

the rheumatoid triangle

THE COMPLAINT THE CAUSE THE CURE



FAYE WHITTAKER

In July 2001 a petite attractive woman entered my office. She walked easily but her hands were deformed and numerous nodular lesions covered her fingers. She told me of her eight-year journey with rheumatoid arthritis, the failure of conventional therapies to bring relief and her search to obtain wellness.

In her personal quest to find a cure she had read of Dr Thomas Brown's suggestion that rheumatoid arthritis was caused by a stealth bacteria, which induced a hypersensitivity reaction and could be eliminated by low dose antibiotic therapy. For eight months, before I saw her, she had taken daily Minomycin therapy that had brought symptom relief. Her research also suggested that poor nutrition and toxic negative emotions were triggering factors in the disease process. Over a period of months, a healing diet with specific nutrients and botanicals, as well as meditation and a supportive interpersonal network, had brought her arthritis into remission. Not only was this evident in her resolving symptoms but also in the Quantitative Rheumatoid Factor blood test, which fell dramatically over an eight month period.

Faye Whittaker is that person. In the Rheumatoid Triangle she outlines, in a clear and simple way, the personal steps that can be taken to assist healing for sufferers of Rheumatoid Arthritis.

Dr Richard J. Coleman. April 2002

‘Faye Whittaker has provided a major public service. Her straightforward, accessible booklet describes the cause of a wide range of rheumatic disease and sets the reader firmly on the road back to recover and a normal, healthy life’.

Henry Scammell

President of : The Road Back Foundation

Author of : The New Arthritis Breakthrough

foreword

Without a doubt, *The Rheumatoid Triangle*, is the most encouraging, intelligent, and truly healing critique, of the otherwise suppressed Rheumatoid dilemma. It is obvious to me, that here is book for anyone who is the least bit concerned about his or her wellbeing. It is a small book of huge importance, with such personal and brave testimony, and inspirational healing instruction, that it could only be written by one who has 'been there', taken self-responsibility to self-discover, and completed the journey.

It is sorely needed, as this time in human history is unique for its clutter of medical literature, pharmaceutical panaceas, fashionable 'get well quick fads', and all the seductive remedies that appeal to those who desire only to hand over their innate self-responsibility, intuition, and so ultimately, their circumstance and destiny.

02

the cause



the cause

It is commonly acknowledged that **stress**, either prolonged, or brief and traumatic, can be the cause of an onset of symptoms that will be diagnosed as rheumatoid arthritis and/or associated diseases. It is thought that one may also have a genetically inherited tendency toward contracting these diseases. However, the cause behind these factors is only now gaining widespread recognition.

It is a 'given' that rheumatoid arthritis is a disease where the body actually begins to attack itself... That for some reason the synovial fluid around the joints is attacking the joint linings causing inflammation, stiffness, swelling, pain and ultimately degeneration. But how and why does this happen?

In fact, the breakdown in the normal function of joints, connected tendons, and muscles came not directly from **stress** itself, but from the fact that stress lowers the body's ability to

defend itself. When we are stressed to 'the max' the immune system becomes unable to cope, and tiny microbes called **mycoplasma**, which have possibly been lying dormant for years, are able to establish and multiply in and around the joints. It is not really the body attacking itself at all, but these tiny elusive organisms feeding and multiplying which causes the myriad of symptoms associated with rheumatoid arthritis.

So what are MYCOPLASMA?

Mycoplasma are amongst the smallest living organisms, much smaller than bacteria and just slightly larger than viruses (which are incapable of independent, self-sustaining life) or the newly discovered nanobacteria. Mycoplasma are unlike bacteria in another way, in that they lack a clearly defined outer wall. This enables them to invade tissue cells, incorporating the host's nutrients to replicate themselves. When the immune system responds to this invasion by attacking the mycoplasma, it also apparently is unable to distinguish between friend and foe, and ends up attacking the host cell as well. This is the basis for describing rheumatoid arthritis as an autoimmune condition. Other so-called autoimmune conditions associated with mycoplasma include fibromyalgia, myositis, thyroid dysfunction, adrenal dysfunction, lupus, multiple sclerosis, CFS, and the list is still growing.