

Protocol for Arthritic Conditions

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. The nightshade family of foods are a major contributors to inflammation that causes the pain which in turn makes you not want to move. Also having a leaky gut caused by eating foods you may be allergic or sensitive to like gluten or grain/flour related products. These have lectins that cause the pores inside the small intestine to open up and allow proteins or histamines to leak into the blood stream undigested causing inflammation throughout the body. This inflammation gravitates to the places that are exercised the least. The following protocol is designed to reverse this process.

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/yams which are in the morning glory family. Also ginger or horseradish are good spices to replace peppers without the side effect.
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. If you do crave grains and related products don't use gluten free as they are usually full of potato starch which is inflammatory or corn starch which is mostly made from GMO corn. Make whole grain rice, quinoa or millet by soaking the grain for 4 to 8 hours, pouring off the water and cooking them with fresh water. You can also find cereals, chips and pasta made of rice and quinoa.
4. You must exercise in order to get circulation in the areas that are painful and stiff. Taking a warm Jacuzzi or bath can also help. Remember stiffness = stenosis or lack of circulation.. Swim a couple of days a week is the best possible exercise. Do the neck exercises, the pelvic clock with the twist and cross crawl exercises every day without fail!. Watch the YouTube videos below:

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>