



"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

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ARTHRITIS

ATTENTION: Before making any changes please contact your health care professional.

WHAT IS ARTHRITIS?

Arthritis is a general term defined as inflammation of the joint. An estimated 40 million Americans suffer from some form of arthritis. Joint inflammation is characterized by redness, warmth, swelling, and pain within the joint.

There are over a hundred different types of arthritic joint pain but the most common are osteoarthritis (OA), rheumatoid arthritis (RA) and gout.

Sedimentation rate, or erythrocyte sedimentation rate (ESR), is a blood test that can reveal inflammatory activity in the body, and it is one of the tests used to determine arthritis. However, there are other tests which will tell of the specific type of arthritis.

In the ESR test, if the blood sample falls too quickly in the test tube, it indicates that inflammation is high in the body. The normal sedimentation rate (Westergren method) for males is 0-15 millimeters per hour, for females it is 0-20 millimeters per hour. The sedimentation rate can be slightly elevated in the elderly, and so a diagnosis can be determined by other types of testing

WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis is a form of arthritis involving the deterioration (wear and tear) of the cartilage that cushions the ends of bones. It affects 16 million Americans, mostly 45 years and older though it can occur at an earlier age. Women are more affected than men.

Cartilage is a firm tissue that covers the ends of bones in normal joints. Its main function is to reduce friction in the joints and serve as a "shock absorber". The shock-absorbing quality of normal cartilage comes from its ability to change shape when under pressure (flattened or pressed together).

Osteoarthritis occurs where there is inadequate blood supply to the joints for proper functioning and this can result in weakened ligaments as well as decrease the fluid between the joints causing wear and tear of the cartilage and greatly reduce its ability to act as a shock absorber. The bone could rub against each other and those beneath either thin or overgrow irregularly as a spur or lipping.

Osteoarthritis can occur in almost any joint in the body but it affects mainly the weight-bearing joints, such as the spine, knees, hips and sometimes the fingers, thumb, neck, and large toe especially where there was a previous injury or excessive stress involved.

WHAT IS RHEUMATOID ARTHRITIS (RA)?

Rheumatoid arthritis is a form of arthritis in which the body's immune system attacks the lining of the joints. It affects about 2.1 million Americans and is three times more common in women than in men.

Rheumatoid arthritis is caused from inflammation of the joints especially in the wrist; fingers and knees but it can also affect the neck, shoulders, elbows, ankles and feet. It typically occurs in joints on both sides of the body and this helps distinguish rheumatoid arthritis from other types of arthritis. It is manifested as red, tender, warm, swelling, pain and stiffness especially in the morning and fever. In addition to affecting the joints, rheumatoid arthritis may occasionally affect the skin, eyes, lungs, heart, blood, or nerves. Damage can become severe and deforming thus causing great discomfort.

When the synovial membrane is inflamed, it becomes swollen, enlarged, soft and spongy and fluid builds up in the joint. This causes the joint to become stiff and the cartilage wears away. Eventually the bones of the joints may fuse and this can become very painful.

WHAT IS GOUT?

Gout is a metabolic disorder in which uric acid builds up in the blood and forms crystals in the joints and other places especially the big toe. It affects about 1 million Americans (70% to 80% are men), with first attack starting between 40 and 50 years of age.

Uric acid comes from a breakdown of purines a type of protein that occurs naturally in the body as well as in a number of foods.

Purines are then converted to uric acid in the blood for excretion by the kidneys in the urine. However excessive levels of uric acid in the blood due to overproduction or inadequate elimination or both result in the formation of uric acid crystals that are deposited in the tissues and joints, thus it becomes irritated and swollen. Gout has long been associated with diet, particularly overindulgence in meat, seafood and alcohol. Moderate intake of purine-rich vegetables or protein is not associated with an increased risk of gout.

Gout comes in the form of attacks once or twice a year, usually before midnight. It first attacks the big toe, then other joints and parts of the body. It is shiny, red, warm to the touch and exceptionally tender and if left untreated, it can affect other joints and become severe.

A **change in diet** is essential in treating Gout to reduce the uric acid build up in the blood.

