

## why do my joints hurt so much?

Today's science tells us that inflammation is at the root of nearly all diseases and syndromes. If you have a syndrome, don't worry. As soon as there's enough evidence to connect cause and effect, you're upgraded to a disease. Either way, once diagnosed with something, you now have to make your choice on what treatment protocols you may want to follow. If you have joint pain, you're diagnosed with one of over a hundred different types of arthritis, of which nearly all are inflammatory in nature. What is this thing called inflammation? Why are there so many types of "itis"? And why does it have to hurt so much?!!

There are algorithm flow charts that show all the complicated steps the immune system uses to try and protect you and repair you. This system has carte blanche to use many of your body chemistry resources to get the job done. This fact alone has been shown to be a major reason we have inflammation linger so long. The resources the immune system needs to do its job are in limited supply due to poor dietary choices and stress. An example is the substance called S.A.M.-E. When your immunity is forced to work too long on a problem, it depletes S.A.M.-E from the nerve system chemistry. What develops are various types of depression and fatigue as a result of this depletion. You can supplement this product at 200mg. twice a day (it is a bit fickle and often requires refrigeration or enteric coating so it won't dissolve till after leaving the stomach), or you can take upstream foundational nutrients to rebuild your S.A.M.-E reserves. These are predominantly B3, B6, B12, Folic acid and Betaine, which is otherwise known as trimethylglycine.

Why have the drug companies continuously failed to provide safe alternative drugs to control inflammation? The answer is simple. When their chemists use those flow charts to spot attack points in the chemistry, they have to work in places that allow a patentable product to emerge from the labs. They are usually very successful in the goal of pain reduction, but they are victims of their own success. The drugs work so comprehensively, that they shut down similar chemical paths in areas of the body that have a high cell turnover and strong immune system presence; your gut lining! Once these pathways are inhibited by the drug, the gut lining begins to break down and all hell breaks loose when microbes or even undigested food molecules break through towards the bloodstream. Most commonly ulceration or gastritis develops.

This place with over an acre of surface area requires your immune system's greatest amount of resources to protect you, nearly 80% of it to be exact. And here, where the anti-inflammatory drugs create so much trouble, is exactly where most arthritis really begins! It is also here where most natural products work their magic. To begin, let's go back to that joint pain you have.

Put plain and simple, unless you have traumatized the joint, the pain you have is actually an infection in or around the joint complex. A study published in "Rheumatology" in 1989 showed a strong connection to proteus type microorganisms in the inflamed joints. And sometimes, long after the infection is gone, the immune presence stays, attacking your joint tissue. This is termed an auto-immune arthritis. So, if it's an infection, why don't they treat my arthritis with antibiotics? The answer is the same reason why dentists simply can't just prescribe only an antibiotic for an abscessed tooth. The drug won't penetrate the war zone adequately. So they have to drill the site to

deliver the knock-out punch. The cartilage of your joints has a very poor blood supply, and this leads to similar problems delivering a drug fast enough to keep up with the microbes replication rate. Sometimes, antibiotics are prescribed, and used successfully in arthritis'. But, old habits die hard in modern medicine. So, they stay with protocols that simply suppress the immune reactions, addressing only the symptoms.

Ever hear of Rheumatoid arthritis? This goes back over a century in the nomenclature, when it was more commonly called rheumatism. Its origins come from rheumatic fever, an infection caused by the microbes commonly in the strep family. These microbes migrate out from the mucous membranes into the joints or heart valves or vessel linings. This model of arthritis is repeated over and over again with different types of microbes or molecules perceived to be threats to the body. And unless the organism was injected into you from a bite, such as the epidemic of Lymes disease, the following remedies will lead you to a pain-free lifestyle!

- 1) Take digestive enzyme blends, and take them every "meal". Sometimes even after snacking. The simple plant blends of papaya (papain) or pineapple (bromelain) often are adequate. I prefer Bromelain in my practice. Or, there are more powerful blends available that can even include some animal source pancreatin. This digestion approach ensures less work for the immune system defending you. You need this help because you have predominantly reduced your digestive capacity throughout life by chronic mental stress and bad food choices.
- 2) Take fish oils. This topic alone is worthy of a separate article. The active ingredients EPA/DHA are your friends! EPA is nature's safest anti-inflammatory, and DHA helps your brain cope with diminishing nutrient resources. You will need 1000-2000mg of EPA. The DHA is usually 20-30% less in most capsules or liquids.
- 3) Take antioxidants that target the gut lining. There are so many, it is usually best to take the super fruits such as Noni, Goji, Acai, Blueberry, Pomegranate or Wolfberry. Some companies are blending many of these together. All you need is 2-4 oz a day of any of them in juice form. These foods provide complex resources to quickly repair the lining.
- 4) Take probiotic blends. Fight fire with fire. In the coral reefs of the ocean, stronger or larger fish eat weaker or smaller fish. The same happens in the gut. Let the microbes fight it out. We need hundreds of beneficial species of germs in our gut. Take 1-2 capsules a day of any blend that has over 3 different species in each capsule, with a live count ranging from 2-20 billion.
- 5) Take a joint building blend. You should have 2-3 of the following ingredients in it: chondroitin sulfate, glucosamine sulfate, hyaluronic acid, MSM, or type II collagen.
- 6) Take a type of clot buster enzyme known as a "fibrinase". They come predominately from soy (Nattokinase), earthworm (Lumbrokinase) or silkworm (Serropeptase). This will restore the original blood flow pathways to the joint that were lost during the destructive process of the arthritis.
- 7) Lastly, how do we kill the microbes in the joint already? I use a strong silver solution ranging from 500-1500 ppm. This should be done with supervision to ensure no silver accumulates in the body. We have used high doses of silver for various reasons on patients for 25 years without incidence of toxicity. I also recommend a good RIFE frequency generator to penetrate into the joints a specific mild electric current to do your bidding. The RIFE units come with instructions for safe usage.

As a chiropractor and nutritionist, many spinal problems are a result of this model as

well. Tell your doctor you'd like less visits for manipulations and more nutritional help if your joint problems don't respond quickly to manipulation. Next month we'll talk about Lyme disease. A truly modern epidemic!