



How to cure Arthritis and Arthrosis

Luis Robert

©2002, IAB, All rights reserved

CONTENTS

How To Regenerate Your Cartilage	3
The Ravages of Rheumatism	3
What is rheumatism?	4
Short Summary Of Known Treatments	8
1. Allopathic medicine	8
2. Homeopathic Medicine	10
3. Phyto (plant) therapy	11
4. Acupuncture, Shiatsu, Massage and Reflexology	12
5. Magnet Therapy	16
6. Spa Therapy	17
7. Oligotherapy	17
The Road To Recovery	20
Practical Instructions	27
Bibliography	28

HOW TO REGENERATE YOUR CARTILAGE

The Ravages of Rheumatism

The public is constantly being alerted to the dangers of cancer and, for the last few years, AIDS. Along with cardiovascular disorders, these diseases represent the primary cause of mortality in the world today. The media tends to focus on them because of the spectacular nature of their evolution.

And yet, it is strange that the general public has remained relatively uninformed about a disease that is just as serious, and that causes suffering to hundreds of millions of people.

Rheumatic disorders (there are many types, as you will soon learn) is the most debilitating disease on the planet: more than 500 million people are affected! In industrialized countries, millions upon millions of work days are lost each year because of severe rheumatic problems.

In France, for example, between 8 and 9 million people suffer from various forms of rheumatism.

[Table of contents](#)

It is not surprising, then, that pharmaceutical companies produce incredible amounts of so-called anti-rheumatic medications, representing annual sales in the billions of dollars. Add to that the range of alternative products (plants, homeopathic remedies, clay, magnets, etc.) and the cost is staggering.

Contrary to what some people think, rheumatism is not a modern, cultural disease caused by changes in lifestyle.

In fact, rheumatism seems to have existed since the age of the dinosaurs! Archeological discoveries prove that prehistoric man also suffered from the painful affliction. Since then, people have tried thousands upon thousands of ways to alleviate rheumatic pain and keep themselves mobile. Although some remedies may have provided temporary relief, none have been able to cure the disorder completely.

Today, as in the past, a lot of people who call themselves therapists of one kind or another (some sincere, others out-and-out quacks!) make a good living treating rheumatism. Why? Because the medical establishment, despite its technological advances, has still not been able to find a cure.

And yet...

There exist not only effective means for alleviating rheumatic pain, but also serious therapeutic approaches which can lead to a lasting cure by attacking the cause of the disease, instead of its symptoms. That is what we'll be talking about in this booklet.

What is rheumatism?

Generally speaking, rheumatism is a disease that affects joints.

[Table of contents](#)

There are two main types: inflammatory and degenerative.

Although many doctors use the term rheumatism when explaining the disorder to patients, some prefer to be more specific, in which case they refer to inflammatory rheumatism as ‘arthritis,’ and degenerative rheumatism as ‘arthrosis.’

Arthritis includes over 100 types of inflammatory disorders, including those which affect ligaments, tendons, and occasionally adjoining muscles.

Although there are many potential causes of arthritis, no single cause has as yet been conclusively identified. Among the possible causes, official medicine recognizes allergies, psychological problems, as well as certain viruses and bacteria.

Most cases of arthritis are characterized by acute pain and swollen, red joints.

According to world studies, arthritic disorders are less common than their degenerative counterpart, arthrosis. On the other hand, arthritis can affect persons of any age, even children, and its effects are sometimes extremely serious (kidney complications, heart problems, etc.).

Modern medicine can cure some forms of arthritis, but not all.

The most widespread form of rheumatism, by far, is arthrosis, characterized by the premature aging and degeneration of cartilage.

Although arthrosis primarily affects people over the age of 50, the disease often establishes itself well before that, usually following an injury. Unlike arthritis, joints do not swell or become inflamed. Instead they grow progressively stiffer, as if they were rusting away, and more and more painful.

Persons with most types of arthritis are told to keep mobile, while arthrosis sufferers should rest to alleviate pain, since too much exercise tends to aggravate the condition.

As you can see, it is extremely important to make an accurate initial diagnosis of the condition - arthritis can and should not be treated the same way as arthrosis.

We'll be taking a look at these differences in more detail in the chapters to come.

Does Conventional Medicine Cure or Just Alleviate Symptoms?

