

Arthritis – Special Report # 2

How You Can Be Free of Arthritis

***...What Your Doctor Doesn't
Tell You!***

The Institute Of Nutritional Science

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This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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Dr. K. Steven Whiting - Biography



Dr. K. Steven Whiting

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on *'Body Typing'*, wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need. This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. His most recent book *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of it's kind, containing over 250 protocols for a wide spectrum of human health challenges

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

How You Can Be Free of Arthritis

....What Your Doctor Doesn't Tell You

Introduction

The various Arthritis Foundations and Associations that concern themselves with research and treatment for the many forms of joint and connective tissue disorders labeled Arthritis have, collectively, never admitted or acknowledged that nutrition and diet had anything to do with these conditions.

They have stuck to recommendations that are now over 30 years old. In fact, to this day, the only official recommendation they have for persons suffering from these painful and debilitating diseases is Aspirin or some other form of over-the-counter pain killer.

This is sad because the United States is about the only country left that clings to this position with stubborn blindness. Most other countries not only acknowledge the diet/nutrient connection in Arthritis but routinely advise those suffering from these conditions to use these nutrients on a regular basis.

There is overwhelming evidence to show that Arthritis is a simple, yet complex, breakdown of internal biochemistry, which can be not only improved, but actually reversed in many cases.

Since all Arthritis involves some form of inflammatory response, the first line of approach should be in aiding the body in reducing that inflammation. This, then, would automatically reduce the pain.

Secondly, as with all Chronic Disease processes, it is important to look at the cause of the chemical changes within the Arthritis sufferer, not merely the chemical changes themselves. This reveals to us that at least the most common forms of Arthritis have their roots in an imbalance of the bodies' Acid/Alkaline balance, as well as a gross deficiency of several essential nutrients including Calcium.

Lastly, if a program for Arthritis is to be truly successful, it must include factors for those who already suffer from moderate to advanced forms of the disease. These issues include relief from pain as well as factors that can help the body rebuild damaged cartilage and connective tissue, which has been lost through perhaps years of the disease process.

The program we propose in this Special Report is designed to meet all three objectives. Whether you have just been diagnosed with some form of Arthritis or whether you have suffered for some time, this program can help you!

While naturally, the longer you have had the problem, the greater the chances of permanent damage, I have never seen an Arthritis patient that wasn't significantly improved through the use of this program and I have been practicing nutrition for over 30 years.

So take heart. Just because Arthritis is practically expected after age 45, you can, both reduce your odds of getting it and go far towards reversing it if you have the condition already.

In 1994, it was estimated that over 43 million people in the United States and Europe have Arthritis. A new case is diagnosed every 30 seconds. You don't have to be a victim of this epidemic which can destroy the quality of your life. The choice is yours, but you must choose to act if you expect a result.

What is Arthritis?

It seems like a simple enough question to answer. Everyone knows what Arthritis is, don't they? The answer, surprisingly is NO! Medically, there are no known specific causes of Arthritis!

Arthritis is not even a specific disease, but rather the generic name for a group of conditions, likely having individual or multiple different causes. The word 'arthritis', comes from the Greek word which means 'joint'. We have come to interpret the word as meaning inflammation of the joints.

Some researchers and health care practitioners would like us to believe that these conditions are caused by latent virus and bacteria in the body, past infections, rotten teeth and many other remotely connected factors. While these conditions may be linked to a few isolated cases of Arthritic-like conditions, they cannot account for the multi-millions of cases diagnosed every year.

Dr. Francis Pottenger clearly established the relationship between a diet of highly cooked food and Arthritis in animals. This work was done many decades ago and yet the establishment continues to cling to the concept that diet does not affect this disease.

Animals fed diets of raw foods showed no evidence of Arthritis while their cooked, processed food counterparts developed a variety of Arthritic symptoms very young in life. One of the worst of all the offending foods for the Arthritic patient is processed, pasteurized dairy products such as milk, ice cream and processed cheeses.

Regardless of whether you are a consumer of dairy products or not, every Arthritic I have ever consulted with had been on a diet of over cooked, over-processed foods for decades.

We have been able to link a refined, over processed diet to the advance of numerous Chronic Degenerative Diseases and Arthritis is no exception. We will be discussing diet in greater detail later on. While no one really knows what causes Arthritis, we do know that we can interrupt the disease process and stop the disease from progressing.

There are several types of Arthritis. The most common is called Osteoarthritis. It concerns the breakdown of the cartilage tissue that cushions and lubricates the joints. This material is lost over time from a variety of insults, which may include infections to the joint itself, excessive wear & tear (as in athletics), and numerous nutritional deficiencies.

Another form of Arthritis is called Rheumatoid Arthritis. This is not a degenerative disease in the clinical sense, but rather an auto-immune disorder wherein the body's own Immune System launches an attack upon the cartilage and connective tissue proteins of its own self, eventually totally destroying every joint in the body.

