



January 2014

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## Natural Relief for Joint Pain

Prevent, Slow or Stop Joint Pain with Diet

8 Healing Remedies to Repair Joints

A Joint Venture: Simple Home Maintenance

# HomeCures *That Work*

## For Joint Pain Relief

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We've been conditioned to accept that joint pain is natural sign of aging and to be expected. When pain intensifies, many reach for the ibuprofen or acetaminophen to help deal with the pain. Beloved activities such as playing the kids or grandkids diminish due to painful joints.

But many things can lead to the chronic pain that keep you from your favorite hobbies. You'll be surprised at the many reasons joint pain can suddenly flare up. In fact, you can trace joint pain to 4 unsuspecting culprits. If your joints need help, then help your bones move over each other more easily with *Natural Relief for Joint Pain*.

There is also a pattern of digestive issues in those who suffer with joint pain. Certain conditions and foods have long been associated with allergens and chronic inflammation that manifest with joint problems. One of the best combinations for effective, cheap and safe medicine is food that can restore your joints. To help pinpoint food sensitivities that lead to joint pain, here are wonderful examples in *Food for Joint Pain*.

From chronic stress, to immune system malfunction, to inflammation response, to joint damaging drugs, the circle of pain can be stopped. Follow these 8 *Healing Remedies to Repair Joints* and their mobility to experience significant pain relief

When considering alternative therapies, there is one evaluation many overlook for addressing joint pain. There isn't a one size fits all joint pain reliever. The same method doesn't work for everyone, but this one *Joint Venture* just might work for you.

Please remember that joint pain is your body's way of asking for help – it's communicating a very important message to you. Don't bury this message, delete it or push it away – listen to your body. This is your first step in the healing process with *Home Cures That Work*.

For your health,

Cheryl Ravey  
Editor, Home Cures That Work



## 8 Healing Remedies to Repair Joints

*by Dr. Scott Saunders, M.D.*

### **Take care of your joints in order to protect your mobility**

Joints are the most remarkable structures! Each joint is specifically engineered to perform an exact motion to allow our bodies to function in so many capacities. Bones rubbing against each other would just wear out easily, but we have cartilage to protect them and to move smoothly. This cartilage is an amazing combination of proteins and sugars that can take tremendous pressure. A knee, for example, has to take 400 LBS of pressure while running — if you weigh only 100 LBS.

Moreover, we have a viscous fluid, like motor oil or grease, which keeps the joints lubricated and prevents wear and tear. It is a starch-like substance that hardens as pressure is put on it that protects the cartilage from damage by spreading-out the impact.

Another part of the wonder of the joint is that it can repair itself. When damage is done to cartilage, there are living “chondrocytes” or cells that reproduce cartilage for healing and repairing. Some damage, such as tears may not be readily repaired, but joints that are worn down to the bone may still be able to replace the cartilage and repair the joint.<sup>(1)</sup> One study using MRI to measure joint cartilage showed that cartilage could grow back over time.<sup>(2)</sup>

These studies do not evaluate the reason why some people grew back new cartilage; however, they do prove that it CAN. Without any treatment, over a third of people repaired their cartilage!

The next question is can we help more people to generate these repairs? The answer is: yes! Many of the principles of joint repair are known, allowing most people to avoid the inevitable decline in function from aging joints.

## Joint Damaging Drugs

I was a carpenter before going to medical school, so I built my own house over about three years. I was amazed that before I even finished the house it was already needing repairs. Things degrade over time and anyone who owns property knows that they need constant attention and repair. You may think that you don't need joint repair, so this doesn't apply to you. However, remember that any weight-bearing activity, such as walking, puts tremendous strain on joints. So, just like my house, joints need to repair constantly. Let's first start with what NOT to do to repair your joints.

There is an irony in the vicious cycle of pain and damage to joints: the very drugs prescribed for arthritis actually prevent you from repairing the joint. It turns out that the NSAIDs, including aspirin, ibuprofen, naproxen, COX2 inhibitors (Celebrex, Mobic) and so forth, inhibit prostaglandins that cause inflammation, which in turn decreases the pain, redness, and swelling that comes from injuries to the tissues.

However, these anti-inflammatory drugs also prevent increased blood flow that brings healing oxygen and cells to the tissues, as well as prevent the formation of collagen, the strong protein that is required for healing fibrous tissue like bones, tendons and joints.<sup>(3)</sup> It doesn't matter whether you take a little or a lot – even the smallest dose in the study prevented healing.

The take-away message here is to avoid any of the anti-inflammatory drugs!

## Repairing Joint Mobility with Supplements

If you can't take aspirin for arthritis, then what *can* you do? Good question, I'm glad you asked!

### Natural Anti-inflammatories

There is a way to decrease the inflammation without preventing healing. These joint supplements have been tested in multiple ways with positive track records. We suggest the following natural anti-inflammatories:

1. Omega-3 oils
2. Turmeric (or curcumin)
3. Boswellia (frankincense)
4. White willow bark

### Repair supplements

Controversy abounds in the area of joint supplements. There are many "joint formulas" that contain glucosamine, chondroitin, MSM, calcium, and other ingredients. It is surprising to me that there should be any controversy at all because there is no risk to taking these supplements. Let's take a look.



### **Glucosamine Sulfate**

I have had many patients with arthritis of the knees or hips who get pain relief by using glucosamine. I usually have them go on a low-glucose diet so as not to inhibit the absorption, metabolism and action of the glucosamine. This entails not having sugars or starches. The diet seems to double the benefit of the supplements, allowing more glucosamine to become the GAG (glycosaminoglycans that make new connective tissue) needed to repair joints. We'll discuss the diet later.

### **Chondroitin**

One of the building blocks of cartilage is chondroitin. By itself, it does not repair the joints; we only take it to give the chondrocytes (cartilage repair cells) the building blocks needed for repair.

### **MSM**

Collagen is a very strong fiber. By weight, it is stronger than steel! However, it needs sulfur cross-links to each of the fibers to achieve this remarkable strength, which any people are deficient in.

Years ago, there was a paper mill that leached a solvent called DMSO into the water in the area. People noticed that the deer had stronger hides and research was done as to the cause. It turns out that DMSO is a sulfur supplement that is readily used by the body in making very strong collagen. MSM is another sulfur supplement that allows a strong repair.

