

Arthritis

Symptoms:

Include inflammation, swelling, stiffness, and pain in the joint. . Most arthritis is caused by acidity in the body. Acidity leaches calcium out of the bones and causes crystals of calcium to form in the joints. Dr. Bernard Jensen called this “calcium out of solution.” The pH of our saliva and urine should range between 6.8 and 7.2. It can be tested at any time with a litmus or pH strip.

Arthritis is caused by acids and waste matter in the body; more specifically, fried foods, dairy products, white flour and table salt, which are acidic. Emotional stress also creates a tremendous amount of acidity in the body. Fruits and vegetables will help to alkalinize the body. Raw vegetable juices are very alkaline and should be consumed often. Celery juice is similar to the mineral content of our lymph fluid, which lubricates the joints. It nourishes the lymph and helps to hold calcium in the bone.

Herbs that help to relieve inflammation are ginger, turmeric, holy basil, and rosemary. Bromelain is an enzyme from pineapple that also inhibits inflammation. Flaxseed oil, borage oil, hemp oil, and evening primrose oil will help to lubricate the joints. These oils can be used on a salad or taken in capsule form.

Milk and eggs appear to be two of the main contributors to arthritis.

Herbal Aids:

1. Dr. Christopher's #1 Bowel Formula: For eliminating toxic substances from the bowels, which aids in healing arthritis. It also works to keep one regular.
2. Cayenne: It is an old standby and is used in modern medicine yet today. It is used in counter-irritant ointments, for sore muscles, arthritis, etc.; in liniments, back plasters and in many other ways. You will see it listed as capsicum in the ingredients.
3. Apple Cider Vinegar: A fomentation of apple cider vinegar alone will often take the pains out of arthritis, rheumatism and similar conditions. Soak a Turkish towel or gauze or similar material in hot tea, lightly wring (just enough that the water will not run off the body), and place as hot as possible without causing blistering. Generally keep the fomentation moist and warm by placing plastics, oilcloth, etc. over fomentation.
4. Use Dr. Christopher's Bone, Flesh and Cartilage Salve (BF&C) with a heating pad or hot fomentation over extremely painful or crippled areas. Swedish Bitters Salve or Poultice may also be used in this manner. This works well when used in conjunction with the Highway to Health Diet.
5. Dr. Christopher's Deep Heating Oil is a penetrating oil containing olive oil, cayenne, oil of wintergreen, pure distilled mint crystals, and other herb oils. It is excellent for stiff necks, sore muscles, headaches, pain, stiff joints, arthritis, etc.

6. Dr. Christopher's Calcium Formula: (Calc Tea) These are almost always prescribed for muscle cramps and throughout pregnancy generally, yet calcium requires the proper balance of phosphorus, silica and magnesium to be absorbed. Otherwise the free-radical calcium flows through the bloodstream, sometimes depositing in the forms of cysts and calcium deposits. Often people who suffer from arthritis and related problems, arteriosclerosis and calcium deposits, are taking plenty of calcium supplements, but their bodies cannot assimilate the calcium in this form. The best calcium supplement you can take, other than calcium-rich foods, is Dr. Christopher's Calc Tea formula, which contains exactly the right proportion of silica because of the horsetail grass. Carrot juice is a good source of calcium, and green leafy vegetables contain lots of it. The darker the green, the more calcium it contains. Turnip greens and kale--though not everyone's favorite, it is true--contain several times the calcium contained in milk.

7. Aloe Vera: Interesting claims for Aloe Vera include ...relieving the pain of arthritis.

8. Cayenne: should be used six days a week, each week of program. This herb is, as are the others, a food and not a drug. Work up to a teaspoon of Cayenne tincture three times a day.

9. Apple cider vinegar and blackstrap molasses: are also beneficial. Use a tablespoon of each in a glass of distilled water three times each day. Take a tablespoon or more of wheat germ oil three times a day.

10. Water: Remember to drink at least half your body weight in ounces each day; more if you're doing a cleanse using distilled water

11. Bone, Flesh & Cartilage Tea for Cervical Arthritis: From question and answer section of Dr. Christopher's Newsletters: What could be done in a case where cervical arthritis is present, where X-rays show a narrowing of the interspace between C-5, C-6 and C-7, and where anterior and posterior spurs, heading for spondylosis, are present? Is there any way whereby the calcium deposits can be removed, extracted or eliminated to free the body from its painful burden?

Answer: We have seen numerous cases of the condition described in this question in most areas of the spine all the way from the Atlas Axis down to the tail base. After beginning the therapy with cleaning and mucusless dieting, they followed this procedure: make a fomentation of a tea combination which we call "Bone, flesh and cartilage." [BF&C]. Soak some flannel, cotton or other material except for synthetics which should never be used and wrap the soaked cloth fomentations around the malfunctioning area and then cover with plastic, oil paper or oiled silk. In turn cover the area with toweling and leave on all night. Repeat this for six nights a week until relief is accomplished and the calcified deposits disappear. Also, drink 1/4 cup of the finished tea, with or without the glycerin, but diluted with 3/4 cup of distilled water. This should be done three times a day for six days of each week until relief occurs. Bone, Flesh and Cartilage Dry Formula for tea can be special ordered from Highway to Health.

12: Juices: These help arthritis: Celery & cucumber, carrot, endive, apple.

20. Oil of Garlic: From a Letter to Dr. Christopher's Newsletter: "We like the herbs very much, the oil of garlic has done wonders for arthritis in the knees."

Products Available: Lower Bowel Formula #1, Lower Bowel Formula #2, Cayenne Tincture, Bone, Flesh & Cartilage Salve, Bone, Flesh & Cartilage Tincture

Dr. Sandra Cabot suggests the following juice combination for reducing inflammation and acidity in the joints:

Juicing for Arthritis

- 4 Stalks of Celery
- 2 Medium carrots
- 1 Medium apple with skin
- 7 oz. Alfalfa sprouts (fresh)
- 1 clove of garlic
- 1 sprig of parsley
- 1 Handful of grapes

*These statements have not been evaluated by the FDA. These products are not intended to prevent, diagnose, treat, or cure any disease.