*(For more information on The Immune System refer to Special Report #8 entitled **Your Immune System – Why It Fails and How To Fix It**)*

While the cause of these two types of conditions varies greatly from each other, the end result is the same.

Both produce a loss of cartilage and connective tissue through repeated inflammation and irritation of the joint and surrounding physiology.

As the Synovial Membrane of the joint tissue becomes repeatedly inflamed, the blood supply increases. White blood cells proliferate at these sites indicating the presence of some form of infection. This increase in cellular activity causes the surrounding tissue and joint to swell. The swelling pushes the bone joints further apart, creating a larger and larger space. As the space increases, the risk for further infection and subsequent inflammation occurs.

It is now believed that the acute inflammation and pain experienced by most Arthritics is due to damage caused by the proliferation of Free Radicals. In thinking about this process, as we have described it, please keep in mind that many Free Radicals can be eliminated or neutralized through the use of a variety of AntiOxidant nutrients.

*(For more information on AntiOxidants and Free Radicals refer to Special Report #12 entitled **How AntiOxidants and Free Radical Scavenging Nutrients Can Prevent Disease**)*

Prostaglandins and Inflammation.

For the readers who are more 'chemically minded', we will briefly discuss the role Prostaglandin's play in this particular disease process.

Prostaglandins are a group of chemicals which are primarily derived from polyunsaturated fats in the diet (vegetable oils). They may be divided into two basic groups. The Prostaglandin E-1 family are the desirable members and carry out a variety of beneficial functions within our biochemistry. Prostaglandin E-1, for example, is necessary for normal function of the T-cells of the Immune System. These particular Prostaglandin's also block the second group of Prostaglandin's called the E-2 group, which are responsible for causing inflammation within the joints of the body.

Aspirin, an over-the-counter non-steroidal anti-inflammatory, works temporarily in reducing inflammation because it greatly slows down the formation of the Prostaglandin E-2 grouping which cause inflammation in the first place.

Now that we have a little better idea of what we are dealing with, let's take a look at how modern medicine manages this condition.

Conventional Treatment for Arthritis

If we follow the Standard Medical Model of *'Diagnose Disease, Prescribe Drugs and ultimately Perform Surgery'*, we pretty well understand their approach to this condition, for it varies little.

When Arthritis is first diagnosed, usually from initial complaints by the patient of pain, stiffness and loss of motion in specific joints of the body, the physician recommends taking an over-the-counter pain killer.

Almost without fail, these all belong to a family of drugs known as Non-Steroidal Anti-Inflammatory Drugs. (NSAIDs) The only popular exception to that group would be Acetaminophen, (Tylenol®, Datril®, and Liquiprin®). Acetaminophen is not often recommended for Arthritis because it contains no anti-inflammatory properties but consumers, unaware of this, take it thinking that it is safer than other over-the-counter pain killers. Unfortunately, it is not.

While NSAIDs are wonderful for the occasional ache, pain or headache, their constant use can not only render them less and less effective but they can also produce a variety of potentially serious side effects. The use of NSAIDs is completely out of control.

Last year, more than \$2.5 billion worth of these analgesics and anti-inflammatories were sold in the United States alone!

It is estimated that there are at least 100 different NSAIDs available or in development at any given time. Some of the more popular NSAIDs include: Indocin®, Advil®, Motrin®, Advil®, Aleve®, Nuprin®, Excedrin®, Midol® and Orudis®.

By taking continual high doses of NSAIDs, we interfere with vital bodily functions at a chemical level. Some of the symptoms of NSAID abuse include:

- * Nausea
- * Cramps
- * Indigestion
- * Diarrhea
- * Drowsiness
- * Headache
- * Nervousness
- * Anxiety
- * Sensitivity to sunlight
- * Ulcers and stomach bleeding
- * Slow healing of wounds
- * Kidney problems - swelling of hands and feet (edema)
- * Hypertension (high blood pressure)
- * Allergic reactions

Another common side effect of NSAIDs is their ability to inhibit the synthesis of Proteoglycans. These molecules are responsible for carrying water to the cartilage tissue to keep it soft and pliable. This means that the very drugs we most commonly take to relieve the discomfort of Arthritic symptoms are actually contributing to the disease process!

Further, the black picture of NSAID mis-use doesn't stop here. Many deaths occur each year which can be directly linked to excessive NSAID use. Common conditions which can result in death involve the Kidneys, Stomach and Liver, all organs damaged by NSAID abuse.

As the disease of Arthritis progresses and the pain and inflammation worsens, medical doctors resort to using more and more powerful NSAIDs, available by prescription only. Their side effects are the same as we have already discussed with one exception, more of them.