When we don't have the ability to cross-link these fibers, the body makes keratin, the same protein that makes up your hair, nails and skin. Keratin is strong, but doesn't have the tensile strength of collagen, so the repair made by this scar-tissue is easily damaged and re-injured.

### **Repair Joints with Exercise**

There have been many published studies on the effects of exercise on cartilage. Basically, the more you exercise, the more cartilage is able to repair and build. The studies are clear that a sedentary lifestyle decreases the "proteoglycans" (the protective molecules) in the cartilage and leads to fissures and wearing. (4)

Thus, regular, daily exercise has been shown to prevent cartilage wear-and-tear. The joints remain more movable and pliable, and don't wear down.

The amount of exercise is less important – you don't need to kill yourself on the first day by trying an Iron Man Triathlon. Just start simply and work up. There needs to be some pressure on the joints, for example, walking is good for the knees. Some amount of weight-bearing is helpful which indicates the benefit of exercises that include weights. Good ol' calisthenics that use the body weight to exercise the muscle groups is the best for the joints. These are the things we did in PE class: push-ups, pull-ups, sit-ups, jumping jacks, and so forth. The key is to increase gradually.

Exercise is essential to protecting and repairing joints.

## Food Choices That Heal the Joints

What you eat is essential for the health of your joints. You must provide the building blocks needed to repair damage to joints. Food also affects the circulation and the life of the cells. If there is chronic inflammation anywhere in the body, then it usually affects the joints. There are over 50 different causes of arthritis including:

1. Diabetes
2. Crohn's disease
3. Psoriasis
4. Food allergies or sensitivities
5. Imbalance in omega-3 and omega-6 oils
6. Vitamin deficiencies
7. Ulcerative colitis

And so forth... Notice that all of these health problems are different forms of inflammation, or lead to inflammation. It is essential to eat a diet that doesn't contribute to inflammation.

The best way to prevent inflamed joints in the first place is simple.

1. There are certain types of foods that promote inflammation and should be avoided altogether. Vegetable oils such as corn oil, soy oil, and safflower oil contain high amounts of omega-6 fats that promote inflammation. Sugar is also a big promoter of inflammation that can affect the joints and cause arthritis. Avoid these foods to control joint inflammation:

- Sugars
- Starches
- Vegetable oils



2. Eat whole, organic foods every day.

3. It is essential to use lots of spices in your cooking. As noted above, turmeric is a spice that rivals NSAID drugs in its ability to decrease inflammation. Many other spices are useful, as well. For example, cinnamon helps you use sugar properly so you don't build up insulin resistance and prevent joint healing.

Whether you're trying to bone up on nutrients to help prevent osteoporosis, maintain healthy cartilage, or ease the discomfort of immobilized joints, the following joint healing protocol may help.

1. Don't use NSAIDs.
2. Take Boswellia for pain.
3. Exercise every day, including weight bearing routines and plenty of walking.
4. Take an omega-3 supplement – alternate between fish oil and flax seeds.
5. Avoid vegetable oils.
6. Avoid sugar.
7. Eat fresh, raw, organic food as much as possible.
8. Take the following joint supplements (the exact amounts can vary, and a combination is fine) for 90 days:
  - Glucosamine: 500 mg three times per day
  - MSM: 500 mg three times per day
  - Vitamin C: 500 mg three times per day

This program will allow you to heal your joints, build cartilage, and prevent arthritis. There is no need to decline in your “declining years.” It is NOT normal to have joint pains and stiffness. You can take your life back and enjoy your entire life to the end.



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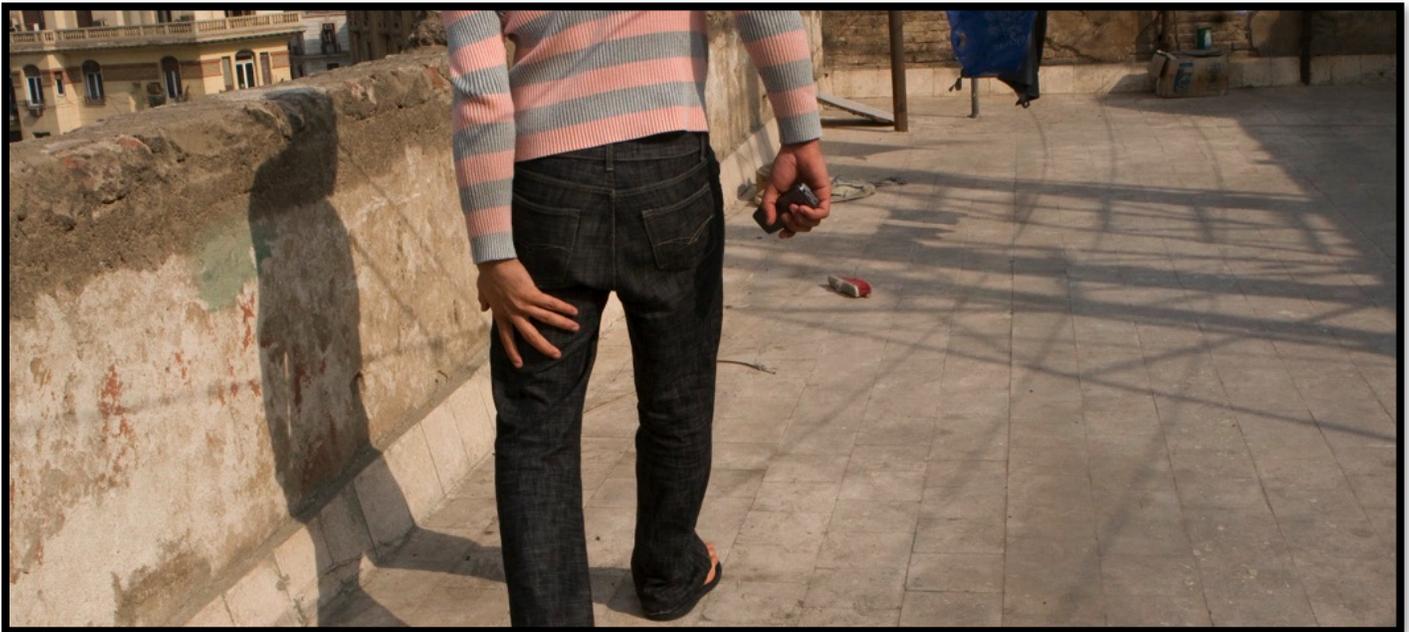
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## Natural Relief for Joint Pain

*By Amanda Box, N.D*

Do you struggle to get out of bed in the morning because of stiffness? Do your knees ache? Maybe the simple task of writing a letter is just too painful. These aches and pains are not normal and should never be overlooked.

