BONE SPURS

Causes:

*** calcium deposits**
*** improper shoes**
*** improper weight distribution**
*** acidic body**

Heel spurs are common in people with arthritis, neuritis, alkalosis, and tendonitis. X-rays show a bony spur within the heel and this may lead to tiny tumors forming at the end of several nerves.

Diet:

* **Make sure 80% of the diet is alkaline residue forming foods and only 20% from acid residue forming foods. That means no coffee, pop, dairy, beef, pork. Keep chicken and fish down to a minimum.**
* **Do not eat any citrus fruits, esp. oranges.**
* **Eliminate coffee and sugar from the diet.**
* **Use steam-distilled water for drinking.**
* **You may want to try a 2 week raw food fast or a cleansing fast.**
* **DMSO applied topically to the affected area is good for relief of acute symptoms.**

Supplements:

- **HCL (Betaine Hydrochloride) may be needed when you take your calcium supplements so it can get broken down and assimilated.**
- **Two parts of calcium and one part of magnesium helps prevent abnormal calcium deposition. Use chelated or aspartated forms.**
- **Taking enzymes with meals may help break down the foods for assimilation better**
- **2,000-4,000 mg. Vit. C can help act as an anti-inflammatory.**
- **100 mg daily of bioflavonoids may help with the pain.**
- **50-100 mg B Complex plus an extra 50 mg B6 may be helpful to prevent bone spurs and aid in proper calcium absorption.**
- **Take apple cider vinegar liquid or capsules before meals to help alkalanize the body.**

Herbal Help:

- **Use arnica and chamomile to bathe the foot. You can wrap the herbs in a cloth and apply it to the affected area as a poultice.**
- **Use hot linseed oil packs for pain. Place linseed oil in a pan and heat but not to a boil. Dip a piece of cheesecloth or other white cotton material into the oil until the cloth is saturated. Apply cloth to the affected area and cover it with a piece of plastic that is larger in size than the cotton cloth. Place heating pad or bottle over plastic and use to keep the pack warm. Keep pack in place for 1/2-2 hours as needed. Castor Oil packs might work as well.**
- **Ice massages on bottoms of feet can be helpful. Alternate between hot and cold**

foot baths.

- **If you normally walk or job for exercise, try bicycling or swimming instead.**

Other Help:

- **Get comfortable footwear, heel cushions may help relieve pain. Rubber heeled shoes are better for the feet than leather. Avoid walking on hard surfaces such as concrete, wood or hard floors without carpeting.**