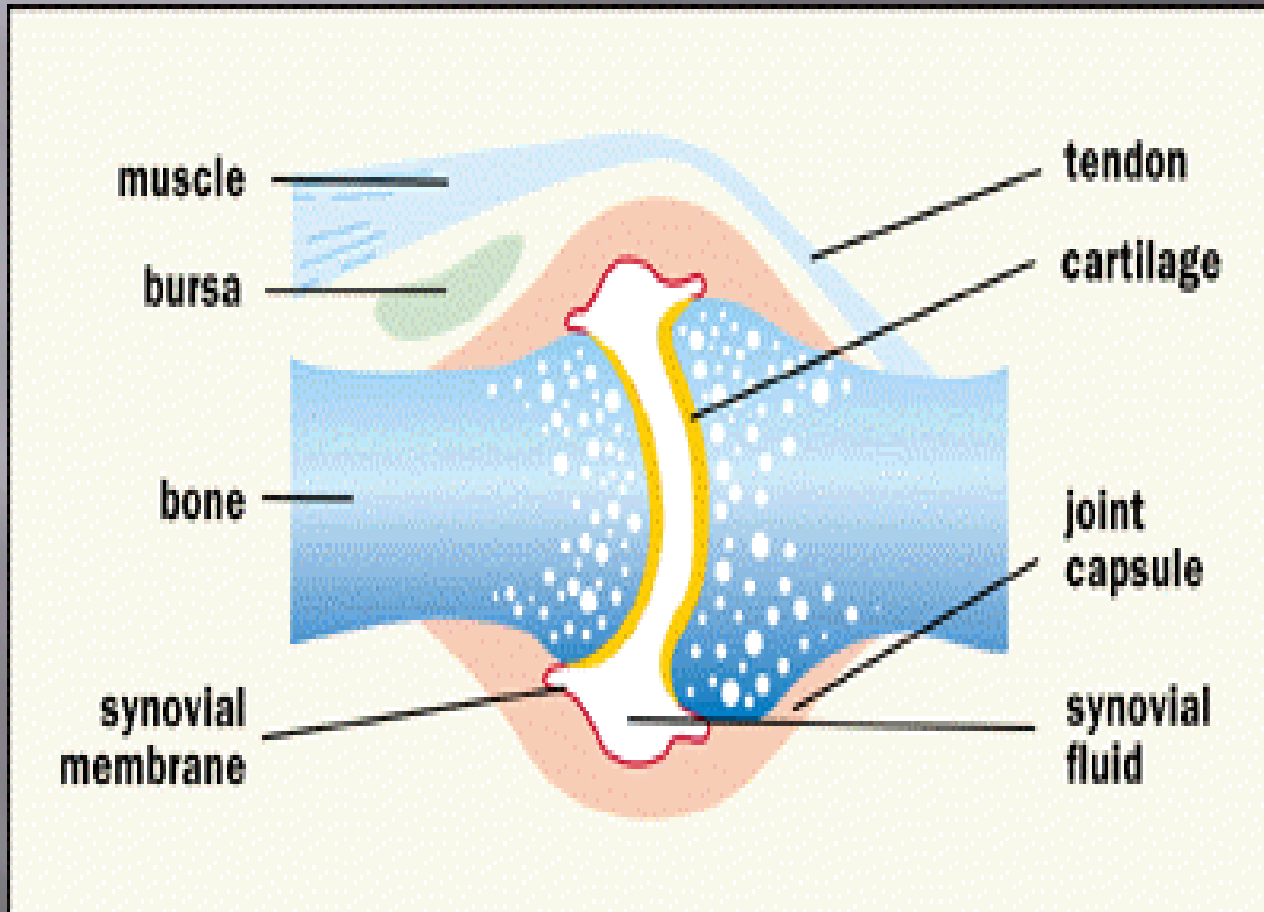
- ▣ Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