SYMPTOMS OF ARTHRITIS

- Pain, stiffness, soreness in affected joints especially with movement (OA)
- Pain after overuse of joint or after long periods of inactivity (OA)
- Bony enlargements in the middle and end joints of the fingers (which may or may not be painful) (OA)
- Swelling around the joint, pain and tenderness, restricted joint movement (OA)
- Enlarged distorted finger joints, crackling noise of affected joint (OA)
- Morning stiffness (OA, RA)
- Fatigue (RA)
- Nervous overexcitement, depression, muscle pain, excessive sweating (RA)
- Fever (RA, Gout)
- Painful, stiff, swollen, deformed joints (Gout, RA)
- Decreased urine (Gout)
- Itching or peeling of affected skin (Gout)
- Sensitivity to cold
- Poor appetite and cravings for clay, ice, or starch

- Poor blood circulation
- Weakness and debility
- Dizziness
- Headache
- Rapid heart rate
- Shortness of breath or exertion
- Pale skin, nails and lips

CAUSES OF ARTHRITIS

- Gluten sensitivity, food allergies (OA, RA)
- Age related changes (OA, RA)
- A genetic predisposition (OA, RA)
- Injury to joints (OA)
- Severe loss of cartilage to the knee joints (OA)
- Overweight (OA, Gout)
- Overwork or underwork (OA)
- Bony overgrowths (OA)
- Direct joint injury with local inflammation (OA)
- Degenerative cartilage (OA)
- Repeated injury or damage to joint (OA)
- Hormonal factors (RA)
- Psychological factors (RA)
- Lifestyle and nutritional factors (RA)
- Environmental factors (RA)
- Food allergies (RA)
- Stress (RA)
- Immune reaction (RA)
- Consuming excessive amounts of food that is rich in purines when broken down (Gout)
- Increased uric acid in the blood (Gout)
- Kidney damage (Gout)
- Alcoholic beverages (Gout)

DIET FOR ALL FORMS OF ARTHRITIS

Diet plays a huge role in triggering Arthritis as well as bringing relief therefore extra care should be taken to choose your meals wisely to avoid developing Arthritis.

What are some of the foods to eliminate?

- Eat a diet low in fat and high in fiber to improve your circulation and carry nutrients and oxygen to the joints.
- Cut out all flesh foods (including fish, chicken, meat, pork and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.). These items increase arachidonic acid in the body and this will aggravate painful joints.
- Avoid crystalized sugar and use natural forms of sweeteners such as honey, molasses, sucunat, dates, dried figs, apricots, raisins.
- Avoid alcoholic beverages, food additives, excessive salt, paprika, tobacco, and caffeine.
- Fried foods as well as highly processed foods should be eliminated from the diet, and all free oils should be avoided while cooking.
- Foods from the **solanaceae** or "**nightshade**" family should be avoided until arthritic symptoms subside. These foods include **tomatoes, potatoes, all peppers and eggplants.**
- Do not use iron supplements, get your iron from natural sources such as blackstrap molasses, dried spirulina, sesame, lentils or channa.

What are some foods to ensure you have in your diet?

- Go on a wheat-free, gluten-free diet eliminating ALL bread, pasta, flour, pastries etc coming from wheat, rye, barley, spelt, kamut. See our gluten-free sheet for more information.

- Increase fiber by eating fruits, vegetables and whole grains such as brown rice or other organic grains from a gluten-free diet.
- Blackstrap Molasses take 2 tablespoons daily to treat iron deficiency (not if you are diabetic)
- Fresh fruit such as pineapple, sour apples and sour cherries is helpful
- 1-2 glasses of Green juices with kelp or juiced beets, carrots, celery, parsley can relieve inflammation
- Use the pink Himalayan Sea Salt that has 84 trace minerals and will be absorbed naturally in the body rather than deposit salt crystals in your joints.
- Avocado, coconut, and nuts are high in fat and should be used moderately as consuming too much of these items will overwork the liver and interfere with blood circulation to your joints.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes difference in the schedule. Meals should be eaten 5-6 hours apart.
- Drink at least 8 glasses of water (64 oz) of water each day, 8 oz of which should be taken before breakfast. Water should be taken 15-30 minutes before meals or 2 hours after meals. Drink water until urine is pale yellow. Water helps the kidneys in eliminating uric acid build up in the blood.

OSTEOARTHRITIS DIET (ADDITIONAL)

- Foods to increase to prevent or stop the development of osteoarthritis are:
- Almonds, cabbages, cauliflower, celery, oranges and molasses, legumes, whole grains, brown rice, alfalfa, coconut, green leafy vegetables, oatmeal, and for obtaining calcium, sulfur and minerals which is essential to strong bones around the joints and to promote cartilage health.
- Sulfur-containing foods such as asparagus, garlic and onions help repair bone, cartilage and aid in the absorption of calcium.
- Bananas, fresh pineapple, sour cherries are excellent in reducing inflammation.