Read any medical text concerning the treatment of rheumatic disorders and you will be astounded to discover a frank avowal of the incapacity of conventional medicine to find any kind of lasting cure.

So what is the purpose of all those millions of pills sold each year?

Firstly, most medications are designed to alleviate pain or reduce arthritic inflammation.

For persons suffering from arthrosis, this can be a problem, since medications often create a false sense of well being. Since the joint in question is actually diseased, normal use results in excess fatigue, and actually aggravates the condition.

In addition, many medications produce harmful side effects that have a negative impact on general health, or on a specific organ.

For example, many anti-inflammatory drugs have been found to be directly responsible for kidney problems and stomach ulcers.

The problem is so serious that before we even begin talking about strategies aimed at curing rheumatism, we should take a closer look at some of the most common types of medications now being prescribed, as well as other forms of treatment, all of which are limited in what they can accomplish, and some of which have undesirable or outright harmful side effects.

The following pages contain a summary of the main forms of treatment presently being used to combat rheumatic disorders.

[Table of contents](#)

SHORT SUMMARY OF KNOWN TREATMENTS

1. Allopathic medicine

The most common types of anti-rheumatic medications are designed to reduce symptoms and not treat the cause of the disorder (which is often misunderstood).

While aspirin^a is a medication of choice for inflammatory disorders, it cures neither arthritis nor arthrosis. In some cases of arthrosis, it is so effective in alleviating pain that patients forget they have a joint problem. Excessive fatigue then causes damage to cartilage, and aggravates the disorder.

More modern anti-inflammatory medications can be even more effective. Unfortunately, they also tend to produce dangerous side effects (cortisone and other cortico-steroid medications have been found to be so dangerous many doctors are now reluctant to prescribe them).

Many medications have a rapid, almost miraculous effect on joints: pain subsides, joints become supple, and the rheumatic problem seems to disappear. In fact, however, the causes of the

[Table of contents](#)

disorder are still there. Natural production of cortisone by the adrenal glands slows down because the blood is artificially saturated, and the pituitary gland (which regulates hormonal secretions in your body) starts functioning abnormally, throwing your entire hormone system out of balance. If cortisone (or cortisone-derivative) treatments are continued, a rheumatic disorder can degenerate into a glandular disease, characterized by edema, tumefaction and decalcification.

Other allopathic treatments (gold dust injections, X-ray therapy, etc.) are being used less and less frequently because they are so dangerous.

Physiotherapy, including ultrasound and infrared treatments, helio-therapy, massage, and so on, seems to provide better results in alleviating symptoms, but rarely cures the disorder. In a majority of cases, these measures are useful, but insufficient.

Our aim here is not to systematically condemn conventional medicine and promote the marvels of alternative methods, which seem to be in fashion these days. In fact, a correct allopathic diagnosis of the problem is an excellent starting point for any kind of serious treatment. In addition, allopathic medicine offers a variety of medications which are effective in times of crisis, for example to help persons who are in pain get some sleep. Medical research is also making rapid progress. Over the next few years we should see significant improvements in the treatment of immune system and genetic disorders, both of which seem to be causing factors in cases of rheumatism. Nor should we overlook the fact that certain acute forms of arthritis require antibiotic or other so-called 'miracle drug' treatments before the causing factors can be addressed.

Given the terrible condition of some affected joints (almost no remaining cartilage, damaged bone structures, etc.) prosthetic surgery is sometimes the only viable way to restore the use of a knee, hip, shoulder, etc.

2. Homeopathic Medicine

Homeopathy, discovered some 200 years ago, is becoming increasingly popular in many countries. Unlike conventional medicine, homeopathy combats health problems by fighting fire with fire.

The theory goes something like this: taken in very small doses, homeopathic medications (most of which would be toxic if absorbed in large doses) trigger an immune-system reaction that forces an ailing organism to re-establish the balance it had before the disorder occurred. There are more than 2000 types of homeopathic medications, almost none of which are specific to any particular disease. In other words, there is no homeopathic medication specifically designed to fight the flu, or to lower fever, or reduce varicose swelling, and so on.

That means that there are no homeopathic medications specifically suited to the treatment of arthritis or arthrosis.

A common error made by persons new to homeopathy, and even by some homeopathic doctors, is to say something like, “For depression, take Ignatia, for indigestion take Nux Vomica...” etc.