When the NSAIDs fail to relieve the patient's discomfort, the doctor moves to the next group of drugs, the Corticosteroids. Drugs such as Cortisone and Prednisone, are the most commonly used. They work but not without a potentially terrible price. They depress the Immune System to the point of failure. They thin the bones, cause Hypertension, Diabetes, Osteoporosis and even mental disturbances!

For this reason, legitimate physicians will only use them for very short term or in the case of life-threatening conditions.

The final method of treatment for Arthritis in the 'physician's bag' is, as always, surgery.

Joint replacement has become such big business that many hospitals rely upon this type of surgery to stay in business. The problems with surgery are numerous. The pain, the recovery time, the side effects and the cost must all be considered.

Worse yet, just because you have one joint replaced doesn't mean you are out of the hot water. Arthritis is a systemic disease and will, eventually affect all the joints of your body. How many do you want to have replaced?

While the picture we have painted of the treatment and prognosis of Arthritis is not pretty, the good news is that there is an alternative. Through proper nutrition and subsequent detoxification of the body, even more advanced cases of many types of Arthritis may be successfully improved or reversed.

Cleansing the Body of Unwanted Toxins

While excess toxic build-up occurs in every chronic disease process, I can think of no other condition wherein this problem plays a more direct role in the actual disease than in the case of all types of Arthritis. In fact, it has been said by many that Arthritis is a disease of toxicity.

Because of the direct role that toxic waste plays in this particular disease process, it is essential that the body be cleansed of these unwanted poisons, if we are to expect to see any real improvement in the condition.

The best way to rapidly, yet safely, remove these toxins from the soft tissues of the body is through a modified Fast which causes the Liver, Kidney, Colon and Bowel to dump their stored toxins into the blood stream for eventual elimination via the urine and feces. The following Fast should be undertaken as soon as possible:

Needed:

1. Between 12 and 15 fresh lemons daily for 3 days
2. About 3 quarts of distilled water per day for 3 days
3. A multi-herbal formula consisting of fiber, Celery, Cascara Sagrada,

Irish Moss, Peppermint, Senna, Bromelain, Anise, Ginger, Turkey Rhubarb and Chlorophyll. (A combination fiber and herbal powder formula is available from Phoenix Nutritionals, 1-800-440-2390)

4. Additional fiber tablets

5. Honey to taste

Day One

Make up one and one half cups of freshly squeezed lemon juice. Add this to two or three quarts of distilled water and mix in a little honey for taste. This will be your total intake of fluid and food of any kind for the entire day. Sip this mixture slowly throughout the day.

If you become excessively thirsty or develop a headache this first day, make up another quart of the lemon and honey water and continue sipping it as needed. In addition, take 1 teaspoon of the fiber/herbal mixture in at least 6 to 8 ounces of the lemon water twice per day.

Day Two

Continue as on day one, making up another fresh batch of the lemon-honey distilled water mixture. Take one teaspoon of the fiber/herbal mixture twice per day as in day one.

Day Three

Repeat the lemon and honey water. Take the fiber/herbal powder as in days one and two.

Days Four and Five

*Day four marks the end of the concentrated cleansing program, but continue to follow the outline given for days four and five in order to reap the full benefits of the program and to avoid shocking your body. Stop using the lemon water mix.

Today, through day 10, use just one teaspoon of the fiber/herbal powder in 6 to 8 ounces of juice per day. Drink any amount of tomato juice or carrot juice. You may also use white grape juice if diluted with 50% water. DO NOT CONSUME ANY CITRUS JUICES OF ANY KIND. Fresh non-distilled spring water may be taken in any quantity.

Days Six and Seven

Continue as with days four and five but you may now add fruits and vegetables. Use the fiber/herbal powder once per day as above.

Days Eight and Nine

Add yogurt and/or cottage cheese to your diet. Use the fiber/ herbal powder once a day as above.

Days Ten and Forward

Add whole protein foods such as chicken or fish slowly, for instance, at one meal per day. Gradually return to your normal protein intake over the next few days. Stop taking the fiber/herbal powder today.

This Fast is not only safe and easy but very effective in removing the buildup of toxins that can contribute to all Chronic Degenerative Diseases, especially Arthritis. It is important to remember that you **MUST** consume the stated amount of the lemon and honey water during the first three days of the program.

Nutritional Support for Managing & Reversing Arthritis

Before we begin a discussion of the specific nutrients involved in the support of health as it relates to Arthritis, it is important to emphasize that these nutrients, taken in these quantities, should never be taken alone. The body works on balance and synergy. It requires at least 120 nutrients each and every day of its life.

To take one or even several of these essential nutrients in the absence of the others can cause drastic biochemical imbalances. Therefore, be sure to take a Full Spectrum Nutritional supplement on a daily basis as a foundation of good nutrition and health. To this basic formula, add the following specific nutrients. Following is a discussion of each and why it is of importance. You will also find a recommended protocol, including the suggested potencies.