RHEUMATOID ARTHRITIS DIET (ADDITIONAL)

- Avoid all meat and animal products, alcoholic beverages, milk, eggs, food additives as these worsens the disease and aggravates the inflammation of the joints.
- A total vegetarian diet has proven to yield the best results. Therefore, increase the consumption of the following items: raw fruits and vegetables, legumes, nuts, whole grains, anti-inflammatory foods such as: (black currants, walnut). Avoid tomatoes, peppers, potatoes, eggplant, wheat, flour and gluten foods.
- Dairy products and eggs, will increase certain immune protein antigens that destroys the cartilage.

GOUT DIET (ADDITIONAL)

Foods that you eat, and don't eat, can impact your gout by increasing or decreasing your blood uric acid levels.

- Increase the consumption of raw fruits and vegetables, whole grain, legumes, nuts and soybeans. However, for Gout, avoid the use of soy as it is a high producer of uric acid and the excessive amount of uric acid in the body can make it difficult for the kidneys to eliminate it.
- Fruits and vegetables to increase in the case of Gout are: lemon, grapefruit, oranges, cherries, strawberries, grapes, apple, cauliflower, green beans, turnips, leeks, and celery. During an attack go on a fruit diet.
- Foods to avoid in the case of Gout as they are rich in purines are: organ meats: brain, kidneys, and liver, red meats: beef, lamb, pork, seafood: fatty fish, sardines, tuna, anchovies, herring, shrimp, and shellfish. Foods that contain some form of purine that will elevate uric acid levels in the blood are: brewer's yeast, spinach, mushrooms and asparagus. Give attention to legumes (dried beans are higher in purines), where legumes are used as a protein source without meat, it does not cause a problem. However, if legumes are used in addition to the above-mentioned meats, the result is too much purines in the diet as well as too much uric acid in the body. Refined grains can be too acidic for the body and make the elimination of uric acid from other foods more difficult. It is better to use whole grains.
- Caffeine (coffee and tea) should be avoided especially in the case of Gout as it is of the purine family and it transforms into uric acid in the body.
- Avoid the use of alcohol especially beer as this impairs the ability of the kidneys to excrete uric acid, thus causing it to increase in the body and this is one of the leading factors to Gout.

- Avoid rich foods such as cakes and pies. Eliminate all white flour and sugar from diet.

LIFESTYLE FOR ALL FORMS OF ARTHRITIS

- Sleep. Go to bed at least before 10:00pm nightly and get adequate amounts of rest as the repair of joints, ligaments and muscles usually occur during sleep. Sleep on a firm mattress.
- Exercise. Walk one hour daily. This will improve circulation of the blood to the joints by lowering the amount of fat in the bloodstream. If walking is painful, give as much as you can get.
- Swimming can also maintain joint flexibility
- Breathe deeply in the open air to aid with blood circulation.
- Keep your weight down to avoid aggravating the joints.
- Reduce stress and keep a cheerful spirit.
- Avoid high heels as they tilt the pelvis and put more pressure on the weight-bearing joints.
- Refrain from overexerting the affected joints.
- Keep the body evenly warm at night to reduce joint stiffness in the morning.
- Keep arms and hands warm in Rheumatic situations.

