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The NZ medical fraternity spend a lot on treatment, but not much on prevention.

Arthritis needs selenium, vitamin E, boron, and less or no potatoes and tomatoes, unless the later are cooked for lycopene, and a variety of home grown organically or organic vegetables, all muscle tested to avoid heavy metals. Not all spring water are good. Some are very bad. NZNatural is the best one I know of. Large containers are cheap. Pour from them to a jug.

New Zealanders have one of the highest incidences of arthritis in the world, because of comparatively low sunshine for six months of rain, very low selenium and boron (B) levels in our soils, and high leaching rainfall, and no major foods are imported from higher B level soils as can happen in large countries. Organic Virgin Coconut Oil from the Philippines, where B is adequate, has high B and selenium, which is also low in New Zealand and in many countries. Selenium to work needs Vitamin E which is in most greens, so make green smoothies.

After taking a level desert spoon of Philippine organic coconut oil a day, with one Good Health Premium Vision supplement which costs \$70, for 70, so a dollar a day, my levels became optimum. It has many essential elements including selenium and vitamin E (they are synergistic) my selenium went up to my optimum of 2,000 nmol. Read Selenium for Humans. New Zealand's average level is 600 and England's is 1,200.

In South Africa, only 3% of the Xhosa tribe in their mountainous home area, where water has B, have arthritis. After they move away, their arthritis rate increases to 20%, which is about the rate in other South African areas, (Journal of Applied Nutrition 46: 81 ~ 85, 1994.)

In a town in China where B is low in their water, most peoples' knees clicked or grated, which is friction wearing out the joints, caused by a lack of B, while in another town where joints didn't click, their water had ample B.

Israel's soil has high B levels and less than 1% of the population suffers arthritis. Read Human Health > Minerals.

I seldom refer to the USA Recommended Daily Allowance (RDA) figure for supplements for people because it depends on the amount consumed in food and water. For example USA and New Zealand are very low in B while parts of Africa (Basutoland and Senegal) Eastern Mediterranean and Philippines have higher levels, so they have less arthritis.

Low B causes other problems such as milk fever in cows, which is claimed to also be a calcium and magnesium deficiency. Generally, high rainfall leaches B, so the two metres a year of rain in parts of Westland has made B so low that cows suffer more severe milk fever.

Conventional medicine has little to offer people suffering from arthritis. Anti-inflammatory drugs may relieve the symptoms, but they don't slow the rate of joint destruction. Furthermore, these drugs can cause bleeding peptic ulcers, and may occasionally cause damage to the liver and kidneys. Fortunately, correct natural supplements help.

Arthritis in its various forms and its close relative osteoporosis, affect about 30% of the population in most developed countries. Osteoporosis is responsible for more long term hospital care than any other individual disease. This is due to the very high incidence of fractures, and especially the protracted nature of hip fractures.

Arthritis and joint problems

In areas of the world where B intake is 1 milligram or less per day (all New Zealand and most of USA), the incidence of arthritis ranges from 20% to 70%, whereas in countries where B intakes range from 3 to 10 mg per day, the arthritis incidence ranges from 0% to 10% (Environmental Health Perspectives 102: 83-85S, 1994). Researchers have calculated that 18 mg of B per day is safe, but always remember your weight and the levels in foods you eat.

My wife Auriel and I weigh about 60 kg and have been taking two 2 mg tablet of B daily since 1996. It stopped the clicking in my knees that occurred after sitting for a while, and then standing up, and reduced Auriel's hip and leg joint pains. Like many supplements, mercury in it increased, so we had to find another source. Mercury has become the world's biggest heavy metal pollutant. Read Mercury in Human Health

Minerals. USA became concerned about high levels so measured all their 300 rivers. They all contained more than was safe for consumption.

However, beware that although it has been claimed that 18 mg per day was the minimum to help control (not to eliminate) arthritis, and reduce joint failures, I ended up with excess B from our nine correctly fertilised with slow release OrganiBOR vegetables, and a desert spoon (10 mg) a day of Organic Virgin Coconut Oil from the Philippines, caused excess B shown as off-white lines on my finger nails, so I stopped taking all. I had no other symptoms. After measuring all our home grown vegetable B levels, we found that they had optimum levels from our correct LimeMagPlus with OrganiBOR and Phosphorus Nutrient Planner fertiliser from Lynda Kamphuis, (unlike most New Zealand vegetables grown with excess superphosphate and potash) so we needed less than the extra table spoon (3 mg) a day of coconut oil with the B tablets.

