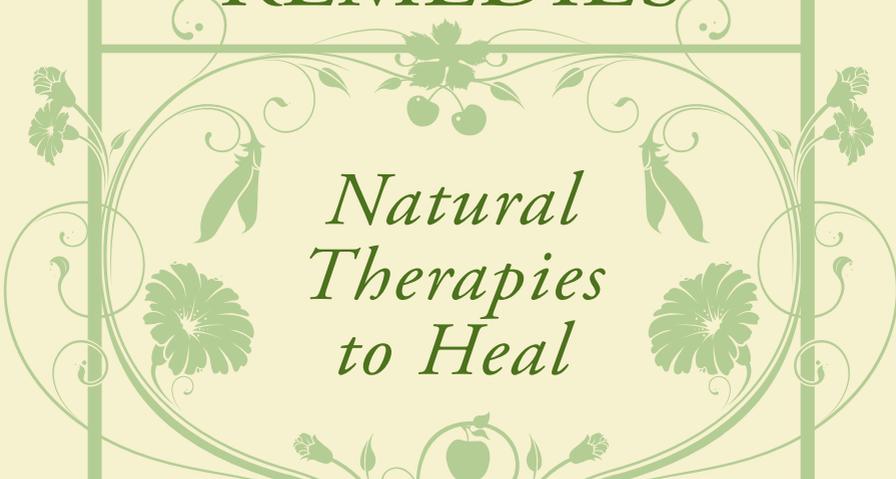




RHEUMATOID  
REMEDIES



*Natural  
Therapies  
to Heal*



FAYE WHITTAKER



## Author's Researched Approach to Rheumatoid Arthritis

### *Introduction - The Foods We Eat Can Harm or Heal*

Almost unbelievably, by taking up self-responsibility for the symptoms I experienced (diagnosed as rheumatoid arthritis) I have been introduced to a wonderful new way of observing 'life'. I have through necessity removed much of my day-to-day busy-ness, which has given me the chance to inspect what I have actually been making of this one chance of my life.

The term rheumatoid arthritis comes from the Greek *rheuma* meaning 'flowing river or stream of life' – *toid* meaning 'form' – *arth* meaning 'joints' and *itis* meaning 'inflammation'.

From a decade and a half of study of human behaviour (my own included), which also extended into dietary habits, I have begun to unravel some of the mystery of my 'being' and I have embarked on an understanding of the unconscious abuse I have inflicted upon this - my body-temple. I discovered on close examination that I had indeed mostly lived to others' expectations rather than allowing myself to follow my own particular flowing river or life-rhythm.

However, I have also learned that, just as with all of nature, whilst I insisted on not listening to it, my body was forever working on maintaining its equilibrium no matter what manner of stress I was expecting it to absorb. Of course by ignoring (even if mostly naively) all the signs and messages it was giving me, it is now no wonder to me that eventually my immune system was pushed to such an extent that it finally said in no uncertain terms 'enough'.

When in November 1992 I first became ill, I thought I had contracted a flu virus, and that given a little rest I'd soon be back to my normal self. How wrong I was. And yet if I had not been literally stopped in my tracks,



## Nutritional Healing

### ***Foods to Help Heal***

Hippocrates is so often quoted as having said – ‘Let food be your medicine and medicine be your food’. Yet modern medicine has led us so far away from this piece of wisdom.

No matter your current state of health, there is no time like the present to begin to pick up the responsibility for the diet ingested on a daily basis. Nature offers us an amazing array of healing properties in foods that are so easily available to us.

Most important foods to include in a regenerative rheumatoid diet: **cold water fish, olive oil, nuts and seeds, yoghurt, fruits and vegetables**, especially those grown above the ground as they contain the most oxygen.

Besides cutting right down on the acid-forming foods, it is important to find a good balance of alkaline-forming foods such as vegetables and especially miso soup (refer to page 30). The saltiness of the soup creates an alkaline reaction, which will help allay pain and reduce inflammation.