HERBAL RECOMMENDATIONS

- **Garlinase** 2 tablets twice a day with each meal or 4 cloves of fresh garlic daily
- **Flax seed** is rich in omega-3 that fights inflammation, take 2 tablespoons freshly grounded daily
- **Pumpkin seed** – ¼ cup daily to improve zinc requirements (RA)
- **Arnica tea** – drink 4 cups daily (1 tablespoon to 4 cups hot water, cover and steep for 3 hours)
- **White Willow Bark** for pain- take 2 capsules or 1 cup of tea daily
- **Turmeric** (anti-inflammatory) – use 2 capsules or 2 tablespoons boiled for 15 minutes and steeped for 4 hours in 32 oz hot water daily, let cool and drink daily
- **Cat's Claw** - take 2 tablespoons to 4 cups of water, draw for three hours and drink through the day – anti-inflammatory (OA, RA, Gout)
- **Guggul** or to remove inflammation from the joints – 2 teaspoons in one glass of water 30 minutes before a meal
- **Pau D' Arco** (anti-inflammatory) – use 2 capsules or 2 tablespoons steeped in 32 oz hot water daily for 40 minutes to 3 hours
- **MSM capsules** to reduce inflammation
- **Lemon treatment** – squeeze lemon in 32 oz water and drink: 1st day 1 lemon, 2nd day 2 lemons, 3rd day 3 lemons, 4th day 4 lemons, 5th day 5 lemons, 6th day 6 lemons, 7th day 7 lemons then reverse days and treatment from 7th day back to 1st day.
- **Hibiscus tea** steep 7 flowers in 32oz water for 40 minutes and drink daily (unsweetened)
- **Alfalfa** is rich in minerals that promote good bone and cartilage health.
- **To regenerate bone mass and cartilage:** use Tabishir, horsetail, hemp, nettle
- **Liquid Calcium Plus** for restoring lost calcium in bone loss
- **Tea** made from equal parts of black cohosh, chamomile, bearberry leaves, cascara sagrada, pokeweed root and sassafras. Steep 1½ teaspoons mixture in 1 cup of boiling water for 40 minutes to 3 hours. Drink 1 cup in the morning and evening.
- **Tea** for Gout to assist with elimination of uric acid: lemon juice, nettle juice
- Burdock root, kelp, red clover, yucca: make a tea from any of these herbs 2 tablespoons to 32 oz hot water. Steep for 40 minutes to 3 hours let cool and drink as water during the day.
- **To regenerate bone mass and cartilage:** horsetail, hemp nettle – take 2 tablespoons to 32 oz water and steep for 40 minutes to 3 hours then let cool and drink as water
- Take **10mcg Vitamin B12** supplement daily
- Use **Kelp or Dulse** daily to restore iodine
- To restore trace minerals and B vitamins - use **VM 100 Complete or Active 55 Plus or B Complex supplement**
- **Vitamin D3** – Low Vitamin D level increases your risk of autoimmune diseases like multiple sclerosis and rheumatoid arthritis, there is a receptor site in every cell for vitamin D. When the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is transferred to the liver then to the kidney to be converted into vitamin D that the body can use.

- Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.
- Vitamin D level should never be below 32 ng/ml, and any levels below 20 ng/ ml are considered serious deficiency and increases your risk of autoimmune diseases like multiple sclerosis and rheumatoid arthritis, one of the MOST important aspects of your treatment will be to optimize your vitamin D level, therefore apart from getting natural sunlight, supplementation is recommended.
The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line.
Correct Levels of vitamin D are 70 ng/mL to 100 ng/mL. Avoid supplementing to toxic levels. (Once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.)
For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 9:00am – 3:00pm\).](#)

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.

Here is another option: If there is a chronic deficiency in vitamin D, it would recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

POULTICE

- For **swollen joints**: take 3 tablespoons of granulated slippery elm bark, 1 tablespoon of lobelia, 2 tablespoons of mullein, 1 teaspoon of cayenne and mix in a bowl. Add hot water to make a paste. Spread it on a cloth and cover the swollen joints. Cover it with a plastic wrap, and leave it on for 30 minutes to 1 hour or less depending on how much burning the joint can take.
- For **Circulation**: mix 2 parts ginger root, 1 part cayenne and ½ part lobelia. Make a paste and apply to affected area for 30 minutes to 1 hour.
- **Aloe vera gel**, applied to affected area helps relieve pain
- Apply **charcoal, turmeric, flax seed poultice** to affected area to reduce inflammation

MASSAGE

- **Arnica ointment** – gently rub the affected area (very effective)
- **Massage** to relieve rheumatic aches, use any of the following oils, diluted in a base oil such as olive oil or coconut oil: oregano oil, peppermint oil, chamomile oil, marjoram oil, lavender oil

CHARCOAL TREATMENT

- **Charcoal treatment**: use doses of Charcoal – ten capsules four times a day for ten days. Drink lots of water with the use of Charcoal to prevent constipation.

HYDROTHERAPY TREATMENT

- Apply dry heat to the affected area to reduce the pain (OA)
- Apply heat pack to affected area and a gentle massage (RA)
- Exercise in a tub of water if pain is too great on joints otherwise.

- Use hot and cold contrast baths to affected area to improve blood flow – 6 minutes hot and 4 minutes cold.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours.
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 4 hours.
- Drink as water through the day.