Essential Fatty Acids.

It was Heart Disease that first drew our attention to the importance of Gamma-linolenic Acid (GLA) and Eicosapentaenoic Acid (EPA) in the prevention and management of chronic disease. Since that time, these Essential Fatty Acids (EFA's) have continued to show their relevancy with regard to numerous chronic conditions.

In 1985, an article which appeared in *Clinical Research* reported that these Essential Fatty Acids significantly improved Rheumatoid Arthritis in many patients. Further, they are absolutely essential in the management of common or Osteoarthritis.

Remember our discussion of Prostaglandin's earlier? Well the good varieties are made through the conversion of GLA in the body. In order for this to occur, you must have adequate GLA available. The best sources of Essential Fatty Acids include Fish Oils, Borage Oil, Flax Oil and Evening Primrose Oil.

It is important to note that all of these oils, especially the vegetable sources, are highly subject to rancidity when they come in contact with the oxygen in the air. Rancid oils produce tremendous amounts of Free Radicals, the very substances we are trying to curtail due to their active role in the Arthritis process.

For this reason, you should be very cautious about the source of the Fatty Acids you choose. Once exposed to air they do more harm than good. If you must buy the oils in bottles, they MUST be refrigerated. Much better still would be to purchase the Fatty Acids which have been extracted from the various oils and then placed in airtight gel capsules.

One further step against Free Radical formation would be to look for capsules that are opaque in nature. The see through clear capsules allow light to penetrate, causing some breakdown of the delicate Fatty Acids within.

Calcium and Magnesium.

Since Arthritis is caused, in part, by a long term, sub-clinical Calcium deficiency, taking extra Calcium is a logical adjunct to a Full Spectrum Nutritional approach. Calcium requires several co-factor minerals in order to be properly absorbed.

Malabsorption of Calcium.

Due to lack of proper acidity or imbalances in nutrient intake, is the cardinal cause of such problems as Kidney and Gall Stones, Bone Spurs and of course, Arthritis. The best Calcium is obviously Chelated but also should contain the support minerals such as Magnesium, Boron, Copper, Manganese and Zinc.

Copper.

In addition to being an essential co-factor in the absorption and retention of Calcium, Copper has long been associated with the relief of stiff and aching condition. The practice of wearing copper bracelets for relief of Arthritis pain is an old remedy but the science behind it is sound. Organic sourced Copper, that which comes from plant sources, is much more absorbable to the body at the cellular level and is therefore the preferred source.

Vitamin B-6.

This is the universal transport vitamin. Virtually everything that is put with enough Vitamin B6 is transported readily to the cellular level. Additionally, Vitamin B6 plays a direct role in reducing pain from inflammation as well as preventing the nighttime cramps frequently suffered by Arthritis patients. The complete research relative to Vitamin B6 and Arthritis may be found in an old book by *Dr John M Ellis, MD*, entitled *The Doctor Who Looked At Hands*. This book is unfortunately, out of print but may still be available in libraries and used bookstores.

Pantothenic Acid.

Another B-Complex Vitamin, Pantothenic Acid, has been shown to relieve the symptoms of both Osteo and Rheumatoid Arthritis. Many researchers around the world believe that Arthritis is caused directly by a deficiency of this essential B Vitamin, which is easily depleted through over processing of our food and through excess stress.

Quercetin.

A very powerful specific AntiOxidant, Quercetin inhibits the Lipoxygenase pathway of Arachidonic Acid metabolism which is responsible for some of the most powerful inflammatory chemicals in the body, while at the same time producing anti-inflammatory Prostaglandin's. Quercetin further inhibits the release of Histamine which can exacerbate inflammatory conditions such as Arthritis.

Glucosamine Sulfate.

In order for cartilage to maintain integrity and not break down with excess use it needs adequate amounts of water. Proteoglycans, structures which bind the collagen within the cartilage, are also the structures which attract the water and keep the joint and surrounding tissues lubricated with moisture.

Glucosamine Sulfate is a major building block of Proteoglycans. Glucosamine is, therefore, necessary for making the proteins that bind water in the cartilage matrix. Since Glucosamine Sulfate not only starts the production of the key elements of joint and cartilage integrity, but also protects the existing cartilage, it can actually help the body repair and replace lost cartilage, thereby reversing the disease process!

Chondroitin Sulfate.

Many of you may be familiar with the old grandma's remedy of eating gelatin if you suffered from stiff joints. It worked because gelatin contains a substance called Chondroitin Sulfate.

While Glucosamine Sulfate forms the Proteoglycans that fit within the collagen of the cartilage, Chondroitin Sulfate provides a magnetic attraction for water. Chondroitin's long chain of repeating sugars attract fluid to the Proteoglycan molecules. This accomplishes two things. The fluid acts as the cushion or shock absorber, protecting the cartilage tissue from further assault and breakdown and since joint cartilage has no blood supply, the fluid transports nutrients into the cartilage, keeping them healthy.