This approach runs contrary to the fundamental principles of homeopathic therapy. Each homeopathic medication corresponds to a set of symptoms and physical characteristics: for example, two

patients suffering from lumbar arthrosis would be treated with different homeopathic medications, depending on their age, sex, medical history, physiological makeup, types of symptoms, etc.

In short, homeopathy can help alleviate rheumatic symptoms by improving a patient's overall health and strengthening his or her immune system.

Practically speaking, however, results are less than spectacular. Often as a patient's general health improves, affected joints become less problematic, but except for very mild or recent cases, homeopathic treatments rarely result in a cure.

Persons who are considering trying homeopathy should make sure to consult a competent homeopathic doctor, preferably one who specializes in rheumatology (there aren't many!).

3. Phyto (plant) therapy

Like other approaches, plant therapy can help improve the condition of most rheumatic sufferers, but rarely cures the condition. Once again, plants should be used as a compliment to other forms of treatment, rather than as a cure in itself.

A highly effective anti-inflammatory plant, called harpagophytum or devil's claw root, grows in the Kalahari desert. According to some experts, it makes an effective substitute for cortisone and phenylbutazone. For therapeutic purposes, only the plant's secondary roots are used.

Patients are also often told to take queen-of-the-meadow, a plant which contains organic salicylic acid, the active ingredient in aspirin^a.

For arthrosis, horsetail, which is rich in silica, helps regenerate cartilage (see the section on oligo-therapy below).

Blackcurrant leaves, recommended in cases of arthritis and gout, promote better elimination of urea and uric acid, and thus help reduce inflammation.

Other plants traditionally prescribed for gout include burdock, birch, artichoke and ash.

A large array of plant-based products are available in pharmacies, herbal stores and health food stores. Modern techniques now allow patients to absorb only the active ingredient of a plant, in the form of drops, capsules, ampoules or pills, resulting in maximum effectiveness.

4. Acupuncture, Shiatsu, Massage and Reflexology

It seems natural to turn to manual forms of treatment to alleviate joint pain. Anyone who has ever had a sore muscle knows how soothing a good massage can be. However, what appears to be a natural solution is not always beneficial. In fact, you should NEVER massage an inflamed joint.

This does not mean that reflexology, Shiatsu or other massage techniques are not helpful in cases of arthritis. But to be effective, expert pressure must be applied to points that are sometimes very distant from the inflamed joint itself.

Massage can have two objectives: alleviating pain or treating the cause of the problem.

Acupuncture treatments (inserting tiny needles at various carefully chosen points) can have a powerful sedative effect on joint pain, sometimes as effective as any analgesic. But once again, the treatment is symptomatic, not curative. Unlike certain allopathic treatments, however, acupuncture produces no harmful side effects.

Other techniques can stimulate, calm or rebalance specific organs or physiological processes which are partly responsible for causing rheumatic disorders.

Acupuncture is effective for alleviating most kinds of joint pain, sometimes in only a single session.

But the pain will reappear if more in-depth treatment is not begun. Chinese medicine never relies solely on acupuncture as a cure, but uses it as a compliment to other natural forms of treatment (herbs, minerals, etc.).

In addition, a competent and conscientious acupuncture therapist will not be content to simply alleviate a patient's pain. Instead, he or she will examine the patient's overall condition (much more carefully than most allopathic doctors do) and try to restore free circulation of vital energy along all of the body's meridians, thus allowing the various organs to function properly. This kind of treatment can take time, and may not be sufficient to cure a rheumatic problem that is long established. Also, most forms of infectious arthritis cannot be treated with acupuncture alone.

The same applies to Chinese massage, which actually resembles acupuncture, using the fingers instead of needles to apply pressure to various points. In general the technique is effective as a sedative to soothe pain, or as an analgesic,

Since there are 787 different acupuncture points, situated on 24 meridians (or vital energy channels), it would be impossible to indicate which points correspond to which types of rheumatic affections or rheumatic pain in the context of this booklet. The best advice we can give you is to consult a highly-trained acupuncture specialist in your area.

The Japanese technique of Shiatsu massage is derived directly from acupuncture, and closely resembles its Chinese counterpart. Once again pressure is applied to various points on the skin (there are only 300 Shiatsu points).

