

## The Arthritic Patient

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We see numerous patients in our offices with arthritis-related problems. First and foremost, it is important to detect and correct areas of misalignment of the spine to facilitate healing. In this article, though, we would like to examine some issues that need to be addressed in addition to vertebral subluxation correction.

Certainly, arthritis has multiple causes, and joint pain is simply one of the body's alarms going off to bring a deeper problem to the surface. One of the first questions to ask your patients is if they recently or in the distant past had any emotionally stressful situations or dramatic changes in their lives. If so, their adrenal glands and endocrine systems in general may be out of balance. This certainly can be noted in various types of analyses. Contact reflex analysis and the "tracer" (bioenergetic testing) are methods we use for analysis of these systems. (For information on these methods of analysis, contact us.) Other systems imbalanced include: (but are not limited to)

- immune system
- colon
- liver/gall bladder
- spleen
- kidney/bladder
- digestive system - lack of enzymes.

Toxicity certainly plays an important role in this situation. Inquire how much water the patient is drinking and the type of water consumed. RO (reverse osmosis water) or distilled water is better than what most patients are drinking, but microwater is the absolute best choice for alkalizing the body and getting to where the anionic state needs to be. Many of these people are drinking excessive amounts of soft drinks, which just compounds the problem. We usually try to get them to consume half of their body weight in ounces of water per day, and include fresh juices as part of their diet, including: juices from carrots; cucumbers; celery; organic apples; and beets. Emphasis is also placed on eating as much raw food as possible (fruit and vegetables) and reducing breads, sugars and meat products, but increasing "good" fats, such as flaxseed oil and omega-3 fats. A colon cleanse of some type is indicated, and a parasitic/yeast cleanse. Whatever has to be done to get the elimination process working more efficiently - short of dynamite - is recommended.

Sending the patient to a wellness-oriented osteopathic physician for anionic surfactant therapy of the intravenous variety, in an effort to pull toxins out of the system, and allow the body to eliminate

especially heavy metals and chemicals, is also recommended.

We also look at foods in considering potential food allergies. Begin with the nightshades, since these (potatoes, tomatoes, eggplant and peppers) can exacerbate many inflammatory joint problems. Certainly, gouty arthritis can bother meat and cheese-eaters, and cherry juice has great benefit. Also, consider allergies to gluten (wheat products) as well as dairy.

In addition to your plan of chiropractic care, there are some very good natural substances to facilitate healing, including but not limited to: MSM; vitamin C; glucosamine and chondroitin sulfates; cetylmeristoleate; food-grade hydrogen peroxide; bromelain; and shark cartilage, to name a few. We have found that cod liver oil and magnesium, with equal amounts of calcium, is extremely effective in facilitating healing.

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