Without such constant nutrient immersion, the cartilage becomes malnourished and dries out. This results in a thinner more fragile cartilage structure. Because gelatin is an incomplete protein, it is very hard to digest for many people.

Further, the amount of Chondroitin Sulfate in gelatin is minimal, requiring the need for consuming very large amounts. For this reason, we recommend using concentrated Chondroitin Sulfate. The best source is from Sea Cucumber. This is not only the most concentrated source but is also hypo-allergenic as well.

Methyl-Sulfonyl-Methane (MSM)

While this nutrient is still relatively new, and many of the promoters selling it are making often rather wild claims for its efficacy, MSM is effective in the management of many health challenges.

For the purpose of our discussion here, MSM is an important adjunct to an overall Arthritis support program due to the fact that it relieves both pain and inflammation. Further, MSM has shown benefits for athletes in relieving stress-induced connective tissue injuries.

Clinical studies have repeatedly shown that mega-doses of MSM are more effective in relieving pain than the leading NSAID's with none of the side effects so common with those drugs. It seems that MSM accomplishes this feat by helping the cells of the body eliminate toxins through an acceleration of fluids through the cell membranes.

Together with Stinging Nettle (see below), a natural diuretic, we can detoxify the body rapidly, which is essential in obtaining relief from Arthritis pain.

Cetyl-Myristoleate (CMO)

We have all heard about the multiple benefits of Fatty Acids, the building blocks of all fats. In fact, they are responsible for hundreds of biological functions within the body. Cetyl-Myristoleate (CMO), is a member of the fatty acid group of nutrients. Chemically, it is a combination of the fatty acid Myristoleic Acid and Cetyl Alcohol. It is found in the tissues of many animals such as whales, and serves to lubricate the joints while suppressing inflammation.

Further, it helps reduce the auto-immune response, in Rheumatoid Arthritis, which causes the body to attack and destroy its own joints and connective tissues. In fact, CMO has demonstrated such an autoimmune suppression that it is now being used in other autoimmune disorders such as Lupus and Crohn's disease.

Clinical studies continue to support the efficacy of CMO in the management of all types of inflammatory conditions. In one study conducted in Europe, 400 patients were given either a combination of CMO and other known Arthritis factors such as Glucosamine Sulfate, Chondroitin Sulfate and Cartilage Extract or a placebo. At the end of the study, 14 percent of those taking the placebo indicated improvement in their symptoms while an impressive 63 percent of those taking the CMO combination showed improvements.

In another study, Arthritis sufferers were divided into three groups. The first group was given CMO alone, the second group received CMO plus Full Spectrum Nutrition, and the last group, the control group, received the placebo.

At the end of the study, the results were as follows:

'The placebo group had an eight percent improvement. Those taking the CMO alone reported a 58.1 percent improvement in that grouping. In the last group, an amazing 84.2 percent of those taking both the CMO and the Full Spectrum Nutrition supplement reported at least a 75 percent improvement in their Arthritis symptoms! '

Not only does this prove that CMO must be part of a total approach to Arthritis management, but supports the concept of totality as well. I have always stressed that using ALL the known nutrients together, in the right ratios to each other, is essential for maximizing the results.

Boswellia Extract

Boswellia, the botanical name for a small family of trees, has been used for ages in the treatment of aches and pains. Today the active compounds (boswellic acids) have been isolated and extracted in concentrated form, thereby enhancing the effectiveness of the compounds.

Boswellic acid extracts have demonstrated anti-arthritic effects in a variety of animal models. There are several mechanisms of action contributing to this response including inhibition of inflammatory mediators, and improved blood supply to joint tissues.

Urtica Dioica

Commonly known as Stinging Nettle, the extract of this herb exercises an activating effect upon the kidneys, increasing urine output.

Since Arthritis, or at least the uncomfortable symptoms of Arthritis, are caused by the build up of toxins in the body, any method of increasing both detoxification and elimination of unwanted toxins is beneficial.

In the early days, we used Fasting to bring about this response. We still use a 3-day Fast in more severe cases of Arthritis, but through the addition of Nettles to our Arthritis Protocol, we can accomplish much the same result on a smaller scale. This action, within the body, becomes especially important in cases of Rheumatism. Since it is also an anti-inflammatory, Stinging Nettle serves two important purposes relative to Arthritis management.

Through the use of these specific nutrients with a Full Spectrum Nutrition foundation which provides the body with all the necessary daily nutrient requirements, we have seen literally remarkable results in the prevention, management and even the reversal of all types of Arthritis.

Remember, at the end of this Report we will provide you with a list of nutrients and the exact potencies and ratios, which we have used so successfully in the management of this illness.

