



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



Empower your Body, Mind & Soul

ARTHRITIS



What is Arthritis?

One in seven Americans -- nearly 40 million -- have some form of arthritis. That number will climb as the baby boomers age. The disease is physical, but also exacts a mental, emotional and economic toll. Joint inflammation, which causes redness, swelling, pain and sometimes loss of motion, is a body's normal reaction to damage or the presence of a foreign agent in that area. This is seen frequently when there is an injury to a joint (including fractures) or the presence of a virus or bacteria. Most of the time inflammation goes away after the injury has healed or the virus or bacteria has been wiped out by the immune system. With some injuries and some diseases the inflammation does not go away and this is considered arthritis. Altogether there are more than 100 kinds of arthritis, and there are many different diseases that can cause it.

Now also when I am old and gray-headed, O god, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come. Psalms 71:18

What are the types and symptoms of Arthritis?

Arthritis can occur in males and females of all ages. About 37 million people in America have arthritis of some kind. That is almost 1 out of every 7 people. Some of the diseases associated with arthritis include: osteoarthritis, systemic lupus erythematosus (SLE), rheumatoid arthritis (in adults), juvenile rheumatoid arthritis (in children), gout, scleroderma, psoriasis, fungal infections such as blastomycosis, ankylosing spondylitis, Reiter's syndrome, septic arthritis, Adult Still's, tertiary Lyme disease (the late stage), tuberculosis, viral infections and other bacterial infections.

Symptoms include joint pain, joint swelling, early morning stiffness, warmth around a joint, redness of the skin around a joint, reduced ability to move the joint, unexplained weight loss, fever, or weakness that occurs with joint pain, symptoms of this sort that last for more than two weeks

<u>CAUSE OF ARTHRITIS</u>	<u>INCIDENCE IN USA</u>	<u>TYPICAL AGE AT ONSET</u>
Osteoarthritis	15.8 million	Over 40
Rheumatoid arthritis	2.9 million	25 - 50
Psoriatic arthritis, Ankylosing spondylitis, Reiter's Syndrome	2.5 million	20 - 40
Gout	1.6 million	40
Systemic lupus erythematosus	300,000	18 - 50
Juvenile rheumatoid arthritis	250,000	Under 18

HEALTH RECOMMENDATIONS



- 1. MAINTAIN A HEALTHY WEIGHT AND GET REGULAR MODERATE EXERCISE.**
2. Eat more asparagus, eggs, green leafy vegetables, non-acidic fresh fruits, whole grains, oatmeal, garlic, onions and fish to repair and rebuild bones and tissues.
3. Eat rice, wheat and rye to remove excess body metals.
4. Eat fresh pineapple and some form of fiber daily.
5. Reduce your fat intake and eliminate milk, dairy products and red meat from your diet.
6. Avoid caffeine, citrus fruits, paprika, salt, tobacco and sugar.
7. Avoid peppers, eggplant, tomatoes and white potatoes which interfere with muscle enzyme and promote pain.
8. Be exposed to fresh air and sunshine promotes great bone formation.

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Treatments - Diet, Drugs & Herbs

Drug Therapy

Aspirin

Anti-inflammatory drugs

Corticosteroids

Immune suppressors

HOW DOES ONE CONTROL AND TREAT ARTHRITIS?

There are many different kinds of arthritis and treatment may vary depending on the particular cause, how severe the disease is, which joints are affected, how the person is affected, and the person's age, occupation, and daily activities. Treatment may focus on eliminating the underlying cause of the arthritis. Usually, the cause is not curable and the treatment therefore aims at reducing pain and discomfort and preventing further disability. Following the prescribed therapy is crucial. Caring for your arthritis and responding to your body's needs will give the best results. Symptoms are treated as appropriate. Sometimes they are helped with simple modifications in daily activities along with adequate rest and exercise; while other times, more extensive therapies are needed. Usually treatment consists of a combination of the above-mentioned activities along with heat or cold treatments, using methods to ensure joint protection, various medications, and possibly surgery.

LIFESTYLE CHANGES:

Both rest and exercise are important. Warm baths, massage, and stretching exercises may be helpful. Making some modifications in daily activities or using assistive devices to ensure joint protection is recommended. However, physical therapy for muscle and joint rehabilitation may be recommended in severe cases.



It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthful practices. In order to receive his blessing in answer to prayer, they must cease to do evil and learn to do well. Their surroundings must be sanitary, their habits of life correct. They must live in harmony with the laws of God, both natural and spiritual. Counsel on Diet & Foods (Ellen G. White)

Ye shall walk in all the ways which the Lord your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess. Deuteronomy 5:33

Herbal Therapy

Alfalfa

Cat's Claw

Ginger

Feverfew

Cayenne pepper

Buchu

Burdock

Horsetail

Nettle

Parsley

RECIPES for Arthritis

GINGER HOPPER

¼ inch slice ginger, 4-5 carrots with greens removed, ½ apple with seeds removed.

Method: Push all ingredients through juicer.

CHERIE'S CLEANSING COCKTAIL

¼ inch slice ginger, 4 carrots with greens removed, ½ apple with seeds removed, 1 beet.

Method: Push ginger, beet, and apple through hopper with carrots.

GINGERBERRY FIZZ

1 quart blueberries, 1 medium bunch grapes, ¼ inch slice ginger, sparkling water.

Push blueberries through juicer, followed by grapes and ginger. Pour juice into ice-filled glass. Fill glass to top with sparkling water.



HELP IS HERE FOR YOU.....

In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

I am the vine, ye are the branches: He that abided in me, and I in him, the same brought forth much fruit; for without me ye can do nothing. John 15: 1-5