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Protocol for Arthritic Conditions

There are three factors in the development of arthritic conditions. The first is inflammatory that is caused primarily from eating foods that irritate your gut causing the pores in the small intestine to dilate allowing this inflammatory content to leak into the bloodstream. The second is lack of movement is what causes stenosis because you need exercise to get the circulation of blood, oxygen and nutrients into every cell of your body including the joints in order for them to be healthy and the third is lack of collagen. The following protocol is designed to reverse this process.

To reverse arthritic condition all of the following must be adhered to:

1. Most anti-inflammatory medication actually cause more problems as one of the side effects is bleeding in the gut and dysbiotic condition of the gut which leads to more inflammation. The adrenal glands are in charge of producing many hormones, cortisol, your body's own natural anti-inflammatory, being one of them. If you are not getting enough deep restful sleep every night then the adrenal will become exhausted and stop producing cortisol leading to inflammation in the body. Steroids given for inflammation actually damage the adrenal so there becomes a vicious cycle unless we start with healing the adrenal glands and gastrointestinal tract. Cortisol Manager(1) at bed time can help change this pattern. See articles: *Healing Dysbiotic Conditions of the Gut*© and *Healing Adrenal Burn-Out*©.
2. Foods that can cause leaky gut and an inflammatory process are those high in lectins which are: Legumes, such as beans, peas, lentils, and peanuts, squash. Also the nightshade vegetables such as: eggplant, peppers, potatoes, and tomatoes are very inflammatory. Fruits that are low in sugar in such as berries, kiwi, plums, lemons, limes, and grapefruit can be taken in moderation but sweet fruits and those with pits should be avoided. Other foods high in lectins that can lead to leaky gut are nuts from trees, corn, meat from corn-fed animals, A1 milk. All grains including corn but if non gluten grains such as rice, quinoa or millet or legumes and beans are soak until sprouted, pour off the water and cook with fresh water at a high temperature really well it will lower the lectins considerably. Other related articles: *Lectins Free Diet* ©.
3. Increase foods that are lectins free: Pasture-raised meats, A2 milk, cooked sweet potatoes and yams, leafy, green vegetables Bok Choy, Napa Cabbage, kale, chard, spinach, cruciferous vegetables, such as broccoli, cauliflower, cabbage and Brussels sprouts, asparagus, garlic and onion, celery, mushrooms, avocado, artichoke, okra, carrots, olives or extra virgin olive oil.
4. Take MSM which is a natural sulfur based natural anti-inflammatory. Make sure it is pure and has no titanium dioxide an additive that is bad for the intestines. Dosage: 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 relieve pain that the activity needed to get the circulation improved is possible. If allergic or sensitive to sulfur then Theracurcumin(1). is a natural anti-inflammatory that is very healing to the kidneys and liver which can also support the healing process.
5. Great Lakes distributes the very best quality of Collagen Hydrolysate as a dietary supplement that regenerates loss of bone and cartilage. Recommended dosage: Two heaping tablespoons two times a day in any liquid for at least one month until the inflammation is gone and you notice your nails and hair are growing fast and thicker. Then for maintenance two tablespoons one time a day. It is flavorless and mixes well in hot or cold drinks. Remarkable results in just two weeks.

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6. Infrared Sauna can be extremely helpful at giving immediate relief to soar achy joints. Make sure you are sufficiently hydrated by drinking at least one quart of purified water over an hour period before entering the sauna and use a cool damp cloth on the head to keep from overheating while in the sauna.
7. Keep physically active because you need to get circulation in the areas that are painful and stiff (stiff = stenosis). Do yoga with stretching and inverted postures to get circulation to the achy joints. Be sure to breath deep and oxygenate your system. Swim if at all possible a couple of days a week as it helps with the circulation to and from the heart being that you are in a horizontal position with most swimming strokes so your blood and lymphatic system doesn't have to work against gravity to get oxygen into all the nooks and crannies of the body.
8. 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:

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>

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. .She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for 25 years.

(1). To order these product from Integrative Therapeutics call (877) 628-3477 pin# iti5568