When acids begin to outweigh the alkaline-forming elements in the body, calcium from bones is taken to help buffer the acid reaction, inducing pain and swelling.

**Get the appropriate amount of antioxidant vitamins and minerals** (vitamin C, vitamin E, beta-carotene, zinc and selenium) by eating substantial amounts of fruit, vegetables, nuts and legumes.

*Note: Antioxidants are compounds that fight free radicals. Free radicals are electrically charged molecules that attack the body's cells in a manner similar to the corrosive action of rust on metals.*

## PART TWO

in tea such as **fluoride**, **phytoestrogens** and **flavonoids**, a group of antioxidants all working together. (Herbal teas are not 'real' tea.) Some key prevention benefits of tea include the following:

- ~ Antioxidant
- ~ Antiviral
- ~ Anti-inflammatory
- ~ Antibacteria
- ~ Anti-aging

### *Feast on Fish*

Studies continue to come in touting the benefits of **omega-3 fatty acids** contained in fish, as helping to decrease inflammation. In a study published in May 1996 in the journal *Epidemiology*, scientists found that women who ate two or more servings of broiled or baked fish a week had about half the risk of getting rheumatoid arthritis as women who ate only one serving. Researchers estimated that women with the best odds against rheumatoid arthritis were averaging a minimum 1.6 grams of omega-3 fatty acids daily, or the equivalent of 142 grams (5 ounces) of cooked rainbow trout.

Some research indicates that when fish oils are added to the diet there is a very significant drop in one of the most inflammatory immune substances - leukotriene B4. Researchers suspect that omega-3s may block the production of inflammatory substances linked to autoimmune diseases like rheumatoid arthritis and lupus. In some trials, taking fish-oil supplements for at least 12 weeks resulted in positive improvements in symptoms, with less morning stiffness and fewer tender joints.

Another study, published in the January 2000 issue of the *American Journal of Clinical Nutrition*, confirmed the healing benefits of omega-3 fatty acids. Researchers concluded that patients with rheumatoid arthritis who took dietary supplements of omega-3 fatty acids had fewer tender joints and less morning stiffness. The effective dose may be between 3 and 5 grams of the acids daily, although regulated guidelines have not been established regarding supplements of fish oil.

Researchers at Cardiff University in Wales found that **cod liver oil** – the fishy tonic people used to take for 'what ails them' – is effective in treating arthritic joint pain and even slowing or reversing the destruction of joint cartilage.

## PART TWO

from rheumatoid arthritis, including **essential vitamins**, especially A, C and **folate**, and **minerals iron and zinc**.

The blood-alkalising compounds found in miso are thought to reduce swelling and inhibit the pain associated with rheumatoid arthritis.

Miso adds a salty and savoury taste plus flavour and sweetness to cooked dishes. Uses of miso in Japan range from miso soup to sauce for fish cakes and marinated fish, and also as an addition to mayonnaise and hot pot dishes.

Storage: Miso can be stored for many months in the refrigerator. Even the white mould that may form is apparently harmless and can be either scraped off or added to the recipe of choice.

*Hints: Miso is readily available in sachets from health food stores.*

I encourage you to try it – one dessertspoon stirred into a mug of hot water (just below boiling point) makes a scrummy cup-a-soup with no extras required. Miso is an instant low-calorie pick-me-up, especially when you find yourself just too busy to stop and eat.

**Never boil** miso, as the active enzymes will be annihilated.

Another wonderful source of natural **calcium** is found in the everyday **egg shell**.



### Calci-Egg

*Place in a small container  
Cover with*

1 whole, unbroken, organic free-range egg  
lemon juice

Cover tightly and leave for 36-48 hours until shell has dissolved, leaving the egg intact inside its membrane. Carefully remove the egg (which can be used as normal). Stir and take between 1 and 3 teaspoons of the dissolved shell/lemon mix per day until finished. Repeat as often as feels right, leaving a few days between one remedy mix and the next.