Shiatsu also works with muscles in various ways, using techniques of stretching, twisting, flexing, smoothing, pressure, and so on. The same techniques can be used on stiff or painful joints, sometimes with spectacular results. Nevertheless, Shiatsu does not really cure rheumatic disorders, which is why Japanese therapists don't rely exclusively on Shiatsu, but combine it with other approaches, including magnet therapy, and standard nutritional and hygienic measures.

Two other hands-on techniques - reflex massage and reflexology - often provide excellent results in treating joint pain, and can even cure certain forms of arthritis and arthrosis.

Although they may appear similar at first glance, the two techniques have very different applications.

Generally speaking, reflex massage, also called deep-tissue massage is based on the principle of 'dermatomes,' special areas

beneath the surface of the skin, supplied with sensory nerves originating in a single posterior nerve root, and connected to all bodily organs. When an organ is diseased or malfunctions, its corresponding dermatome is sensitive, and sometimes painful to the touch. Reflex massage consists of using the index or third fingers to massage these areas, stimulating the nerves that connect them to the unhealthy organ.

Reflex massage is effective for alleviating pain caused by arthrosis, but cannot cure the disorder.

Reflexology - massaging points on the feet that correspond to various parts of the body - can also help alleviate joint pain, but seems to work best as a complimentary treatment, since its primary aim is to stimulate organ functions (notably the liver, kidneys, bladder, adrenal glands, etc.).

Reflexology experts know exactly which points on the soles of the feet and palms of the hands correspond to which organs and/or glands (some therapists concentrate solely on the feet or hands, while some do both).

The true aim of reflexology is not simply to eliminate pain, but rather to help the body get rid of accumulated toxins and stimulate blood and lymph circulation where these are blocked or impeded.

In addition, massaging specific points on the feet or hands reactivates proper functioning of vital organs like the kidneys, liver, pancreas, gallbladder, thyroid gland, etc.

A good reflexologist can therefore be of great help, firstly by alleviating rheumatic pain, and secondly by improving the overall health of patients, although that may take some time.

5. Magnet Therapy

If you are seeking a form of alternative medicine to alleviate pain, modern magnet therapy is your best bet. It is relatively simple, and causes little or no discomfort.

In fact, magnet therapy is based on the same principles of reflexology we talked about earlier, but instead of using pressure or massage, it channels the amazing healing properties of magnets.

The magnets themselves are small discs about 5 to 10 millimeters in diameter, and from 1 to 2 millimeters thick. They are attached to the surface of the skin with an adhesive band. One side of each magnet has a positive charge, the other a negative charge. This is very important, since the different polarities have different effects. Each side is therefore labeled north or south, like the opposing poles on a compass. In general, the north side has a relaxing effect, while the south side has an anti-inflammatory and analgesic effect.

In cases of rheumatic pain, the number of discs to be used, and where they are placed, should be determined by a specialist. However, if you live in an isolated area and have no opportunity to consult an expert, you can treat yourself (refer to one of the texts listed in the bibliography at the end of this booklet).

Keep in mind, though, that it's always best to see a specialist, and that magnet therapy, even under the guidance of a professional, may be an effective complimentary treatment, but rarely cures rheumatic disorders.

Magnetic discs are available in most pharmacies and health food stores. You can buy them inserted in belts, headbands, neck collars,

footwear, and even mattresses (manufactured by a Japanese company, and pretty pricey!).

Although interesting results have been reported, data on their effectiveness as a cure is not conclusive.

6. Spa Therapy

Thermal baths have been used since antiquity to treat various disorders, among them rheumatism. Water composition, however, varies from site to site (some contain radioactive gases), and can even be harmful for certain health problems.

Treatments generally combine drinking a lot of spring water, immersion in thermal or mud baths, hydro-massage, and so on.

Most arthritis or arthrosis sufferers see a significant improvement after a 21 day cure, and the benefits seem to last through the rest of the year. On the other hand it is often necessary to repeat the cure two or three times to obtain really lasting results.

Most spas are directed by doctors specializing in rheumatology, and staffed by dietitians and physiotherapists.

You can, however, use a technique at home, for very little cost, that is just as effective as thermal therapy. We'll be talking more about it in the pages to come.

7. Oligotherapy

The most effective method for treating, and especially curing, rheumatic disorders is oligotherapy, a form of treatment prescribed

by thousands of allopathic and homeopathic doctors in most European countries.

The theory behind oligotherapy is very simple: certain minerals are essential for the organism: although present in small amounts (like vitamins) they act as catalysts for various biochemical processes.