Taking Good Health Premium Vision which has selenium and vitamin A and E, and a lot more, helps arthritis, because Selenium strengthens muscles that help support joints. In 2011, taking optimum amounts of Selenium reduced osteoarthritic pain in Auriel's neck so much so that instead of lying down four times a day to ease the pain, she now needs to only about once a day, and she is older, so some of the lying down is like mine - for rest. Read both Selenium and Boron in Human Health Minerals.

Boron and Arthritis

Boron is one of the most important elements, but the necessity for B in the diet or as supplement is only beginning to be understood. Boron is essential for bone and joint health, giving it an important role in the prevention of arthritis and knee and hip replacements. Who wants those or swollen finger joints? Three out of ten I know who had knee or hip joint replacements operations had painful failures dragging on for years, or repeat operations. Prevention, so no operations is better.

Types of Arthritis

There are different forms of arthritis: osteoarthritis, known as degenerative joint disease (DJD), or wear-and-tear arthritis, and rheumatoid arthritis.

DJD is the most common form of arthritis. It becomes more common with advancing age. The joints most often involved are the fingers, knees, hips, and the cervical or lumbar spine. It can occur on just one joint, or on one hand or foot and not the other.

Gout can be misjudged as arthritis, or visa-versa. Years ago, Auriel was diagnosed as having arthritis in both hips, which she wondered about, so went to another specialist who said it was not arthritis, but bursitis, which he fixed with an injection in each hip and the pains stopped.

Rheumatoid arthritis (RA), on the other hand, is an autoimmune disease that causes your body to break itself down which can attack at any age, including children. Fortunately, juvenile rheumatoid arthritis (JRA) is relatively rare. It tends to be bilateral and symmetrical, meaning it's the same on both sides of the body. If only specific joint on one side of the body is affected, it is far less likely to be rheumatoid arthritis. It can be very crippling, and people die from rheumatoid arthritis (RA), so it should be treated seriously.

Treatments that work for both types of Arthritis

Some of the treatment methods available are similar for both, as both involve joint pain, swelling and inflammation. The typical anti-inflammatory ones, such as non-steroidal anti-inflammatories (NSAIDs) and analgesics, like Tylenol, can be used for either. However, while these can relieve pain, which is important, repeated use are associated with significant side effects, such as kidney and/or liver damage. In the USA, overuse of analgesics is a very common source of kidney failure.

NSAIDs also kill about 30,000 people every year due to bleeding ulcers. The approved arthritis drug, Enbrel (etanercept), may increase the chance of potentially life-threatening infections in some patients with rheumatoid arthritis, according to a warning issued by the FDA.

This is why it is important to correct the cause and if possible avoid medications.

Omega-3s are needed to reduce inflammation, but some omega-3 fats made from fish in particular, contain mercury, so muscle test them and use ones that have the least negative effects on you. We now take krill oils and no fish oils, but check even them because there are lots of deceitful people and human errors are frequent. Read Human Health > Muscle Testing.

Naturopath Chris Rhodes (See Human Health Specialists) can measure mercury in your body and in urine, and drain it and other toxins out of your body. If you can't visit him, send a little urine in a glass jar and explain your problems, and ask for Drainages.

It is important to follow a good nutritional plan. Check 'Your Metabolic Type' in Human Health. Both your unique biochemistry and genetics influence the ratio of fat, protein and carbohydrates your body needs to thrive, so eating for your nutritional type will help ensure that you get the optimum nutrient ratio out of foods.

Long-term treatment with glucosamine sulphate, delays, and can even stop, the progression of knee osteoarthritis, and reduces pain. Supplements may need to be taken for more than two months for full effect. Some recommended arthritis drugs are very dangerous (See below.).

Always remember to consume enough boron, AND all other needed minerals deficient in New Zealand, and when older, such as magnesium, selenium, zinc, iodine, vitamins and antioxidants, etc.

Foods to Avoid with Arthritis

You must avoid fats and cholesterol containing foodstuffs like red meat and poultry. Dairy products like whole milk, cheese, and butter also contain high cholesterol and phosphorous, and hence, should be excluded from the arthritis diet.

It is advisable to avoid refined wheat and wheat products like wheat bread. It contains phosphorous and can aggravate arthritis. Corn should also be avoided.

Avoid having tomatoes, bell pepper, and eggplant, as some people have reported reduced joint pain after avoiding these foods completely.

Other foods that you need to avoid as a diet for arthritis pain relief are excess sugar and salt-containing foods. Abstain from having soft drinks with a lot of sugar, cookies, sodas; salt-containing foods like fries, etc. You must also avoid having too much coffee as it contains caffeine. Excess alcohol can aggravate gout. Citrus fruits like orange and lemon must be completely avoided.