Arthritis is often in the headlines and gets a lot of attention as the primary reason for most joint pain. However, there are many other possible causes of your muscle pain, joint stiffness, and joint popping. These other contributors may not get as much press, but they can be just as common in contributing to joint pain.

Our joints, unfortunately, can be quite susceptible to both damage and inflammation. They can also be affected by something as ambiguous as hormonal imbalances in the body. Because of the different possible causes, there is no one size fits all prescription for joint pain. Simply put, not all joint pain is created equal. But, finding the root issue is truly the first step towards freedom and pain relief!

Some of the common and less talked about reasons for joint pain include:

- Hormonal changes (thyroid, adrenal, menopausal, etc.)
- Stress and anxiety
- Gout
- Carpal tunnel (wrist joint pain specifically)

## Getting a Diagnosis

When you are unsure of the cause of your joint pain, it is wise to make a trip to your doctor or practitioner's office for blood work and a physical evaluation. But before you go, it is wise ask yourself these questions to help diagnose the problem.

- When did the pain start? Did anything specific happen in your life happen during this time period like an injury or change in job or family life?
- Does the pain change with the weather or seasons?
- Is there anything causing significant stress in your life?
- What is your family's health history?

The answers to these questions can help point your doctor in the right direction in diagnosing the problem. Many times we overlook or are unaware of possible causes that may be quite clear to our doctor or practitioner.

Knowing if you have underlying health issues that are affecting your joints is important to prevent unnecessary treatments and drugs. True healing cannot occur by only medicating the symptoms. Plus, you may see other health problems resolve when the true problem is corrected.

For example, if you have a thyroid issue, then you don't want to address the joints, but rather the root thyroid problem. In this particular situation, isolating the joint pain with treatment isn't a long-term solution. It would only inhibit healing where the body truly needs it: the thyroid.

Again, doctors and other health practitioners are trained at interpreting both your symptoms and lab work. This is why it is important for you to be very clear about everything you've been feeling, both emotionally and physically. Stress alone is known to be a common culprit of joint pain. If lowering your stress is the answer, then why waste your money on expensive drugs?

It might even be helpful to keep a pain symptom chart for a few weeks.

- Does pain occur after a particular activity?
- When did the joint stiffness first occur?
- Did the pain come suddenly or over time?
- Has the pain intensified or moved to any other joints?

Once you know the true cause, it is time to weigh your options and minimize any joint damage. In most instances, a doctor will offer you some sort of prescription medication to remedy your ailment. However, most prescription drugs for modifying joint pain also hail a plethora of harmful side-effects, including:

- Low white blood cell count (increasing your risk of infection)

- Serious birth defects
- High blood pressure
- Bone marrow toxicity

You can take other more natural, safe and effective treatment steps to remedy joint pain. Below, I will help you navigate through the possible contributors to joint pain and their natural remedies.

## Hormonal Changes and Joint Pain

Hormonal shifts and fluctuations in the body can contribute to joint pain. If the hormonal imbalance isn't addressed, then the side-effect of joint pain can be quite common. This is because as we age, hormone levels can drop. This is especially common in women. Hormone induced joint pain can be caused by:

- Low thyroid function (hypothyroidism)
- Adrenal fatigue
- Menopause

## Hypothyroidism and Joint Pain

Hypothyroidism is a condition in which the thyroid is not producing an adequate amount of thyroid hormones for the body, which can cause:

- Weight gain
- Intense fatigue
- Sensitivity to cold
- And even intense joint pain

It can often be difficult to distinguish between pain associated with hypothyroidism and rheumatoid arthritis. This is again is why getting a proper diagnosis is so important.

Joint pain from hypothyroidism can manifest in the neck, shoulders, knees, and smaller joints of the hands and feet. However, pain relief can be relieved once the thyroid is in proper balance again. There are naturally sourced prescription thyroid medications called Armour and Nature-throid. You may have to specifically request these natural replacements since the synthetic versions are typically prescribed.

Others with a more mild thyroid condition find great relief from thyroid boosting supplements. These supplements generally contain iodine and l-tyrosine, which are both important for thyroid function. [My favorite supplement is Europharma's Thyroid Care.](#) However, there are several other wonderful formulas on the market. Check your local health food store for their recommendations.

## Adrenal Fatigue and Joint Pain

One of the most under-diagnosed yet common health issues today is adrenal fatigue. Although it is becoming more accepted amongst medical professions, some doctors have stated that there is no such thing as adrenal fatigue. I strongly disagree. Adrenal fatigue is a result of an overstressed body. Some have even deemed it *The Stress Syndrome*.

When your body is under prolonged or chronic stress, your adrenals will continuously produce cortisol and adrenaline. Going long stretches without sleeping and using caffeine as a source of energy are also contributors to adrenal fatigue. This constant release of stress combating hormones eventually leaves the adrenals depleted and fatigued. This in turn causes a state of constant fatigue.

In persons with adrenal fatigue, weak muscles can also result. Many of the muscles affected are in the legs. The basic job of these muscles is to stabilize our joints. When our joints aren't held stable, pain results. Those with adrenal fatigue typically battle knee, ankle, and foot pain. Lower back pain is also quite common.

Resolving adrenal fatigue is not a quick fix. You must be dedicated to both eating well and finding ways to safely combat the stress in your life. The basic steps in overcoming adrenal fatigue are:

- Lowering carbohydrate intake
- Eliminating white sugar completely
- Eliminating caffeine intake
- Increasing protein intake
- Getting adequate sleep (8 hours a night minimum)
- Taking a quality multivitamin and adrenal supplement (I recommend Europharma Adrenaplex)
- Finding a safe and effective stress outlet (prayer, meditation, yoga, etc.)
- Exercising, as well, is essential!



