Arthritis is one of the most pervasive medical conditions in the world today. The broad definition of arthritis is joint inflammation that can accompany a multitude of different diseases and painful conditions. Arthritis researchers have established that in the United States alone one out of every eight people suffer from this constant nagging, painful problem. The two most common forms of arthritis are tendonitis and bursitis; these two acute conditions show up in those in the world of sports, past and present and those who push their joints too far in sporting events or workouts especially when it's not on a regular basis. Osteoarthritis is the most common form that comes with age and wear and tear, affecting approximately 20 million people and by 2020 the number is expected to reach 40 million. Morning stiffness, soreness and some joint pain mark the onset. In time and with very little activity it gets worse. Inactivity is not the answer to relief, rather walking at a comfortable pace, water exercises, Ti Chi, yoga and stretching are excellent when done in moderation.

Many times arthritis is accompanied by autoimmune disease, in which the disease involves various parts of the body and often results in inflammation of muscles, bones, tendons and ligaments. As you walk, your moving body applies pressure roughly equal to three times your weight to knees and hips. This distributes pressure across those joints and cartilage ends and they are compressed, absorbing most of the load. An important point here is that even a ten pound weight loss would decrease the pressure on your joints by 30 pounds at each step.

As the arthritis progresses it causes discomfort, pain and disability in varying degrees for millions of people. To find relief those who suffer turn to painkillers and anti-inflammatory drugs that have numerous long-term side effects. According to Sherry Rogers, M.D., NSAIDS (non-steroidal anti-inflammatory drugs), don't do a thing to restore function or enable you to find the cause of your chronic pain and inflammation. Dr. Rogers outlines in her book *Pain Free in Six Weeks* that NSAIDS can cause fatal liver and kidney damage, fatal hemorrhage from the bowel, as well as irreparable damage to vision. They actually cause bone to deteriorate. NSAIDS can be addicting and keep the pain cycle active. Another example of drugs making the sick sicker.

Present day research supports those suffering from the diseases that cause arthritis—systems that include fibromyalgia, chronic fatigue, lupus, myositis, scleroderma, Lyme's disease and chronic pain syndrome. Rheumatoid arthritis (RA) is characterized by chronic inflammation and thickening of the synovial lining in addition to cartilage destruction. Women ages 20 to 40 are the major target for RA which affects approximately four percent of the population. RA patients present with symptoms of mild chronic joint inflammation with occasional flare-ups to painfully deformed joints. Other symptoms are feelings of sickness, low-grade fever, weight loss and fatigue.

Many pain practitioners believe stress could be a major factor that can initiate or promote a flare up of arthritis symptoms. Acute or chronic stress can cause your adrenal glands to overproduce stress hormones such as epinephrine and norepinephrine. This sets the fight or flight cycle into motion. An acute stress reaction that does not last too long won't cause major problems, but chronic stress and over-exertion physically can cause stress hormones known as corticosteroids to assist in maintaining body function. The most important active corticosteroid is cortisol, which is also produced by the adrenal glands. The adrenal glands are located on top of each kidney, in the back. They are about the size of a walnut and weigh less than a grape. The adrenals are the stress-responsive organs that help your body respond to stress so you can cope and survive. The adrenals secrete exact amount of steroid hormones that help minimize negative influences. If chronic stress, trauma, or depression continues, the adrenals release too much cortisol into the bloodstream; this causes your brain and body to overcompensate and more problems and pain can occur. If the adrenals are overworked you can develop a deficiency that will affect both progesterone and thyroid hormones as well.

David Brownstein, M.D., author of *Overcoming Arthritis*, feels most people with chronic pain and arthritis have some degree of hypothyroidism. Dr. Brownstein finds the hypothyroidism must be addressed for improvement to
occur. Thyroid function in and of itself affects every muscle, organ and cell in the body so adequate thyroid hormone levels must be correct for optimal function. If you feel you might have a problem with your thyroid consult your physician and ask him to run a T3 and T4 blood test. For those who feel they need a thyroid boost there is a homeopathic formula called Thyroplus that is excellent and can be taken daily. This does not replace thyroid hormone, but can be used in conjunction with for optimal healing and balance.

According to William Regelson, M.D., pregnenolone was used successfully as a treatment for rheumatoid arthritis in the 1940's. Pregnenolone is a superhormone that is needed by the brain and body to replace what is lost through aging. Pregnenolone is synthesized by the body from cholesterol and then converts to multiple compounds that include DHEA and progesterone. Pregnenolone is taken on a daily basis in the morning. The partner to Pregnenolone is DHEA. DHEA has been taken by arthritis suffers who report a decrease in pain, morning stiffness, and depression.