On the other hand, when eating out, it is essential to know the ingredients of foods and avoid consuming foods containing the above mentioned ingredients. On the other hand, some foods are believed to reduce the symptoms of arthritis. Following is a list of foods that can be safely consumed when suffering from arthritis.

Foods Good for Arthritis

Arthritis diet is a pure vegetarian diet. Therefore, try to reduce the intake of meat or avoid it completely.

Foods that contain high polyunsaturated fatty acids, especially the omega-3 fatty acid, are very essential to reduce joint pain and other symptoms of arthritis. Fish like tuna, herring, mackerel, and salmon are rich in omega-3 fatty acids. Similarly, walnuts, avocado, and soybeans also contain omega-3 fatty acids.

Having fresh fruits (like apples, kiwi, mango, peach, strawberries, etc.) and vegetables (like broccoli, collard, spinach, sweet potatoes, etc) helps in relieving symptoms of arthritis. They contain many beneficial nutrients that are required by the body. They help improve the overall health of a person.

You must have vegetable soups, juices and herbal teas. Try to eat fresh and healthy foodstuffs, avoiding processed and fried foods.

The effectiveness of foods in reducing or aggravating arthritis differs between people. One food may cause aggravation of joint pain in one person, not in another.

Treating Rheumatoid Arthritis (RA)

Dr Mercola* wrote, "There are methods to reduce pain and inflammation, but the rheumatoid arthritis crippling deformities are severe, and are generally treated with very aggressive medications."

The drugs used for RA are some of the most dangerous used. High doses of prednisone are common, as well as immunosuppressants and anti-cancer agents for severe pain and swelling.

* Dr Mercola could be the most experienced doctor in the world. He has certainly done the most research and has the largest computerised health file with newsletters coming out every day or two.

Vitamin D deficiency

Autoimmune suffering can be caused by vitamin D deficiency. The further from the equator, the higher is the incidence of RA. It is important to keep your vitamin D level where it should be because nearly all RA patients are low in vitamin D. RA is an autoimmune disease like Multiple Sclerosis, and nearly all autoimmune diseases seem to be triggered by low vitamin D, so ensure that you get enough regular sunshine and/or supplement it.

Exercise

Incorporate regular gentle exercise like leg lifting. Walking, running, etc, make joints worse. If your joints are painful, gentle exercises like yoga and Tai Chi are recommended. Use an exercise professional, to avoid permanent joint damages.

At night lie on alternating sides, support your head correctly and stretch all joints to allow lubricants back in. See

The bottom line is that drugs and surgery are both clearly inferior options for most patients as they in no way, shape or form solve the problem.

If you know anyone with this potentially devastating disease, suggest they seek treatment that addresses causes. Failure to do so could condemn them to a lifetime of misery, as much of the damage of RA is irreversible. Once the joints are destroyed, there is no way to bring them back.

Mercury is a glue previously used to glue silver in to teeth holes. It binds joints so should be drained out of your body. Chris Rhodes does it the best of the many I have tried. My body level was 40 and is now 2. Mercury is in papers and many vegetables and foods.

The new pain killers Paracetamol, Panadine and Panadol are very effective, but after suffering mercury toxin symptoms I analysed them and found they contain about 20 ppm of mercury, a major toxin causing Attention Deficit (AD) in children of pregnant mothers who took these pain killers. Mercury causes sore joints, pimples, boils and things caused by amalgam in teeth. Lead and cadmium also cause AD in children.

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Pains are to tell us to not stress that area so it can get better.

Manganese and Mercury cause brain problems. Read about them in Human Health Minerals.

Each time I lie down I do so on my side and stretch my back by pushing my bottom out to allow the lubricant to get back into the joints. I then turn over and do the same on the other side. Before going to sleep, lift your knees up to let the lubricant back into their joints.

I don't run because it jolts joints ad the whole body, which is bad for all.

Olive Oil, krill and Omega-3 Oils

A study of people living in southern Greece showed that eating hearty amounts of olive oil and cooked vegetables reduced the risk of developing rheumatoid arthritis. Those who consumed the most cooked vegetables had a 75% lower risk of developing RA, while people who consumed the least olive oil were 2.5 times more likely to develop RA. Olive oil is rich in vitamin E which is an antioxidant.

The typical American diet is rich in bad types of fat, that are broken down to hormones that promote inflammation. The fatty acid in olive oil is good and brakes down to hormones that inhibit inflammation.

Vaughan Jones ONZM*, Dairying honours, M.Mkt.I

*Queen's honour for services to the farming industry.

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