I personally battle adrenal fatigue and suffered many of the symptoms, including joint pain. I am now pain free and have far more energy. It is worth taking the time towards recovery!

## Menopause and Joint Pain

Studies have found that lower levels of estrogen in the body can aggravate joint pain. This is especially common during menopause as estrogen levels begin to plummet. Some women have pain relief once they've completed menopause and their hormones have settled. However, many women have found substantial relief with natural hormone replacement therapy and estrogen mimicking supplements.

Since estrogen increases the risk of certain cancers, it is always best to follow your doctor's guidelines closely and take the lowest dose needed to reduce your symptoms. Bio-identical hormones are becoming quite popular and are much safer than the synthetic versions. Bio-identical estrogen creams and patches are the most common forms of administration.

Many women have also found relief by taking estrogen-like supplements such as black cohosh and flax. These supplements do not actually contain estrogen, but have substances that act like estrogen in the body. These can be purchased at your local health food store and are far less expensive than bio-identical estrogen.

## Gout and Joint Pain

Technically referred to as a form of arthritis, gout affects millions of people leaving them miserable and in severe pain. The good news, however, is out of all the joint issues, gout seems to be the easiest to treat!

Gout is inflammation in the joints from an accumulation of uric acid crystals. It can cause intense pain and inflammation and often affects the big toe. Treating gout naturally involves:

- Avoiding uric acid producing foods
- Consuming foods that neutralize uric acid

Foods high in purines break down into uric acid in the body thereby increasing the occurrence of gout. Common foods with high purine levels include:

- Seafood
- Red meat
- Beer
- Soda
- Asparagus
- Organ meats

If you're battling gout, then try to avoid these foods or eat them very sparingly.

Instead, begin consuming more water to flush out the uric acid to reverse gout. Increase consumption of cherry juice, as well. Cherries contain compounds that block the reabsorption of uric acid and instead increase uric acid excretion via the urine. They also contain anthocyanins, which are anti-inflammatory. I've seen amazing results when people eliminated uric acid producing foods and begin drinking cherry juice on a daily basis. It is simple, inexpensive, and extremely effective at treating joint pain caused by gout!

## Carpal Tunnel and Joint Pain

Carpal tunnel is a painful condition that primarily affects the wrist. It is typically brought on by years of repetitive movement and affects women three times more often than men. There is also a less common, yet similar syndrome in the ankle called tarsal tunnel.

Carpal tunnel joint pain is caused by inflammation or pressure on the medial nerve. This nerve controls sensation to the thumb and first three fingers. Over time it can progress to severe pain, numbness in the fingers and thumb, and an inability to grip objects.

Carpal tunnel can be properly diagnosed using several physical tests. Once diagnosed, a wrist-brace or even surgery may be suggested.

However, many have found pain relief from natural supplements and vitamins in quelling the pain of carpal tunnel. Acupuncture is also a great alternative that can bring significant relief.

Some of the most common supplements for carpal tunnel include:

- **B6:** Studies have found a possible correlation between B6 deficiency and carpal tunnel. A typical dose for carpal tunnel is 50 mg 2-3 times a day.(1)
- **Arnica:** A homeopathic used typically for trauma, swelling, and bruising. Arnica has also shown to improve carpal tunnel swelling and pain. Follow the dosing directions on the bottle.
- **Systemic Enzymes:** These enzymes help tremendously with tissue swelling. It may take a few weeks to see results so stick with it. A great brand to purchase is Wobenzym.
- **Topricin:** [This is a topical cream formulated with safe, homeopathic ingredients that address the root of the pain.](#) It doesn't just mask the pain like most menthol based creams.
- **Curamin:** The base of this product is curcumin, which is the active component of the herb turmeric. [The makers of Curamin use a specialized extraction process making their curcumin 20X stronger than your typical curcumin product.](#) They also blend it with other anti-inflammatory ingredients like boswellia making it quite possibly the best natural anti-inflammatory on the market. I have personally heard the testimonies from happy customers. The formulator of the product personally told me that a double dose could be

used in the beginning to put out the fire of inflammation. After 3-7 days, you can begin weaning down to a maintenance dose that works for you.

Although joint pain is really quite common, it doesn't have to be normal. You aren't doomed to suffer from joint pain! Finding balance in your body with the use of natural supplements and a healthy diet can prevent and even quell that unnecessary joint pain.

*If you suffer from joint pain, then what do you think is the contributor to that pain? What steps do you plan to implement in eliminating that pain?*



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(1) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1949298/>

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## Food for Joint Pain

*By Amanda Box, N.D.*

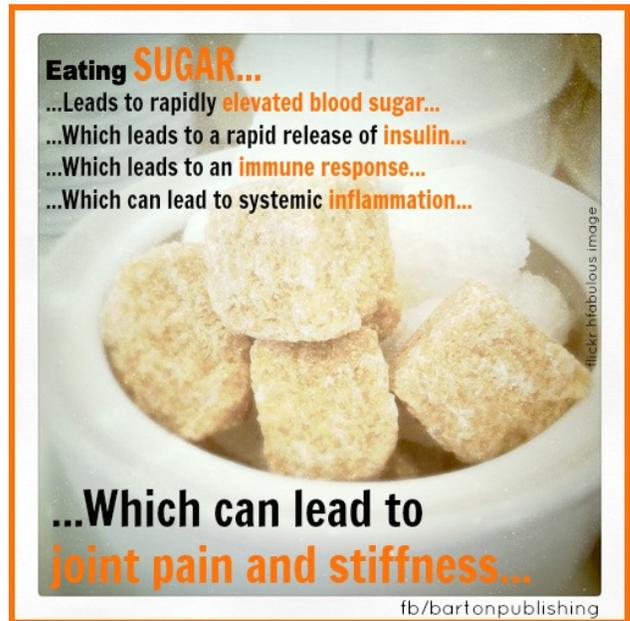
I've often heard people chalk up their joint pain and stiffness to their increasing age. Many people believe that joint pain is just part of the territory as we get older. However, with the proper diet, we can prevent, slow, or even stop joint pain!

