

**NEWSLETTER
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JOINT PROBLEMS

One of the surest signs of the onset of age is joint problems. “The problem” is called various things – [osteoarthritis](#) (the cartilage is wearing away from the joints), [rheumatoid arthritis](#) (the body’s immune system attacks the cartilage), [rheumatoid spondylitis](#) (in the spine), [bursitis](#) (inflammation of the sac which supplies fluid to the joints), and [fibromyalgia](#) (inflammation of the muscles near the joints). You see it all around you – the elderly on canes, with handicapped stickers so they don’t have to force their joints to work, on walkers, struggling painfully. Some have had joint replacements, but it is estimated that over 50% who have done that are still incapacitated and in pain. For the really unlucky ones, the new joint will start giving problems about four years later and will have to be replaced about eight years later. And in the end, because the joint problem is not corrected, other joints will be put under stress and give way.

One of the most-abundant substances in your body is collagen. In one form, it can be characterized as the glue that holds the cartilage lining your joints together. In [rheumatoid arthritis \(RA\)](#), your immune system has gone berserk and is attacking the collagen in your joints. The result is inflammation, pain, swelling, and stiffness. The corrective is arthritis drugs and pain-killers (aspirin, Ibuprofen, Aleve, Bufferin, Indocin, Azolid, Nafon, Tylenol, Advil, Excedrin-1B, Midol 2000, Orudis, Tandearil, Rufen, Datril, Nuprin, Liquipen, Butzaolidin, Oxalid, Tolectin, Clinoril). They may lessen the pain, temporarily, but many of them accelerate the destruction of the cartilage. There is some suspicion that aspirin may even cause [RA](#). If you have begun to think this is a vicious circle, you’re absolutely right.

IS THERE A WAY OUT OF THIS VICIOUS CIRCLE?

Yes, there is. First, there are some things you should probably not do: 1. Do not believe that “your joints are worn out” – body parts are replaced on a regular basis, so your collagen is being replaced. 2. Do not acquiesce immediately as soon as a doctor says you need joint replacement – that creates as many

problems as it solves for a lot of people. 3. Do not permit yourself to be shot full of cortisone or prednisone. These two up the production of cortisol. Cortisol severely depresses your immune system, thins your bones, causes high blood pressure and diabetes, and kills brain cells. These will, temporarily, stop your pain. But it will be back, initiating another round of the culprits. If you must use these, limit yourself to only a few.

So, what is the answer? The first part of the answer is collagen. The second part of the answer is methyl-sulfonyl-methane or the MSM you see on the shelves. MSM is a form of sulfur (it is not related to sulfa, so if you have an allergy to that drug, you need not fear MSM). Unless you eat uncooked vegetables, raw meat and fish, and drink unpasteurized milk, you probably have a deficiency of MSM (which is destroyed by heat). Your joint cartilage must have sulfur to be repaired (which is true of all your other cells as well), so collagen must be accompanied by MSM. You will also need lecithin, turmeric, bromelain, and vitamin C.

SUGGESTIONS

Acupuncture treatments are helpful to balance the autonomic system and distribute the nutrients and oxygen needed for healing damaged joints.

Feng Shi Xiao Tong Wan:resina commiphorae (mei yao), cortex illicii (di feng pi), fructus chaenomelis (mu gua), radix saposhnikoviae (fang feng), herba ephedrae (ma huang), rhizoma homalomeniae (qian nian jian), rmaulus cinnamomi (gui zhi), radix glycyrrhizae (gan cao), rhizoma et radix notopterygii (qiang huo), resina boswelliae (ru xiang), radix achyranthis bidentatae (niu xi), cortex eucommiae (du zhong), radix angelicae pubescens (dul huo) helps eliminate stagnation of the blood and improve circulation of blood and chi energy. It strengthens and normalizes the joint tissue and immune response.

Chondroplex™: chondroitin sulfate + glucosamine sulfate = collagen II. 500 mg each. 60 capsules for \$30.00

Liquid Lecithin Plus™: put out by Genestra, this product is flavored with vanilla. It is a 5 ounce bottle for \$14.00. The dose is one teaspoon a day for 1000 mg.

MSM: 90 capsules, 1000 mg, \$17.90

Ester C®: Esterified C permits you to take less C because it is better absorbed. C enhances the absorption of collagen. 45 tablets for \$15.00/60 for \$18.00.

Turmeric. Standardized.500 mg, 90 caps, \$24.00

Aspartate Complex with Bromelain™: magnesium, potassium, natural bromelain (140 mg) vitamin B-6, and niacinamide. The aspartates are one of the most effective mineral transporters available. 100 caps for \$14.00.

FOOD FOR THOUGHT

Your body was designed to ingest food not chemicals. The following foods will help you with arthritis.

Bromelain: found in pineapple. Will lower inflammation, however, if overdone, you will see dryness and cracking around the mouth. It is specific against bad prostaglandins.

Curcumin: curcumin is found in turmeric, the yellow spice we all know from curry. The free radical that is so destructive in your joints is nitric oxide. Curcumin particularly likes nitric oxide and does away with it. It also contains methionine which helps the body make S-adenosyl-methionine or SAM. SAM increases the production of phosphatidylcholine or lecithin which makes the body pliant and flexible.

Mustafa's Chicken Curry

In a large, stick-proof pot, put several teaspoons of good oil (canola is good; do not use olive oil because it will skew the taste.) Heat on medium high. Add 3 large yellow or white onions thinly sliced and fry gently, stirring occasionally, until the onions are dark brown (not black and not burnt).

Add to the pot chicken pieces or even chicken tenderloins and stir with the onions until the chicken begins to cook and glisten with the oil.

Pour enough water into the pot to cover the chicken and add: 2 tbs turmeric, 1 tsp cardamom, 2 tbs cinnamon, ½ tsp ground cloves, 2 tbs coriander (not cilantro, ground coriander), 2 tbs ground cumin, 1 tsp fenugreek seeds, 2-3 slices fresh, peeled ginger, 1 lemon cut into slices, 1 head of garlic minced, and red pepper to taste.

Simmer until chicken is cooked through and the spices marry. Add one bunch cilantro coarsely chopped. Thicken with sour cream or yogurt. Serve over rice or with flat bread and fresh chutney, preferably made with pineapple.

Curry is a matter of individual taste. You can omit the cardamom and the fenugreek, add more lemon and less garlic. The hot pepper is up to you. We use the very hot chiles, broken up, or the crushed pepper. You can use paprika if you are afraid of the heat. It doesn't seem to work out to mess with the proportions of the turmeric, cinnamon, cloves, coriander, and ginger.