Other Factors Affecting Arthritis

Whenever we address a Chronic Degenerative Disease of any kind, we must not rule out the possibility of allergic reactions which can contribute significantly to almost any disease process. Such is the case with Arthritis.

There is a group of foods which have been directly linked with the formation and aggravation of Arthritis in many people. These foods all belong to a specific group of foods called the Nightshades.

In fact, many members of the Nightshade family are so poisonous that they can produce rapid and unpleasant death. Those that do not immediately make you sick are routinely consumed as foods and include: white potatoes (including foods containing potato starch), tomatoes, peppers and eggplants.

All these foods contain a chemical called Solanine, which causes delayed inflammation in some people.

If you are having trouble managing your Arthritis after following this program, you may wish to consciously eliminate the Nightshades from your diet on a permanent basis.

Other allergies to a wide variety of foods may also play a part the genesis of Arthritis. Therefore, if allergies to foods of any kind are suspected, it is a good idea to have an allergy test and to subsequently avoid all offending foods.

The Cleansing Fast discussed earlier in this Special Report will help to rid the body of many of these offending compounds. As long as you abstain from them afterwards, your system should be fairly clean of Histamine.

Oxygen: The Universal Cleanser

For many Arthritis sufferers, relief from pain is the first thing on their minds. Pain from Arthritis goes deep into the body and can be severe.

In our search for alternatives to drug therapy in the management of Arthritis, we discovered an all natural substance that not only accelerates healing and detoxification of the joint tissues but actually relieves the pain and stiffness connected with all forms of Arthritis.

We have known for over 100 years of the beneficial effects of super oxygenating the body. In fact, medicine has used super oxygenation in a variety of forms for the treatment of numerous disease conditions. Hyper-baric oxygen is often used in accelerating the healing of wounds or burns.

Intravenous oxygen is routinely used by alternative hospitals around the world as part of an overall program of health building rejuvenation, allowing the body to better heal itself from the ravages of virtually all chronic diseases.

While these two forms of oxygenation are effective, they are not readily accessible or affordable to the average person. Because of the work done by several pioneers in the field, the use of oxygen for conditions such as Arthritis became somewhat well known.

People would take Food Grade 35% Hydrogen Peroxide (the only safe form to take internally) and mix it with water and drink it. Hydrogen Peroxide, in that concentration, has a particularly nauseating taste, which is almost impossible to cover up.

Further, if you mix the Hydrogen Peroxide with anything but distilled water, the pathogens and enzymes naturally present in juice or in all foods, will cause the oxygen to disassociate, rendering the product virtually worthless.

Some time ago, we developed a method whereby the Hydrogen Peroxide could be buffered or protected from disassociation when mixed. Subsequently, there are now products available which contain Buffered 35% Food Grade Hydrogen Peroxide along with Aloe Vera and sterilized natural fruit flavors.

This makes a very palatable drink and may be consumed several times per day, especially during the initial phase of the program when the pain and stiffness from Arthritis is most severe.

One word of reminder concerning any Hydrogen Peroxide or Oxygen product. They must be consumed on an empty stomach in order to prevent the premature release of the Oxygen.

*(For further information on the use of Oxygen Therapy refer to Special Report #14 entitled **Effective Oxygen Therapy for Chronic Conditions.**)*

The Role of Exercise in Recovery From Arthritis

When you are stiff and hurting from the pain of Arthritis, the very last thing you wish to think about is exercise. In fact, some forms of exercise could actually make your Arthritis worse by further damaging compromised cartilage tissue. Yet, without exercise your stiff joints will further bind up reducing range of movement and mobility.

The answer is in the proper form of exercise. Low impact aerobics on a very cushioned surface are fine for those with moderate Arthritis. They should be avoided by those with more advanced conditions. Weight resistance exercises, together with stretching exercises, are the best possible combination for the Arthritis sufferer.

If you are unfamiliar with exercise and exercise equipment, we suggest that you consult with a Physical Therapist or Exercise Physiologist for a program that's right for you.

Many gyms and better health clubs have personnel trained in these areas of specialty and can get you started on the correct program that will increase your flexibility while ensuring that your delicate joint tissues are not further compromised.

Light Therapy: A Hidden Secret Revealed

Work conducted by *Dr. John Ott*, and several others, dating as far back as 50 years ago and as recent as 1998, indicate that the sun has many hidden healing properties which may benefit those with a variety of chronic and immune related disorders.

With all the negative publicity surrounding the sun and the link between its radiation and some forms of skin cancer, you see people avoiding the sun like some evil plague. Yet, the key to everything in life is, and always will be, moderation.

The sun is the great energy turbine that fuels our entire solar system. All life on our planet is directly dependent upon the sun. Plant chemistry ceases without sunlight, and without plants, all life as we know it would end.