Although many people are diagnosed with rheumatoid arthritis, not all joint pain is caused by this

devastating autoimmune disease. Believe it or not, the cause may lie entirely in what you eat!

Certain foods can actually cause joint pain. The reason why isn't always clear, but many times these substances seem to aggravate our body. This aggravation can result in unpleasant pain, inflammation, and stiffness. It is almost as if your body is telling you that it's angry when a certain food is put into your body.

Now, your job is to simply listen to your body's cry for help by eliminating those foods and replacing them with healthy alternatives.



## Sugar and Joint Pain

No one likes seeing sugar on the list of foods that are bad for us. But, you just can't hide from it. Sugar can cause all kinds of diseases ranging from diabetes to cancer. Unfortunately, it can cause joint pain and stiffness, as well. You may love that sweet taste on your lips, but your body may be crying out in pain.

There is a particular process that occurs in your body when you eat foods high in sugar. It is this process that leads to pain in your joints:

- Eating sugar leads to rapidly elevated blood sugar...
- Which leads to a rapid release of insulin...
- Which leads to your body reacting with an immune response...
- Which can lead to systemic inflammation...
- Which can lead to joint pain and stiffness...

It may sound a bit harsh, but consuming a lot of sugar is toxic. No, it doesn't kill you instantly. But it slowly chips away at your health a little at a time. It may go unnoticed, at first. But as time passes, you are left in the end with pain or disease.

Avoiding all sugar is best. But the top sweet health-busting contributors to stay away from are:

- High fructose corn syrup
- Sucrose
- White sugar
- Glucose

I recommend using safe sweeteners like:

- Honey (in moderation)
- Coconut sugar
- Xylitol
- Stevia

If you'd like more information on safe alternatives to sugar, [then check out this article devoted entirely to safe sweeteners.](#)

## Artificial Sweeteners and Joint Pain

As you can see above, I didn't mention artificial sweeteners on my list of safe sweeteners. That was for a good reason! Artificial sweeteners are far worse than sugar! These lab created chemicals have often been linked to joint pain, muscle pain and stiffness. Some people have even experienced symptoms of full-blown MS (multiple sclerosis) from consuming artificial sweeteners! And that, unfortunately, isn't all.

There is a long laundry list of diseases that can be caused by artificial sweeteners, including many forms of cancer! The most common artificial sweeteners on the market are:

- Aspartame (NutraSweet)
- Saccharine (Sweet and Low)
- Sucralose (Splenda)

You can look at the science behind why these sweeteners are so toxic to the body. But it boils down to something very simple to understand ---- they're not real food! Anytime you put some sort of unnatural product in your body, you're likely to have unnatural side-effects. A great example is the long list of possible side-effects listed on every pharmaceutical and over-the-counter drug.

The reality is that these lab created sweeteners are essentially drugs with a dirty little secret. They may be FDA approved, but it doesn't mean they are side-effect free!!

- Saccharin is a potential carcinogen that is linked to bladder cancer.
- Aspartame is linked to depression, cancer, headaches and increased hunger, to name a few. Over consumption even has a name: aspartame poisoning, which includes joint pain.
- Sucralose - discovered while creating a new insecticide and is widely associated with gastrointestinal problems, cutting the population of the good bacteria in your gut in half within a few weeks.
- Acesulfame K, while lesser known, is also a carcinogen. It's long term use leads to a host of problems, including mental decline, cancer, liver and kidney problems, as well as headaches and depression.

I highly suggest you remove all artificial sweeteners from your diet. Not just to help with your aches and pains, but for your overall health!

Saving calories isn't worth when it comes to these chemical sweeteners! Sweeteners are not essential nutrients in our diet, so they exist to nurture our sweet tooth, not our bodies. Remember, there is nothing in our diet that we can consume without a cost.

## **Caffeine and Joint Pain**

We live in a society absolutely addicted to caffeine. Energy drinks, coffee shops, and chocolate are everywhere! Although consuming caffeine in moderation doesn't typically cause any health issues, over indulging can cause joint pain. And by over indulging, I mean more than one cup of coffee a day. Don't forget that soda and decaf coffee contain caffeine, as well!

There is no definitive research as to why caffeine can cause joint pain. However, some believe it is because caffeine is such a strong diuretic. Diuretics can cause systemic dehydration, which can lead to a buildup of uric acid. This causes a painful condition of the joints called gout. Also, dehydration of the joint itself can occur causing stiffness and pain. Many people have seen significant reduction in joint pain by eliminating caffeine. It is definitely worth giving it a try!

## **Food Allergies and Joint Pain**

When people think of a food allergy, they typically associate it with digestive upsets or anaphylactic shock. But not all food allergies manifest in the same way. There are people who may go their entire lives not knowing they have a food allergy because it's manifestations aren't typical. They are still having an immune response, even if mild. Although it is not as noticeable as other allergies, this subtle reaction can cause inflammation and pain in your joints!

Food allergies can develop at any age. Your body may have tolerated a food most of your life, but eventually your immune system begins to overreact. Inflammation is a very common immune response to food allergens. Hives, bloating, and itchy watery eyes are all manifestations of the inflammatory response in our bodies.

However, an inflammatory response can also manifest in your joints. After all, an allergic antibody can attached itself to any tissue in the body. If it affixes to your joints, the offensive food can cause worsening joint symptoms. Pain, swelling, and damage to your joints can occur entirely based on a food you're eating! What is amazing is that if you eliminate that food, your pain can be entirely resolved!

Maybe your joint pain isn't constant. You may notice an increase in pain that later decreases. You might have had no idea that there is food association. You can have an allergy test performed by your doctor, but they aren't always accurate.

Keeping a food log is a great way to identify particular culprits. I also recommend eliminating high allergen foods for at least 3 weeks and slowly introducing them back into your diet one at a time. Below, I will cover the most common joint aggravating food allergen culprits.

### **Gluten and Joint Pain**

One of the most common of all food allergies is gluten. Gluten is a component of several grains including wheat, barley, and rye. It is estimated that 1 out of 133 people have one of the most severe forms of a gluten allergy called Celiac disease. However, you don't have to be a full-blown Celiac to be sensitive to gluten. Some doctors and researchers are estimating that as many as 50% of Americans may fall somewhere onto the spectrum of gluten disorders!