These processes transform macro-elements (those present in larger quantities, like calcium, carbon, phosphorous, oxygen, nitrogen, sodium, etc.) into living matter. This transformation depends on the presence of rarer oligo-elements, which add fire to the fuel so to speak.

A number of permanent chemical reactions taking place in the body need this kind of spark to function properly. The spark is often a mineral present in the body in minute or trace quantities. If someone lacks a trace element altogether, the biochemical process that depends on it will slow down or stop, resulting in disease.

Oligotherapists prescribe one or a number of oligo-elements, to be taken in diluted form, to 'reboot' the defective function.

For example, in cases of flu or infection, fever indicates that the immune system is trying to combat a virus and evacuate it.

A strong healthy body, always in a state of alert, would eliminate the attacking virus even before fever occurs. But a weakened immune system cannot function normally. To stimulate it and get it back in good working order, a small dose of copper, taken over a period of a few days, should be sufficient.

Oligo-therapy is not limited to treating symptoms, but also aims at correcting what is called the 'diathetic terrain,' the collection of

bodily processes responsible for dealing with weaknesses in the organism.

Normal diathesis acts like a reflexive response to the wear and tear of daily living.

Although oligo-therapy is easy to apply, correctly diagnosing a problem is delicate, and requires the aid of a skilled therapist.

Catalytic soluble oligo-elements are generally available in capsule or atomizer form. Capsules are placed under the tongue for one or two minutes before being swallowed. Most doses should be taken once a day before breakfast, or between meals, with diminished frequency as the patient's condition improves, for example one dose every two days, then twice a week, and so on. In some cases one dose per week over a period of months is necessary.

A distinction must be made between catalytic oligo-elements and pharmaceutical or dietary preparations which are composed of weighted doses, generally containing a number of minerals and vitamins.

This distinction between catalytic and weighted oligo-elements is important, since their therapeutic effects are not the same.

Catalytic preparations contain a single mineral diluted in distilled water to the point where its molecules become dispersed, allowing ions to be easily detached and bonded by enzymatic reactions in the body.

Weighted oligo-elements do not act as sparks or catalysts, but are rather a form of food.

To treat rheumatic disorders, oligo-elements should always be taken in their catalytic form.

Although these generally contain a single mineral - copper, manganese, cobalt, zinc, etc. - some preparations combine two or three different elements (manganese and cobalt, for example, or manganese and copper, copper and silver, etc.), and have a different effect than those taken separately.

Oligo-therapy also makes use of minerals that are not considered to be oligo-elements because they are present in larger quantities in the body (magnesium, sulfur, phosphorous, etc.). These macro-elements are available in pharmacies in catalytic form, and act as compliments to certain oligo-elements, notably in the treatment of rheumatism.

The application of oligo-therapy for the treatment of rheumatic disorders was developed by Dr. H. Picard and his colleagues. To date over 10,000 files and X-rays have been collected proving that not only can the spread of rheumatism be halted, but that in cases of arthrosis, cartilage can actually be regenerated. It is true that Dr. Picard uses other techniques alongside oligo-therapy, including thermal cellular therapy, which we'll be talking more about later.

The Road To Recovery

Experience has shown that emergency measures do not cure rheumatism.

Alleviating pain can help patients live more normal lives, but in most cases such treatments do nothing to cure the condition, and can sometimes even be dangerous, leading patients to believe that they are better, allowing the disease to develop until the next crisis occurs. In addition, in cases of arthrosis where joints have

degenerated, excess movement can cause irreversible damage, making an eventual cure all but impossible.

An impartial study of cases of fully cured arthrosis and arthritis, based on data accumulated by doctors using oligo-therapy according to the norms established by Dr. Picard and his colleagues, shows that best results are obtained by using five approaches simultaneously:

1. Classical oligo-therapy;
2. Organ therapy and tissular preparations;
3. Hydrotherapy (at home);
4. Psychosomatic treatment;
5. Specially designed hygienic measures.

We strongly advise readers suffering from rheumatism to consult a doctor who specializes in rheumatology and oligo-therapy, in order to obtain faster, more certain results.

If that is not possible, try to find a doctor who will agree to help you undertake the program described below. Both you and your doctor may want to consult some of the books listed in the bibliography at the end of this booklet.

