

ARTHRITIS



Naturopathy



Arthritis & Naturopathy

Let's talk about arthritis. Arthritis is a term for a class of diseases.

There are a few different types of arthritis, but basically it's a condition that causes pain, swelling and stiffness in the joints.

Two of the main types of arthritis that you might have heard of are osteoarthritis and rheumatoid arthritis.

I'd like to focus on osteoarthritis.



Rheumatoid arthritis falls into the category of an autoimmune disease and I will make an eBook talking specifically about autoimmune disease.

Osteoarthritis is a degenerative condition. It generally develops in our joints from overuse.

So we often see joint deformities or people with deformed fingers due osteoarthritic degeneration.

There's a couple of different causes and complicating factors. From a naturopathic perspective there are 3 main areas that we focus on.



Causes Of An Arthritic Condition

1. Leaky Gut Syndrome Or Intestinal Permeability

Leaky gut syndrome or intestinal permeability is a big factor and a complicating issue in arthritis.

Here is a point I want to mention around that; a lot of time people are prescribed or need to take inflammatory drugs like Ibuprofen or Nurofen.



These are anti-inflammatory and pain relieving drugs, but they also contribute to poor intestinal permeability, they can also reduce the blood flow to the joints, which can actually make the condition worse.

I want to make you aware, so at the very least, a naturopathic treatment can be supportive in reducing the side effects of using the medications that are often taken for arthritis.

2. Toxins

Another cause from a naturopathic perspective is the accumulation of toxic materials in the joints.



As a naturopath we will be looking at detoxification and cleansing to give your body support.

3. Systemic Acidity

In arthritic conditions your body will be in a state of systemic acidity.

We need to focus on eating an alkalizing diet by eating lots of greens and lowering the acidic forming foods like sugar, refined grains, caffeine, alcohol and eating a heavy meat diet.



Natural Remedies For Arthritis

Some of the natural remedies that are used in arthritis are:

1. Omega 3 Oils you will find these in fatty fish like salmon, mackerel, sardines and trout.

Eat at least 2 serving of those per week.

They have an anti-inflammatory effect because they're increasing your levels of Omega 3 fatty acids.

They also have a good content of **Vitamin D** which is helpful too.



2. Ginger

Another nutrient that might be worth looking at is ginger. You can get this fresh, powdered or dried. Any form will be helpful as it is a great anti-inflammatory.

It's also a circulatory stimulate, so it helps in increasing the blood flow to the joints, which is helpful to cleanse the toxic accumulation that I was talking about earlier.

3. Tart Cherry Juice

Another nutrient is tart cherry juice.



This is interesting because it has actually has research to show that it can be helpful in reducing the symptoms of arthritis.

Obviously make sure that you get it in an unsweetened form so you're not increasing sugar into your diet.

If you want to get the same results as was found in the research, what you need to do is take one serve of tart cherry juice per day.

4. Herbs

Some of the herbs that might be helpful are the analgesic and anti-inflammatory herbs.



Arnica, Salix or (**Willowbark**), **Devil's Claw** and **California Poppy** are some of the common ones.

Bowswellia helps in reducing joint degeneration.

When increasing elimination through the kidneys, the herbs that we might look at are; **Nettle Leaf** and **Celery Seed**. You can drink **nettle leaf tea**.

Ginger and **Cayenne** help to increase the blood supply to the joints. You can put cayenne in food but it will be tricky to have in a concentrated form.



You can actually put it on topically to help to bring blood flow to the joints in the area you are suffering.

That's just a very quick naturopathic rundown of what we might look at and what you can do to help your arthritis.



**This Ebook is a collaboration between
Jayne Larkins from Vital Child
& Global Healing Exchange**