Although many of the manifestations can be gastrointestinal, many possible side-effects include headaches, foggy thinking, numbness in fingers, arms and legs, fatigue and...you guessed it...joint pain.

Luckily, because of the rapid rise in gluten disorders there has also been a rise in gluten-free food alternatives. I personally struggle with a mild gluten sensitivity and have relied on gluten-free products for years. My personal favorite is using rice noodles as a substitute in pasta dishes. You can hardly tell a difference! Quinoa is another delicious grain that is high in protein, as well as gluten free.

### **Milk Products and Joint Pain**

I know you don't want to hear it. First wheat and now milk!! You're thinking, "What is there left to eat?" First, I must say that these are "possible" allergens. And to be honest, if you are allergic, you will love how you feel when you don't eat them much more than you love the taste in your mouth!

There is a difference between a milk allergy and lactose intolerance. Lactose intolerance is when you lack the enzyme, lactase, which breaks down lactose. Most of the symptoms of lactose intolerance are gastrointestinal. A milk allergy is far less common than lactose intolerance, but is still a common food allergy.

And like any food allergy, milk can cause a flare up of swelling in the joints. There are numerous testimonies online that have restored pain free joints through the elimination of milk from their diet and break the inflammatory cycle. Imagine, you can move like a teenager again simply by choosing to avoid dairy!

Like wheat, there are now many milk alternatives on the market. Almond and coconut milks are the healthiest choices. I would highly advise against consuming soy milk products, as soy is a high allergen food, as well.

## Peanuts and Joint Pain

Again, when we think of a peanut allergy, we imagine an “emergency situation.” But, you could have a slight allergy to peanuts and have no clue! Does anyone in your immediate family have a known peanut allergy? Because genetics play such a strong role in allergies, they often run in families. If your brother, sister, mom or dad, or one of your children has a peanut allergy, then you may very likely have one, as well! You may have assumed because you don’t go into anaphylactic shock when you have a PB&J that you’re out of the woods. Not so! Your allergic response may be more mild, but it can still cause body discomforts like joint pain.

Peanuts also often have mold. You may not taste it or see it, but it’s likely there. So, it may not even be the peanut causing your mild allergic reaction and possible joint pain, but the mold that it contains. Peanuts are also high in linoleic acid, an omega-6 essential fatty acid, which can increase your inflammatory response, causing pain, stiffness and swelling in the joints.

Peanuts, thankfully, are quite easy to eliminate. I recommend almonds instead. They rarely have mold and are far less likely to be an food allergen. Imagine, getting off or stopping pain medication could be as simple as avoiding peanuts!

## Artificial Everything

Earlier in the article, I touched on artificial sweeteners and their toxic effects on the body. However, most anything artificial that you put inside your body has the potential for causing an allergic response, which can directly affect joint pain.

Again, it’s quite simple. If it’s artificial, then your body isn’t going to recognize it as food. Your immune system will instead see foreign invaders and the allergic and inflammatory responses will begin. The pain in your joints will be aggravated by simply daily activities, thereby reducing your mobility and flexibility.

There is truly no way around it. Our body is hard-wired to react to foreign substances in our body.

But the remedy is easy. The natural way to relieve the discomfort is to eat real food! No more artificial colors, flavors, or preservatives. Chances are if you can’t pronounce it, then it isn’t a real food. Always read the labels on your foods. You never know what can be hiding in what you eat!

Overall, you can’t go wrong by favoring simple, whole foods as opposed to processed convenience foods.



## Healthy Joints from Healthy Foods

Now that I've told you what foods can cause or contribute to joint pain, I'm going to give you a quick guide to what foods can help joint pain! The best foods for your joints contain one or more of these nutrients:

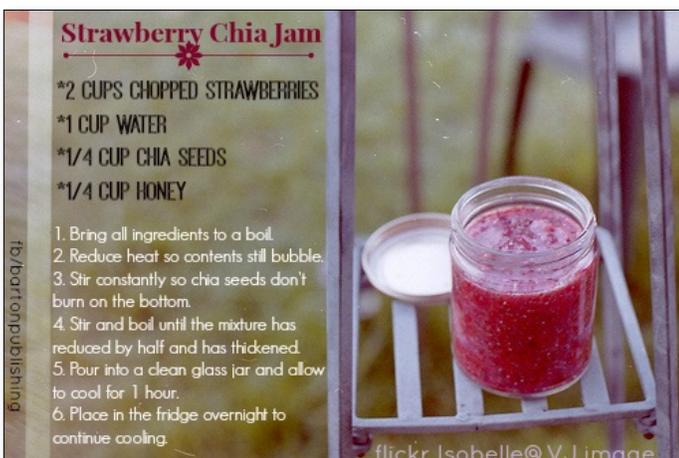
- Antioxidants
- Anti-inflammatory agents
- High levels of vitamins and minerals
- Healthy fats

The best way to pack your diet full of foods high in vitamins, mineral, antioxidants, and anti-inflammatories is to eat a colorful diet. Some of the most nutrient dense foods have the most pigment dense colors! Some of these natural weapons for joint pain include:

- Leafy Greens
- Beets
- Turmeric (a spice high in anti-inflammatory properties)
- Blueberries
- Avocados
- Sweet potatoes
- Broccoli
- Pomegranates

The more fruits and veggies you pack into your diet, the more pain reducing nutrients you are putting into your body!

Healthy fats, specifically omega-3s, are scientifically proven to improve joint pain. My favorite sources of omega-3 fats include:



- Sardines
- Salmon
- Chia seeds
- Flax seeds

By altering what you eat, you can expect positive changes in your health, and your joints, with life-saving benefits for the rest of your life.

## Recipes for Joint Health

As I mentioned earlier, quinoa is a grain that is not only gluten free, but also very high in protein. One cup has twenty-four grams of protein! As its popularity has grown it's becoming easier to find quinoa on grocery shelves. This grain is well tolerated and easily digested. I have seen it used in everything from chili recipes to middle-eastern dishes.

One of my favorite ways of preparing it is in a salad. You can add your favorite vegetables and modify it to your taste. It is both fast and easy to prepare and would be a great gluten-free dish to bring to potluck dinners!