If you think you've tried everything and have no hope of being helped by a doctor, give the practical suggestions that follow a try. They are all completely free of any harmful side effects or contraindications. Just be careful not to confuse arthritis with arthrosis. In all cases, getting your problem diagnosed at a rheumatology clinic is an excellent idea.

Since most people with rheumatism suffer from arthrosis, we

will be covering treatments appropriate to that form of the disease in more detail.

But first let's take a look at arthritis.

Most arthritis sufferers have an asthenic diathetic terrain, which means that their immune systems are very weak. The best catalytic treatment in such cases is a combination of copper, gold and silver, taken once a day for 15 to 30 days, and then gradually reduced to one dose per week. In case of extreme inflammation, add one dose of copper, taken fifteen minutes before your first meal of the day.

Reflexology massage on points connected to the kidneys and bladder will also help cure the condition.

As for arthrosis, by far the most common form of rheumatism, the duration and intensity of treatments will depend on how long the problem has been established. A person who has been suffering from arthrosis for 20 years cannot hope to be cured as quickly as someone who has just started developing symptoms.

The initial thrust of the treatment is aimed at correcting all organic functions which play a part in causing rheumatism: blood and lymph circulation, cellular regeneration, disintoxication, etc.

Take one dose of a manganese / cobalt combination per day, before breakfast.

Sulfur should be taken every second day, a quarter of an hour before your main meal.

Elderly persons, or those suffering from general asthenia should take the copper / gold / silver combination for one month before starting any other form of treatment.

Persons whose cartilage has degenerated (this occurs frequently) should undergo tissular therapy. Protein preparations containing genetic instructions to reconstruct tissue, bones and organs, are obtained by injecting horses with embryonic cartilage and parathyroid extracts. The antibodies produced by the animals, actually a type of gammaglobulin specific to cartilage, are added to a serum.

The product is commercially available in pharmacies in suppository form.

Take the preparation three times a week for three months, then stop for a few weeks before beginning another three month cure. Results are often spectacular, if the cure is combined with other therapies recommended in this booklet.

You can benefit from thermal therapy in the comfort of your own home, all year long. All you need is a bath.

Hot baths (between 36.5 degrees and 37.5 degrees centigrade) have a number of beneficial effects: they relax tense muscles, stiff joints, nerves, and the body as a whole, promote better blood and lymph circulation, and remineralize the body (depending on what you put in the water).

For most cases of rheumatism, salted isotonic water is best. Add 7 grams of coarse, unrefined table or sea salt per liter of water. To save time, measure the amount of water you use in your bath (say 150 liters) and make a mark on the tub so you don't have to count again.

Baths should last between 10 and 20 minutes. A short bath is more stimulating than a long bath. For deep relaxation, use hotter

water and soak for at least 20 minutes. For a stimulating effect, 10 minutes in cooler water is sufficient.

Observe your body's reactions and choose the time / temperature combination that suits you best.

Don't shower after your bath. Instead rub your body vigorously, especially around painful joints.

Make sure to keep warm. Put enough clothes on after bathing to retain the heat generated by the bath.

Persons suffering from rheumatism caused by intoxication or allergies should add sulfur to their bath water. Alternate sulfur and salt baths, taking at least one bath a day.

Generally speaking, 3 mineral salt baths a week are recommended for most other types of rheumatism.

Before moving on to the subject special hygiene, let's take a look at a little-known aspect of rheumatic treatment - psychology.

Specialists noticed that in many cases persons developed arthritis in the weeks or months following some kind of psychological trauma. They found that many rheumatic patients were highly stressed (as you may know, stress has a negative impact on the digestive system, slowing down the elimination of waste, and gradually intoxicating the body). Finally, therapists observed that patients who were optimistic and positive tended to recover more rapidly than those with a doom-and-gloom attitude.

Conclusion? Relax, occupy your time with interesting activities, distract yourself, try to surround yourself with pleasant people, and avoid worrying. If you are seriously depressed you may want to consult a psychologist or psychotherapist.

Now let's talk about hygiene.

While most patients are careful to take all the pills their doctors prescribe, many neglect the hygienic measures they are told to apply. And this despite the fact that obtaining a lasting cure often depends on following a few simple rules.

For example, anyone suffering from rheumatism who is overweight should go on a diet, for two reasons: excess weight places added stress on joints, and obesity intoxicates the body.

It's also important to keep affected joints warm in order to promote better circulation. Insufficient local circulation is the number one cause of rheumatism.

