

Arthritis

Diet for Arthritis, Rheumatism, Inflammation, & Allergies...

Etiologic Considerations

Poor Elimination’s and inadequate assimilation’s

Poor digestion

Hyperacidity, Hypoacidity

Enzyme deficiency

Sluggish bowels

Poor skin, kidney, gallbladder and liver activity

Poor circulation (blood, lymph)

Toxemia

Spinal imbalances causing reflex conditions as above, leading to accumulated toxins which cause inflammatory reaction.

Chemical imbalances and dietary deficiency:

Diet: Excess meat (Pork) and soda drinks (phosphorous/calcium ratio upset)

Excess refined carbohydrates, sweets. Raw vegetable deficiency.

Excess acid forming foods. Excess coffee. Excess phytic acid (bread) binding calcium. Excess salt (use sea salt). Multiple vitamin and mineral deficiencies, i.e. copper deficiency -RA. Excess copper blood levels (copper pipes, low iron) may increase copper levels in joints; lack of zinc and manganese increases copper levels. Excess vitamin D. Lack of sulphur. Excess irritants (coffee, tea, salt, spices, alcohol).

Food allergy: Gluten intolerance, intolerance to foods in nightshade family (tomatoes, potatoes, etc.) Isolated food allergy.

Glandular Imbalances:

Low Thyroid, iodine deficiency. Adrenal, stress, refined diet, corticosteroids. Low pituitary. Low liver plus toxicity. Low sex hormones.

Psychological factors:

Long held resentments, worry, envy, fear, anxiety, depression deep shock.

Autoimmunity (RA):

Rheumatoid factor found in blood of at least 50% of patients with RA

Postimmunization Arthralgia (German Measles).

Excess wear and tear (OA), joint trauma, excess weight bearing (obesity) overuse. Lack of exercise, menopause, protozoal infection - some cases of rheumatoid arthritis have benefited by antiprotozoal medication. Sexual excess, Anaemia associated. Chronic infections, tonsils, gallbladder. Tonsillectomy. Chronic fatigue. Muscular tension, fibrosis.

Water allergy (locally irritant water supply).

DIET - RAW VEGETABLE JUICE FASTING

This is the fastest method of attaining results with RA. OA will also respond to this regimen. The fasting period depends on the patient and the condition, and may range from 7 to 21 days or longer, under close supervision. The following liquids are especially useful:

CARROT AND CELERY JUICE POTASSIUM BROTH CHLOROPHYLL DRINK ALFALFA

MINT OR SEED TEA WATERCRESS CELERY AND PARSLEY JUICE

RAW NON CITRUS VEGETARIAN DIET CHERRY JUICE CHERRIES

This initial diet may follow the fasting period and should last 2 to 4 weeks or longer. The bulk of the diet is raw green vegetables, with no animal proteins whatsoever. All stimulants such as coffee, tea, alcohol, nicotine or sweets are forbidden.

Food allergy tests (cytotoxic, RAST, pulse tests) should be performed prior to dietary treatments, to disclose any hidden food sensitivity.

The following foods have been found beneficial in the majority of arthritic patients with both RA and OA:

Green vegetables, seaweed's, watercress, parsley, celery, okra, carrots, avocado, bananas, pecans, potassium broth, kale, alfalfa sprouts, kelp, soya milk, soy, soy products. distilled water, millet, brown rice, egg yolks, raw goats yoghurt, wheat grass juice, whey, cod liver oil drinks, apple cider vinegar, garlic, onions, wheat germ, figs plus molasses, cherries (gout).Red Cherry Juice no added sugar.

The following should be strictly avoided:

All Citrus Fruit and all Fruit Juices other than Red Cherry is Forbidden, dairy products if Allergy, (goat products ok. in some cases), wheat, meat, refined carbohydrates, sugar etc, alcohol, salt, fried foods, drinks with meals, foods of the nightshade family i.e. tomatoes, eggplants, potatoes, peppers, tobacco.

Homeopathy. Better with movement Rhus Tox, Worse with movement Bryonia

Vitamins and minerals:

Vitamin B complex 50mg two or three times daily

Vitamin B.3. 100mg three times per day

Vitamin C 1000 mg six times times daily

Vitamin E 400 iu one to two times per day

Zinc 25 to 50 mg one to two times per day

Manganese 50mg one to two times per day

Kelp Tablets 3 tablets three times per day

Take a good quality multi mineral tablet daily

Evening Primrose oil 500mg three times daily

Important NOTICE take Cod liver oil every day vitamin A - D

One tbs. Cod liver oil should be taken with Two tbs.

of milk then shaken and drunk last thing at night.

Floradix With Iron Formula take as directed

Or Use Dr. Wallach's Pig Arthritic Formula

Life Source Complete, Essential Needs, Arthrogen

Never drink with your meals, all drinks 15min before meals

and not before 3hrs after meals "This is very Important".

Anyone suffering with indigestion please chew foods "well".

***** THERAPIST *****

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