How To Cure Arthritis Pain

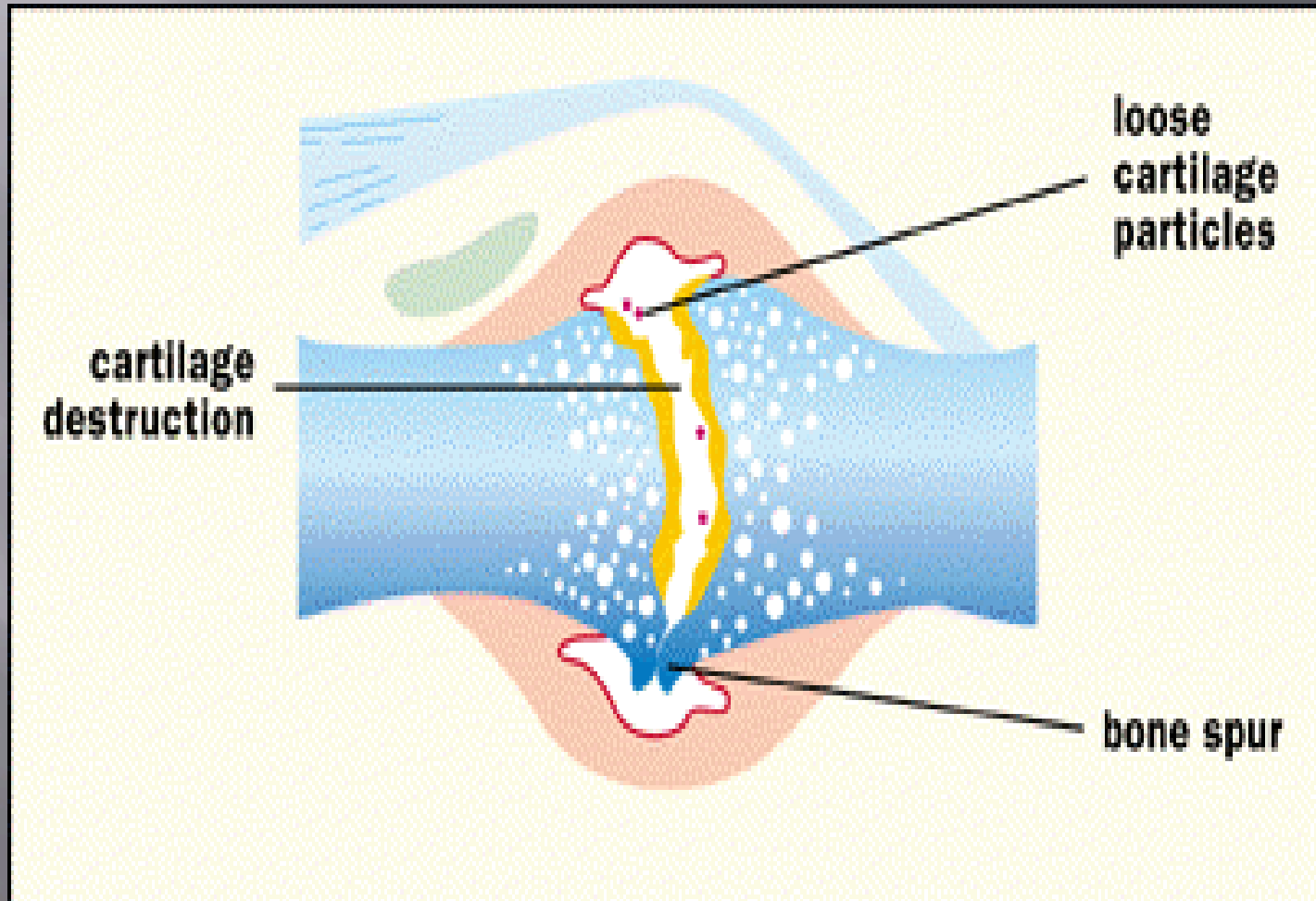
- ▣ Arthritis: one kind of inflammation in the body