### Colorful Quinoa Salad

#### **Ingredients:**

- 4-6 cups of prepared quinoa that has been chilled (prepare according to the package directions)
- 1 red bell pepper
- 1 orange bell pepper
- 1 head of broccoli
- A couple handfuls of grape tomatoes
- 6 green onions

**Directions:** Dice your vegetables and toss with the quinoa grains. Pour on the dressing right before serving and toss lightly.

#### ***Dressing Ingredients:***

- ¼ cup of olive oil
- 1 tbsp of organic apple cider vinegar
- 2 tsp of all-purpose seasoning like Spike or Braggs
- 1 tsp of salt
- 1 packet of stevia

**Directions:** Whisk together until well blended.

When it comes to changing our diet, we often forget about the little things. However, some of the worst ingredients can hide unassumably in our everyday condiments!

Jams and jellies are not only packed with sugar or corn syrup, but some even contain artificial colors and flavors. Below, is a lightly sweetened strawberry jam that uses omega-3 containing chia seeds as the thickener. I think you'll love the results and your body will thank you!

### Strawberry Chia Jam\*

#### Ingredients:

- 2 cups strawberries – cleaned and chopped
- 1 cup water
- 1/4 cup chia seeds
- 1/4 cup honey

#### Directions:

1. Place all ingredients into a metal pot and bring to a boil.
2. Reduce heat slightly so the contents of the pot don't splatter all over your stove, but still bubbles in the pot.
3. Stir constantly! The chia seeds burn on the bottom of the pot very easily.
4. Stir and boil until the mixture has reduced by half and has thickened. Again, it will not be as thick as jam, but it still definitely thickens.
5. Pour into a clean glass jar and allow to cool for 1 hour. Place in the fridge overnight to continue cooling.

Throw out that artificial food and instead fill your diet with beautiful, colorful, low allergen foods. You won't only see a reduction in joint pain, but an improvement in your overall health! Food truly can be medicine for the body!

A pain in your joints can aggravate the smallest daily activities, leading to reduced mobility and flexibility of the body. But by fueling your body with natural anti-inflammatory foods, and keeping away from any food allergies, you can keep your joints flexible and well-nourished.

*After reading this article, can you identify the problem foods in your diet? If so, what are they?*



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\*Recipe adapted from [www.thegraciouspantry.com](http://www.thegraciouspantry.com)



## A Joint Venture

*By Michael Tyrrell*

Oh yeah...it's that time of the year everybody loves: WINTER!

If you live up North, then you have probably stocked up on moisturizer and chap-stick, changed your tires, your car oil, pulled out the rock salt and snow shovels from the shed, shocked yourself every time you touched something metal or smooched a love one...Ouch! Good ole' static electricity!

And speaking of "ouch," what about that telltale "snap, crackle and pop" when you squat to pick up something you dropped? Welcome to this month's topic: *Healthy Joints*.

The older (and colder) we get, the more our human machinery starts to chatter... I must admit, as I am writing this, mental visions of Chitty Chitty Bang Bang and the tin woodsman from, The Wizard Of Oz are running through my wheelhouse!

You see, the human body is not that different from your car. Without the proper lubrication, things begin to make noise and when left unchecked, increased friction makes movement increasingly difficult until finally, a mechanical breakdown causes the car (and the human) to stop in their tracks!

When we ignore the warning signs (in your car there is a little low oil warning light) for too long, general maintenance will no longer "fix" the problem and new parts are required. As the old saying goes, "An ounce of prevention is worth a pound of cure."

In the U.S. alone, approximately 600,000 knee-replacement surgeries are performed annually, not to mention hip and elbow replacement surgeries to boot.<sup>(1)</sup>

This is bittersweet news... On one hand, it means people are living longer and get replacement surgeries because they want to stay physically active. And on the other hand, how many of these costly invasive surgeries could have been avoided by simple home maintenance that keep those joints supple and lubricated?

My friends, if you are looking for practical, natural remedies that WORK for joint pain, then you have come to the right place. Every month here at Barton Publishing's, "Home Cures That Work" we offer sound advice that will keep you up and running and feeling your best!

With that being said, let me share a personal testimony.

My wife, Lillian, and I live in a two-story house with a wooden staircase leading to the bedrooms and our office. About a year ago, I felt a sharp pain in my right knee while heading upstairs. I didn't pay much attention to it because I assumed I had simply overdone it at the gym. But when the pain persisted, I became concerned.

I tried a simple glucosamine product called, "Joint Juice" and after a month I didn't notice any improvement in my knee. After an unsuccessful second round of the product, I tried another approach: tart cherry extract. This initially seemed to help, but a month later the joint pain returned.

For the next few months, I tried several joint supplements, with no improvement... until I stumbled upon an article in a fitness magazine singing the praises of a new product that was helping powerlifters and professional athletes alike.

The product was called [FLEX](#) and I picked up a can at Vitamin Shoppe the next day. The can contained individual daily packs, which I found very convenient. Only one is needed per day and it came with an "iron clad" guarantee!

I am thrilled to report that after only one week I was pain free!! Here is the list of ingredients:

- *Vitamins C, E, Zinc, Selenium and Manganese*
- *Joint construction complex: Glucosamine HCl, sulfate 2KCl, MSM, Chondroitin sulfate A, Chondroitin sulfate C*
- *Joint lubrication complex: Flaxseed oil (50% alpha linolenic acid) Cetyl Myristoleate proprietary blend, Hyaluronic acid*
- *Joint support complex: Ginger root, Turmeric root, Boswellia (resin and acid), Quercetin and Bromelain*

Whether you are a nutritional neophyte or a trained professional, you would be hard-pressed to find a more comprehensive formulation. For me, friends, this stuff WORKS!

Another “on-the-spot” remedy for temporary pain relief is capsaicin, a substance found in chili peppers. Capsaicin is the only topical I have used that works within minutes for joint pain. It blocks substance P, which transmits pain signals, as well as triggering the release of endorphins, to block the pain.

Well, that is my two cents worth of advice for the “physical” side of joint health. But as you are undoubtedly aware, there are always two sides to every story.

## Joint Care

Lets look closely at the definition of the word “joint” and, hopefully, a fresh revelation of the current state of the world and the church will emerge.