How then can something so beneficial be so dangerous? There are several reasons. We know that the incidence of skin cancers has been steadily on the rise over the past few decades.

We also know that certain layers of insulation in our upper atmosphere have either been altered or in some cases and in some areas destroyed. The Ozone Layer of the upper atmosphere serves as a filter to screen many of the harmful rays striking the earth from Cosmic Space. As this Ozone breaks down, more and more of these energies make their way to the surface of the earth.

The key is moderation. You can still enjoy the health giving benefits of the sunlight without going to the extremes that place your body at risk. Your skin produces a substance called Melanin, which protects your body from the sun. It is also the substance that makes some people's skin darker than others and causes lighter skinned people to tan. If you nurture the production of Melanin through gradual exposures to the sun, you can build up a protective layer within the skin.

What, you say, has this to do with Arthritis? Research has shown that many Chronic Diseases such as Arthritis and Allergies benefit tremendously from routine and regulated exposures to the sunlight.

Sunlight is known to be a powerful immune stimulant but excess exposure depletes the immune response, hence moderation again. Applying sunlight therapy specifically to Arthritis, the following program has been very helpful.

Expose your eyes to the sun for 15 to 30 minutes each day. For those who are not accustomed to being out in the sun, you will have to begin slowly, say 5 minutes at a time, working slowly up to the full amount of time.

It would not hurt to expose as much of your skin to the sun as well since Vitamin D is produced when sunlight makes contact with exposed skin.

When exposing the eyes to the sun it is important to do so as follows...

Begin by keeping the eyes open, without sunglasses. Do not look directly into the sun, but face the direction of the sun while looking slightly away. This full spectrum of light, which can enter the body through the eyes, provides numerous benefits.

Once you are accustomed to this, close your eyes in a relaxed, not squinting, manner and look directly into the sun. Your eyelids will protect your delicate eye tissue and the energy will still penetrate through.

There have been many reports from our own patients that they have received relief from the stiffness and pain of Arthritis through this very means alone.

*** Special Note for Those Suffering From Gout
or Rheumatoid Arthritis**

Persons suffering from Gout, a genetic disorder which prevents the proper excretion of Uric Acid from the body, can benefit from the basic Arthritis program outlined in this Special Report as well as adding Vitamin C to bowel tolerance, meaning that you increase your Vitamin C intake until you develop diarrhea.

Then cut back to just below that level. Further, eating cherries or drinking cherry juice is very beneficial for Gout. This, along with avoiding purine forming foods such as red meats to excess, shellfish and beer, can help the Gout sufferer live a relatively normal life.

In addition to our basic Arthritis protocol, those suffering from Rheumatoid Arthritis need to add one extra supplement to their program and that is Chicken Cartilage. Fortunately, Chicken Cartilage is now readily available in capsule form, which saves attacking every chicken in sight!

Since potencies for Chicken Cartilage vary from one manufacturer to another, follow the dosage as outlined on the individual label.

Be sure that the product you take is from Chicken Cartilage, NOT Shark Cartilage. They are NOT THE SAME! Shark Cartilage should ONLY be used in the management of Cancer since it *prevents* the replication of cells.

In our many years of working with thousands of cases of Arthritis, we can assure you that the program outlined in this report is very effective. One of the main reasons why it works is because of the synergy between the various nutrients as well as the potency.

Following is the exact protocol we have used at The Institute of Nutritional Science with great success. We suggest that you adopt our program if you wish to have optimal results.

Protocol for the Prevention and Management of Arthritis

Diet. It is important to begin to eat a diet consisting of as many whole raw living foods as possible. Eat at least one serving of raw cabbage every day as well. Reduce or eliminate the consumption of over processed foods and lifeless foods.

Eliminate the consumption of nightshades and if further problems persist, check for food allergies by having an allergy blood test. If you do show any severe food allergies, be sure to eliminate those foods from your diet as well.

Detoxification and Cleansing. We cannot stress the importance of properly cleansing the organs of elimination in your attempt to

manage this condition. A Full Spectrum cleansing/detoxification program must address all the organs involved including the Liver, Kidneys, Colon and Bowel.

The following formulation is what we have used successfully on hundreds and hundreds of patients.

Psyllium Husk (fiber)	
Cascara Sagrada Extract	125 mg
Bentonite powder	250 mg
Celery Powder	150 mg
Irish Moss	100 mg
Peppermint	100 mg
Senna	100 mg
Bromelain	100 mg
Sodium Alginate	100 mg
Anise Seed	50 mg
Ginger Root	50 mg
Turkey Rhubarb Root	25 mg
Chlorophyll	0.5 mg

The above formula should be per teaspoon and you should take the specific number of teaspoons as outlined in the 'Fasting Section' of this Report. After completing the Fast or the Cleanse, it is important to replace the healthy, good bacteria back into the system. This is best accomplished through the use of a Full Spectrum Acidophilus product, which provides at least 1 billion live organisms per serving.