- ▣ 1. DIET
- ▣ Eliminate animal protein, including eggs and milk which cause inflammation
 - Eliminate glutinous grains initially, eat brown rice, buckwheat, quinoa & millet. Reintroduce the other glutinous grains and foods slowly, and eat sparingly of these.
 - Eliminate grease and fats from food preparation as much as possible
 - Reduce salt intake and salt useage as salt encourages the body to retain water which causes inflammation. Avoid spices which contribute to inflammation
 - Flavour with turmeric and thyme, onion, leek, garlic and herbs
 - Eliminate coffee, tea, cocoa, tobacco, and alcohol and replace with water and juices
 - - Eliminate sugar and artificial sweeteners and sweeten with honey, or use unsweetened

Normal Joint



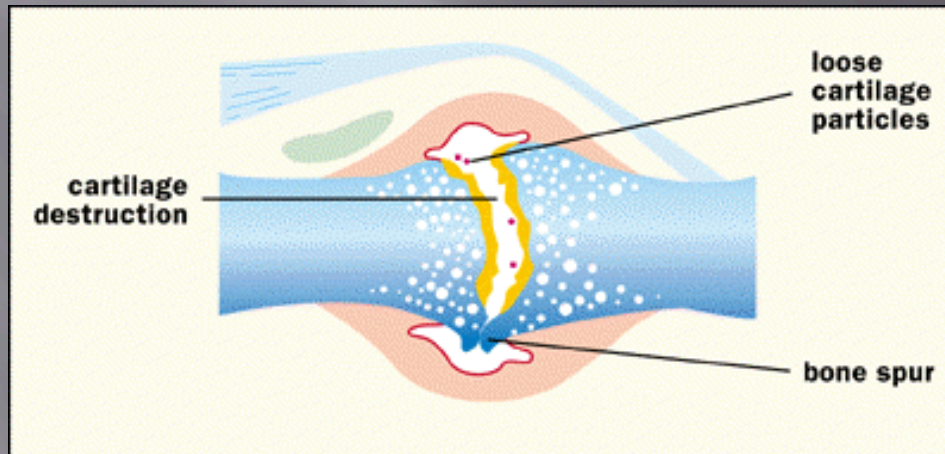
Joint with Osteo-arthritis



How to Cure Arthritis Pain -2-

- Eat or drink two or three anti-arthritic items at each meal, and vary the items used
 - ▣ Endive, cabbage (prepared without grease), potatoes, alfalfa, parsley, garlic, comfrey, wheat grass, watercress, yams, celery, coconut milk, coconut water & coconut oil, turmeric
 - ▣ Pineapple ,banana, sour apples, cherries, grapes with seeds if available,
 - ▣ Use rice milk or coconut milk for cooking and drinking instead of almond milk and soy milk
 - ▣ Eat more vegetables especially potatoes, greens and alfalfa daily, if possible
 - ▣ Use 1 T. of Flax Seed Oil daily,(in salad dressings) or 1 T. ground flax seed
 - ▣ HERBAL AND NUTRITIONAL SUPPLEMENTS
 - ▣ If required, take bromelain tablets (active ingredient in pineapple), alfalfa tablets or glucosamine sulfate, chondroitin or cayenne pepper tablets
 - ▣ Daily, drink raw potato water: Soak a raw sliced potato in a glass of water overnight discard the slices, and drink the potato water on an empty stomach before breakfast; or juice the potato in a blender and dilute with 50% water and drink water on an empty stomach before breakfast;
 - ▣ Take an age-appropriate multivitamin daily, as well as 600-1000 IU of Vitamin E, and up to 5000 mg of Vitamin C, kelp, potassium, and niacinamide, selenium and sea water

Joint with Rheumatoid Arthritis



ARTHRITIS PREVENTION

- ▣ REGULAR EXERCISE—STRENGTHEN AND IMPROVE FLEXION OF JOINTS
- ▣ DON'T ABUSE YOUR JOINTS BY OVERTAXING THEM
- ▣ LISTEN TO YOUR BODY; IF IT HURTS—REST, STOP
- ▣ WATER—FLUSH TOXINS, HYDRATE JOINTS
- ▣ SUPPLEMENTS
- ▣ PROPER NUTRITION