Also avoid tight shoes or clothes.

Joints need to be moved to remain supple. However, persons with arthrosis should move affected joints only enough to ensure proper circulation, and avoid placing any strain on tendons and cartilage. In the early stages of treatment, rest is essential. Only when there are signs of improvement should movements gradually be extended and amplified.

Let prudence and common sense be your guides. Someone with arthrosis of the hip or knee shouldn't climb three or four flights of stairs a number of times a day. It is essential to give joints time to repair themselves before placing any strain on them.

Finally, here are a few nutritional guidelines.

In the early stages of treatment, it is important to avoid overloading your organism, filling it with toxins, and over-exciting your nervous system. This means reducing your intake of alcohol, coffee and tea, red meat, sugar and very spicy foods. You should

also drink at least one and a half liters of pure water daily, and eat more fresh foods, especially fruits and vegetables.

The reason for adopting a more healthy diet is to help your organism eliminate toxins by reducing the load on your digestive system. This leaves more energy for cleaning out encrusted joints and rebuilding worn-out tissue.

Another aspect of nutrition is breathing. Your body is nourished by blood carrying fresh oxygen to your cells. This oxygen supply is recycled through your lungs 15 to 20 times a minute.

It is important to breathe properly, if possible in a non-polluted environment. Persons with rheumatism can only benefit from doing some deep, slow breathing exercises, out in the open air whenever possible, and away from closed spaces, heavy traffic, cigarette smoke, etc.

An ideal way to exercise your breathing is to take a daily 20 or 30 minute walk in a park, forest, by the sea, etc.

Finally, a few general suggestions.

Be persevering and patient - curing rheumatism takes time. Don't stop your treatments too soon, and get used to the fact that you will probably have to maintain your new hygiene habits for the rest of your life. Consult a specialist regularly, but make sure not to submit to too many X-rays or other forms of radiation treatment.

If you've been using cortico-steroid or powerful anti-inflammatory medications for a long period of time, you should be aware that it will take your body months to get back on the road to self healing, which is the only real way to achieve a cure.

Never lose your sense of optimism - you will get there.

Practical Instructions

Name brands of major catalytic oligo-elements:

- OLIGOSOLS (Labcatal Laboratories)
- MICROSOLS (French Pharmacists Laboratory)
- CATALYONS (Studix Laboratory)
- GAMADYN (UNDA Laboratory)

Name brands of major tissular preparations:

- SPECYTON, PARATHYROID CARTILAGE (Michel Robilliart Laboratories)
- SEROCYSOL (Serocytology Laboratory)

Magnets:

- IONIS
- EPOREC (Biological Research Institute)

Table of contents

BIBLIOGRAPHY

Dr. H. Picard:

Therapeutic Use of Oligo-Elements

Maloine Publishing

Hygienic Suggestions For Rheumatics

Maloine Publishing

Rheumatism: Causes and Treatments

Maloine Publishing

Etiological Medical Treatment of Coxarthrosis

Maloine Publishing

Dr. Franck Mirce:

Oligo-Elements and Human Health

Andrillon Publishing

Dr. Bernard Saal:

The Gentle Power of Oligo-Elements

Robert Laffont Publishing

Table of contents

Dr. C. Binet:

Oligo-Elements and Oligo-Element Therapy
Dangles Publishing

Academy of Traditional Chinese Medicine:

Summary of Chinese Acupuncture
Dangles Publishing

Dr. J.C. Darras:

Acupuncture Point By Point
Simila Publishing

Fauron, Moatti, Donadieu:

Practical Guide To Phytotherapy

Dr. J. Valnet:

Phytotherapy: Treating Disease
Maloine Publishing

Christopher Vasey:

Manual of Disintoxication
Marabout Publishing

Robert Dehin:

Alleviating Pain With Magnet Therapy
J.R. Fleming Publishing

Claude Roulet:

Magnet Therapy and Motor Functions
Abelan Publishing

Hedi Massafret:

Health Tomorrow Through Reflexology
Trema Publishing

Mildred Carter:

Hand Reflexology
Ariston Press



This eBook is part of the free eBooks collection
available at <http://www.positive-club.com/>

Please feel free to send it to your friends.

If you want to sell it, add it to your site, or use it in any
way please contact:

<mailto:christiangodefroy@positive-club.com>