

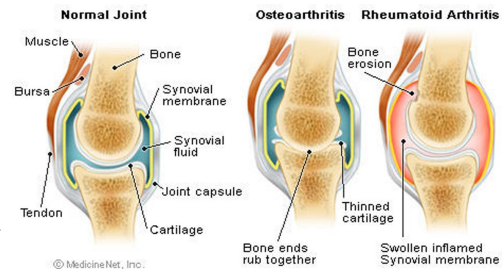
Arthritis & Joint Pain

Patient Information Sheet

Causes & Mechanism of the Disease

Osteoarthritis is a common degenerative joint disease characterized by destruction of cartilage and alterations of subchondral (underlying) bone. It is estimated that 1 in 4 adults in the US have been diagnosed with some form of arthritis.

Nearly all hormones act directly or indirectly upon fibroblasts (connective tissue cells), osteoblasts (bone-forming cells), and chondrocytes (cartilage cells). Endocrine hormone imbalances, particularly high estrogen levels, insulin insensitivity, and thyroid disorders may initiate or accelerate the development of osteoarthritis. Predisposing factors include the “wear and tear” of old age, repetitive joint stress, fractures along joint surfaces, congenital abnormalities in joint structure or function, obesity, diabetes, previous inflammatory joint disease, and a faulty diet lacking antioxidant nutrients.



Normal and Arthritic Joints

Symptoms may include: morning stiffness (often the first symptom), joint pain, joint swelling and warming, soft tissue swelling, stiffness following rest, growth of bony knobs near joints, reduced range of motion, crackling noise when joints move, and muscle weakness.

Suggested Dietary & Lifestyle Modifications

- Eat a high fiber, predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains (especially rice) and legumes.



- Limit **refined** carbohydrates (sugar, white flour, white rice)
- Favor fish or poultry over red meat (salmon is especially rich in Omega 3 fatty acids which are useful in the management of inflammation).
- Limit dairy consumption (substitute rice milk or coconut milk for cow’s milk). Limit foods high in saturated fat (butter, cream, cheese, fatty meats).
- Avoid tobacco and alcohol.
- Identify and eliminate food allergies and sensitivities (arthritis sufferers may be sensitive to nightshade plants including tomatoes, potatoes, eggplant and peppers).
- Drink plenty of purified water, maintain a healthy body weight.
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners. Stevia is OK.
- Exercise at least 30 minutes three times per week with the goal of increasing range of motion and muscle strength of the involved joint. Avoid exercise which causes trauma, such as high-impact activities.





Supplements That May Be Beneficial

- Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
- PhytoFlex Extra (Chondroitin, Glucosamine, Yucca)
- Ultra Omega-Linic (omega 3, DHA, EPA & GLA supplement with salmon & black currant oils)
- Inflammase (Whole Grape, Pineapple, Burdock)
- Immunease (Peony, Boswellia Extracts, Ginger, Lavender, Bergamot EOs)
- Radical Resilience (Milk Thistle, Bacopa, Turmeric, Melissa, Maca concentrates)
- Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant

Complementary Treatments That May Be Beneficial

- *PhytoFlex Treatment* (pain balm with Arnica, MSM, Capsicum, and Essential Oils)
- *Ortho Flex Extra* or *Ortho Flex Spice* essential oil combination diluted in a vegetable carrier oil or natural lotion and massaged on painful joints as needed
- *Ortho Flex Original* Bath Crystals
- Massage Therapy
- Chiropractic care
- Yoga
- Tai Chi
- Mind/body medicine
- Acupuncture or Acupressure



Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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