

Protocol for Arthritic Conditions

Nightshade family of foods are a major contributors to inflammation that causes the pain which in turn makes you not want to move. Lack of movement is what causes stenosis and arthritic conditions because you need movement to get the circulation of blood, oxygen and nutrients into every cell of your body in order for them to be healthy. Lack of circulation causes deterioration and eventual death.

So what to do to reverse this condition:

1. Eliminate all nightshade which is potatoes, tomatoes, eggplant and peppers. This does not include pepper corns from a tree like you put in a pepper grinder or sweet potatoes which are in the morning glory family.
2. Take MSM which is a sulfur based natural anti-inflammatory 1,000 MG 3X a day (so first thing in the morning then again around 3 in the afternoon and before bed) on a regular basis. This may take a week or more but it should get you out of pain or alleviate it so that you feel more comfortable moving.
3. Move because you need to get circulation in the areas that are painful and stiff (stiff = stenosis). Swim if at all possible a couple of days a week. Do the neck exercises, the pelvic clock with the twist and cross crawl exercises every day without fail!. Watch the you tube videos that for those two:

Feldenkrais Pelvic Clock:

https://www.youtube.com/results?search_query=feldenkrais+pelvic+clock

Neck Traction:

<https://www.youtube.com/watch?v=4HNSrw1-PEA>

Cross Crawl:

<https://www.youtube.com/watch?v=zFQnXl5jGa0>