FURTHER INFORMATION REGARDING THE CONNECTION BETWEEN GUT HEALTH AND ARTHRITIS

HEALING AND SEALING A LEAKY GUT

Leaky gut syndrome can cause an increase of inflammation in the body thus leading to Arthritis. Healing and Sealing the gut can help tremendously in removing inflammation and arthritis. Here is the recommended treatment to follow:

STEP 1 – REMOVE ONGOING INFLAMMATORY TRIGGERS

- Start with a Cleanse: 3 tablespoons of **Castor oil** and ¼ cup of **lemon juice**.

Or **Senna** pod – 3 Tablespoons to 2 cups of water, draw for 3 hours Or **Cascara sagrada**– 2 tablespoons to 4 cups of water, boil for 4 hours

This should be repeated once every month on a day when you will be free the following day. Drink lots of water to be hydrated.

- Eliminate all foods with the minutest amount of toxic gluten, wheat, rye, barley, spelt, kamut
- Eliminate all natural or artificial sweeteners
- Eliminate alcohol, apple cider vinegar
- Remove antibiotics, pesticides, environmental toxins
- Use **organic or non-GMO** foods
- Drink 16 oz to 32 oz of warm water with lemon on mornings.

This is required for building the blood and cleansing the liver, in addition, the vitamin C will aid with iron absorption.

STEP 2 – REMOVE ALLERGENIC FOODS

Remove foods, which can cause an allergic reaction and increase inflammation in the body. For example: wheat, rye, barley, spelt, kamut, peanut butter, celery, carrot, banana, watermelon, cantaloupe, honey dew, cucumber, squash, butter squash, papaya, strawberries, kiwi, avocado, current, raspberries, lemon grass, sugar cane, lentils, kidney beans

STEP 3 – REPAIR THE BIO-FUNCTION

- **Quercetin** – 1000mg twice daily for 6 weeks - improve gut barrier function by sealing the gut because it supports creation of tight junction proteins. It also stabilizes mast cells and reduces the release of histamine that is common in food intolerance.
- **L-Glutamine** – 1000mg twice daily for 6 weeks - Glutamine is an essential amino acid that is anti-inflammatory and necessary for the growth and repair of your intestinal lining. L-glutamine acts a protector and coats your cell walls, acting as a repellent to irritants

STEP 4 – HEAL AND SEAL THE GUT

Use a Pre-biotic for good bacteria production

- Individuals with abnormal gut flora most times have low stomach acid production. Toxins produced by overgrowth of Candida species can cause this.
- **NuTriVene Betaine HCl with Pepsin** is a preparation that feeds the good bacteria causing them to increase in the gut. Use 2-3 Capsules per meal.
- **Lettuce or steamed vegetables will be helpful as a pre-biotic.** For e.g. asparagus, burdock, chicory, dandelion root, Jerusalem artichoke, leeks, onions, grains, legumes and cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, radish and rutabaga.

Use a multi-strain Probiotic and Digestive Enzymes

Probiotics will repair damage to your gut lining. It will also increase immunity, as the beneficial probiotic bacteria are symbolic allies to your body that help fight viruses, candida and other infections; produce B vitamins; and assist in detoxification.

- **Bio-Kult** – a multi-strain probiotic to be taken with meal. Take one spoonful of food then use as follows:

First and second week – one capsule per meal

Third week – 2 capsules per meal

Fourth week and more – 3 capsules per meal

Digestive enzymes will aid in digestion. Use **TriEnza** - a digestive enzyme – use 2 – 3 capsules per meal

- **Seaweed cure** – use 1 capsule from each bottle twice daily with meals (avoid use if you have severe digestive issues)
- **Selenium and Zinc** (*Brazil Nuts, pumpkin seeds, sesame seeds*)
- Individuals with leaky gut are more likely to have vitamin B deficiency. A good multi-vitamin with B vitamins and trace minerals is recommended.

VM-100 Complete or Active 55 Plus will supply great B vitamins

- **Garlinase** 2 tablets daily with meal or 4 cloves of fresh garlic daily

Avoid over supplementation – this can promote growth of the bad bacteria and lower your immune system

See out Leaky Gut Counseling Sheet for more details.

PLEASE COMBINE THIS SHEET WITH THE HEALTHY PLAN SHEET TO GET THE BEST RESULT.

For further information, please visit our website at www.nhtlh.com
or call us at the above number.