Specific Nutrient Program.

The following dietary supplement program represents both the potency and the ratio of nutrients used with the greatest success at our Institute.

Full Spectrum Nutrition (preferably in liquid form)

Provides the 120+ nutrients which is the foundation of daily intake.

Essential Fatty Acids: Best taken in airtight opaque capsules

Then add the following specific nutrients:

Vitamin B6	25 mg
Niacin (as Niacinamide)	40 mg
Zinc	6 mg
Evening Primrose Oil	25 mg
N-acetyl Glucosamine	300 mg

Chondroitin Sulfate	400 mg
CMO	100 mg
MSM	75 mg
Rutin	5 mg
Boswellia Extract	100 mg
Nettle Leaf Extract	200 mg

If pain and stiffness is considerable, add Liquid Oxygen at the rate of one ounce three times per day on an empty stomach (30 minutes before or three hours after a meal.)

If you do not get adequate Calcium from your diet, or if you are a female over the age of 45, you need extra Calcium. This should be taken with its mineral co-factors present at the same time. They include Boron, Copper, Magnesium, Zinc and Manganese. You should ensure that you are taking a total of 1200 mg of Calcium per day or more.

In severe cases, this formula may be doubled for the first 30 to 60 days. It is wise to work up slowly, however, since all Arthritics are toxic and may otherwise experience symptoms of rapid detoxification, which could include headache, nausea, diarrhea and fatigue. Should these symptoms occur, simply reduce the dietary program and begin more slowly, gradually raising the dosage until the optimal levels stated above have been reached.

Well that's the program, nothing left out, no secrets. While some of what we have told you may be familiar, likely, other parts of the program will seem foreign. Nonetheless, it works!

We have literally hundreds of case histories of people that have benefited immensely from this very program, and you too can be one of them. But like anything in life, you must follow it faithfully and regularly. Arthritis is a Chronic Condition, meaning that you have it for life. That means that you will have to take care of yourself for the rest of your life and it is about time.

If you had known this information years ago, perhaps you would not be in the position you find yourself today. Only you can make the difference by beginning this program and sticking with it.

What Is Full Spectrum Nutrition

The very heart of our prevention and treatment program for Arthritis has to be Full Spectrum Nutrition. Just what do we mean by this?

Everyday, our body needs at least 120 nutrients and nutrient compounds in order to live and function in optimal health. The absence of even a few of these essential nutrients causes the body to constantly perform a juggling act, trying to balance the internal body chemistry.

After years of these deficiencies, the chemistry of the body becomes tired and begins to lose its ability to compensate for dietary deficiencies. The ultimate outcome of this prolonged deficiency is Chronic Disease. Virtually, every Chronic Disease known to mankind may be directly linked back to the absence of some or many of the essential nutrients needed on a daily basis.

The single greatest thing that you can do for your body is to provide these nutrients to your chemistry every day by taking a Full Spectrum Dietary supplement.

Following is a list of the 120 essential nutrients, which must be present in the diet of everyone wishing to stay healthy.

1. 8-12 Amino Acids.

These are the building blocks of all cells in the body. Actually there are hundreds of Amino Acid combinations and the body can make all of them except 12. These must be taken daily from the diet.

2. 3 Fatty Acids.

Again, there are dozens of Fatty Acids formed in the body, all of which may be made from these Essential Fatty Acids.

3. 16 Vitamins.

Vitamins are probably the best known of all nutrients. Most of them are water soluble, meaning that they cannot be stored in the body. This means that they must be taken into the body every day.

4. 70+ Minerals.

Major and trace minerals make up the largest group of nutrients in human nutrition. Because of this, attention to this group of nutrients is an absolute must if good health and longevity is expected.

5. Phytonutrients.

Organic chemical compounds from plants, Phytonutrients are on my essential supplement list because all too few of us eat enough fresh fruits and vegetables on a daily basis. In cold climates during the fall and winter seasons, many people don't eat anything fresh for months at a time.

6. Heavy Hitting Antioxidants.

The last group of 'essential' nutrients are relatively new and are very powerful Antioxidants and Free Radical scavengers.

We have already illustrated the direct connection between Free Radicals and many forms of Cancer.

The Free Radical can permanently alter the DNA of genetic material of a living cell, causing it to become Cancerous. The extra protection provided by additional Antioxidant protection is simply a must.

If you take this list into your local health food store and try to fill it, you can, but you will likely come home with 10 or more bottles of pills and capsules, and a fair amount of money left behind. Fortunately, you can obtain Full Spectrum Nutrition in a much more convenient way.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact www.PhoenixNutritionals.com or by telephone at 1-800-440-2390 or 858-217-2412 or email Questions@PhoenixNutritionals.com

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