ARTHRITIS

Sugar is the most prevalent problem underlying arthritis, there are other foods that can also cause the inflammation: citrus fruits, other isolated fruit such as apples, tomatoes or other nightshade foods (peppers, eggplant, potatoes), coffee, and sometimes meats, or chemicals in processed foods.

To help arthritis, cleansing programs should be done twice a year to cleanse out the residues of toxins. Inflammation can be caused by any sort of toxin. See the cleansing programs set out in this book. The arthritis program is of course good, so is the Master Cleanse.

When you are not cleansing, you must avoid all chemical residues. Just because some people can handle them, doesn't mean you can.

See the anti-inflammation diet and follow it properly. If you are at all constipated, use enemas daily or take bowel tonics to help clear the toxins from the body. Bowel tonics are herbs, but avoid the herb senna in any preparation.

By far the worst culprit to agitate arthritis is SUGAR. Don't have a speck of it in your diet!

Don't forget about using CBD oil! Helps people and animals from aches and pains of arthritis.

Many arthritics are dry internally, even if they drink lots of water. They have constipation which contributes greatly to the toxicity levels and pain/inflammation. You should have 2-3 soft stools a day and if not, take supplements (not laxatives) that will help eg:

Cascara Sagrada Turkey Rhubarb Psyllium husks Flaxseed Oat Bran
Marshmallow root Fenugreek seed Cayenne Ginger root

Avoid Senna which tends to weaken the sphincter muscles of the rectum.

If you need help and guidance and can afford it, you can travel to the Gerson Clinic in Tijuana for 3-4 weeks and they can greatly help.

You can also contact our educational clinic for testing and help. 403 526-5700

Also see <u>There is a Cure for Arthritis</u> – off the market book, but you can still find it online in used books. Canadian author is Paavo Airola.

ARTHRITIS, RHEUMATOID see in its own file