ARTHRITIS TREATMENTS... NATURALLY

- ◆ GET PLENTY OF REST
- ◆ PROTECT YOUR JOINTS FROM COLD
- ◆ USE HEAT THERAPY
- ◆ RELAXATION TO RELIEVE STRESS
- ◆ PROPER NUTRITION
- ◆ NATURAL SUPPLEMENTS, HERBS
- ◆ WATCH YOUR WEIGHT
- ◆ STAY ACTIVE
- ◆ AVOID REPETITIVE MOTIONS
- ◆ SLEEP ON A FIRM MATTRESS
- ◆ PRACTICE GOOD POSTURE

What you want to avoid



ARTHRITIS INFLAMMATION CONTROL... NATURALLY

- ▣ HERBS: CHAMOMILE, ELDERBERRY, FEVERFEW, GOLDEN SEAL, NETTLE, YARROW, ALFALFA, BLACK COHOSH
- ▣ HERBS TO FLUSH TOXINS: DANDELION, PARSLEY, HORSETAIL, GOLDENROD, BURDOCK
- ▣ JUICE: LEMON, PINEAPPLE

ARTHRITIS PAIN CONTROL... NATURALLY

- ▣ HEAT THERAPY: EPSOM SALTS, SEA SALTS IN HOT BATH
- ▣ HERBAL TEAS: MINT, WILD YAM, YARROW, YUCCA
- ▣ MAKE POULTICES OF ANY ONE OR MORE OF: CAYENNE PEPPER, ROSEMARY, CHAMOMILE, THYME, HORSERADISH ROOT, FENUGREEK, MUSTARD
- ▣ ARNICA OR VOLTAREN CREAM, LAVENDER ESSENTIAL OIL FOLLOWED BY PEPPERMINT ESSENTIAL OIL, WILL START HEATING THE AREA WITHIN FIVE MINUTES AND RELIEVE THE INFLAMMATION
- ▣ GLUCOSAMINE, MSM

What you want to avoid



How to Cure Arthritis Pain -3-

- ▣ 2. Water
- ▣ Drink plenty of pure water between meals – start 1-1.5 hours after meal finishes and stop drinking water 30 minutes prior to your next meal
- ▣ Submerging arthritic parts in contrast bath (hot and cold) 3 minutes hot, 30 seconds cold, up to five times per session, every couple of hours. Take an entire body contrast bath or shower morning and evening.

- ▣ 3. Exercise
- ▣ Exercise the arthritic part with appropriate exercises given the severity of the arthritis. Consult with your doctor.
- ▣ If you can, walk. Outdoor exercise is preferable. In winter, cover the arthritic parts well with natural fabrics.

- ▣ 4. Rest
- ▣ Get regular nightly rest and take vacations if possible

How to Cure Arthritis Pain -4-

- ▣ 5. Clothing
- ▣ Dress in 100% natural fibres to allow air to circulate- cotton, wool, leather, suede, fur, linen, silk, corduroy, sheepskin
- ▣ Avoid synthetics, nylon, and mixed fibre fabrics, all of which trap heat and unbalance the blood circulation.
- ▣ Clothing should be loose fitting to allow air circulation
- ▣ Cover the extremities well especially if these are the arthritic areas – with hats, gloves, boots
- ▣ Clothing to cover the extremities should also be 100% natural fibres if possible
- ▣ Cover the body from the wrists to the neck to the ankles to insure optimum blood circulation, with equal numbers of layers
- ▣ If area over the chest becomes too hot or congested, take off one of the layers there
- ▣ Keep the body and the arthritic parts warm in winter and in summer

Arthritic deformity in the hand

What a tragedy, and likely painful too



How to Cure Arthritis Pain -5-

- ▣ 6. Drugs
 - ▣ Avoid the use of analgesics like Aspirin and Tylenol if possible
 - ▣ Reduce or eliminate prescription medications-
Drugs waste bones
- ▣ 7. Pray for healing and Trust in God