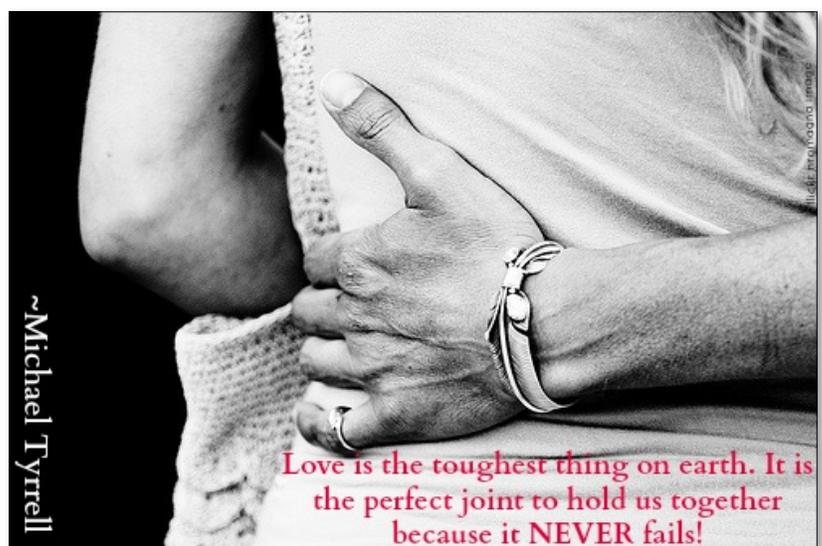
### Joint:

- A structure in the body at which two parts of the skeleton are fitted together.
- Each of the distinct sections of a body at which two parts of the skeleton (structure) are fitted together.

Now that you have the definition of “joint” fresh in your mind, let me share another...

### United:

- Come together or to become joined for a common purpose or action.
- Coming together to form a unit or whole entity.



If you are happily married as I am, then you will immediately begin to see where I am going here. In marriage, two individuals are joined together and after exchanging rings (a symbol of infinite unity) and vows (a promise or oath), the two are declared one!

From that day forward, they are recognized as one entity with one name. Even though they still have different personalities and opinions, it is amazing how similar they become over time. Their former weakness becomes strength and eventually they even begin to look like each other!

“Have you not read that He Who made them from the beginning made them male and female”, and said, “For this reason a man shall leave his father and mother and shall be united firmly (joined inseparably) to his wife, and the two shall become one flesh?” Matthew 19:4-5

It has always been God’s desire for us to be a unified people.

“And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be ONE, even as WE are ONE.” John 17:11

As we open the lens a little, those of us living in the United States of America must quickly admit that we are anything but united! Obviously, it was the desire of our nations founding fathers that we would be one.

Interestingly, the last line of our “Pledge of Allegiance” (which is now against the law to quote in our public schools!) reads,

“One nation under God, indivisible, with liberty and justice for all.”

That’s right, one people that cannot be divided, yet we are.

And we are certainly not alone...is the United Kingdom united? How about Korea? Russia (formerly known as the Soviet Union)? In fact, our world today is greatly divided or more appropriately...disjointed!

And if I am completely honest, even the church is divided with towering walls of denominationalism, diverse doctrines and a pride and arrogance we certainly didn’t inherit from Jesus!

This is what the church (and the world) should emulate:

“For because of Him (Jesus) the whole body, closely joined and firmly knit together by the joints and ligaments with which it is supplied, when each part is working properly, grows to full maturity, BUILDING ITSELF UP IN LOVE.” Ephesians 4:16

Love is the joint that holds all things together. Without it, everything simply falls apart.

I titled this article, “A Joint Venture” for a reason. A joint venture is a common enterprise undertaken jointly by two or more parties...

My friends, if this world is ever going to move forward toward joined unity, then we are all going to have to learn how to love one another.

When Jesus speaks of love it was never a suggestion, it was a command.

“A new commandment I give to you, that you love one another: just as I have loved, you also are to love one another.” John 13:34

Did you see it? Just as I have loved you...are you easy to love?

Jesus loved the whole world and He loved it enough to give His life for it!

Love is the toughest thing on earth. It is the perfect joint to hold us together because it NEVER fails!

And the only thing as tough as love is learning to love the people you don't like! Look at this quote from Mother Teresa:

“People are unreasonable, illogical, and self-centered. Love them anyway. If you do good, people may accuse you of selfish motives. Do good anyway. If you are successful, you may win false friends and true enemies. Succeed anyway. The good you do today may be forgotten tomorrow. Do good anyway. Honesty and transparency make you vulnerable. Be honest and transparent anyway. What you spend years building may be destroyed overnight. Build anyway. People who really want help may attack you if you help them. Help them anyway. Give the world the best you have and you may get hurt. Give the world your best anyway. In the final analysis, it is between you and God. It was never between you and them anyway.”

Love and hatred are diametrically opposed. Love connects us and hatred divides us. In the words of Aesop, “United we stand, divided we fall.”

Don't depend on a robust economy or better politics to stabilize our nation. Only love can give us a leg to stand on.

If you spend all of your time focusing on how messed up the world is, then you won't have any time left to change it!

For goodness sake, love one another!

Now that's a *Joint Venture* worthy of investment.

Until next month,  
Love,

Michael

P.S. I am including the lyrics to a song by GS Megaphone titled, *Reformation*.

*Come among the breakers of the wall. Our biggest hammer is our love for the truth.  
There's a wall around who we are. I say we waste it while we still have our youth.  
Allow me to make the motion. We pound the bricks into dust.  
Unity. Reformation. I know we know. We simply must, we simply must.  
This is the Sound of Reformation  
For too long there's been a cold war, As within the body of Christ.  
How can He move with stones in His joints?  
How can the left hand show contempt for the right?  
Here we go, break new soil, we want to see something new.  
So we must plant a seed that we have never beheld.  
This is the Sound of Reformation, The sound of the walls coming down.*



Michael Tyrrell, [www.michaelyrrell.com](http://www.michaelyrrell.com) is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Parachurch ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.com>

(1) [www.foxnews.com/health/2012/09/26/knee-replacements-more-than-doubling-in-us/](http://www.foxnews.com/health/2012/09/26/knee-replacements-more-than-doubling-in-us/)