**Help for Osteoarthritis**

- **Exercise regularly.** Flexing joints keeps them lubricated. Avoid high-stress activities that pound the joints such as jogging.
- **Watch your weight.** Extra weight puts more stress on joints.
- **Build muscle.** Strong muscles help support and stabilize joints.

**Nutritional Support Program**

- **Pain Control Caps** – one to four daily in divided doses as needed for pain. For those over 200 pounds six caps can be used daily if needed.
- **Pain Control Cream** – apply as needed to painful areas, you may use as often as needed.
- **Chondroitin and Glucosamine** – supports cartilage production for repairs and helps rebuild cartilage. Dose: up to 120 pounds, two capsules per day in divided doses. Over 120 pounds, three capsules per day. Over 200 pounds, four capsules per day.
- **Mag Link** – all arthritis suffers have a deficiency of magnesium chloride. This is the same type of magnesium that occurs naturally in your cells. Up to 150 pounds take two capsules twice daily. Over 150 pounds take six capsules in divided doses daily.
- **Mag Chlor** – is the liquid form of magnesium chloride. This can be used in conjunction with Mag Link. Take 10 to 15 drops in juice in the morning and then repeat 30 minutes before bedtime. The bedtime dose will help your muscles to relax and you will sleep better. Should you have a few loose stools back your dose down.

**Rodex Time Release B-6** for stiffness, swelling and pain in the joints. Take one every morning. If you have Huberden’s nodes—small hard painful nodules on your fingers you need 200 mgs. of B-6 daily to relieve the pain and swelling.

**Fibromyalgia and arthritis** – **Malic Acid Plus**, four to six capsules daily depending on your pain level.

- For sleep and pain use **5-HTP**. Start with one, 50 mg. capsule 30 minutes before bed.
- For depression and pain use **Mood Sync** during the day. Start with one capsule three times daily.

**Anxiety Control or L-Theanine (L-T)** – use for generalized anxiety. Use two capsules twice daily.

**Beta Glucan** – If you have a weakened immune system take one capsule daily or one Olive Leaf extract twice daily.

**ProDha**, an omega-3 essential fatty acid, is vital as an anti-inflammatory and analgesic, take 1,000 mgs. a day.

**Extract of Nettles** – anti-inflammatory properties that prevent the body from making the inflammatory prostaglandins. Take 1500 mgs. daily.

**This article is not intended to give medical advice or replace the services of a physician. It is for educational purposes only.**

**References:**

SUGGESTED NUTRITIONAL SUPPORT

(ADULT)

Taurine  - 1,000-3,000 mg daily helps with excessive movement.

Rodex B6  - one in the morning metabolizes amino acids.

LT (L Theanine) - 1 capsule three times daily as a muscle relaxant.

MagChloride - 10 to 25 drops in fruit juice every morning; under 100 lbs. 10-15 drops

B.N.C. (Balanced Neurotransmitter Complex) - 2 to 3 capsules every morning.

MagLink - two tablets morning and evening is beneficial for muscle tension and spasms.

5HTP - 1 at bedtime, increasing to 2 if you experience interrupted sleep patterns, constant movement at night, awaken depressed, or if anxiety is increased at night.

Pain Control (for pain and swelling) - two morning and afternoon

Anxiety Control - two morning and afternoon for stress and anxiety symptoms.

Vitamin E - 800 I.U. daily for antioxidant properties, revitalizes, and strengthens and tones muscles.

GABA 375 or 750 mg - in water as needed

(CHILDREN)

Taurine - 500-1,000 mg daily depending on weight and symptoms

Brain Link - 1 scoop in the morning

Calcium Magnesium (mint flavored liquid) - 1 teaspoon daily.

Vitamin E - 400 I.U. daily

Serotonin Liquid - 20 drops twice daily (over 100 lbs use three times daily); promotes quieting and curbs aggression.

HTP10 - 1 capsule three times daily; over 60 lbs. add two at bedtime.

Mag Chloride - 10 to 15 drops in juice twice daily.

Children over 12 use 1 capsule of LT as needed

If prescription medication stimulants are being used, reduce the amount and see a health care professional. Consider reducing caffeine and sugar intake too.

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