

Natural Healing With Herbal Medicine



A step-by-step guide to defeat rheumatoid arthritis
naturally

Rheumatoid arthritis (RA) is an autoimmune disease in which the body's own immune system attacks itself. RA is characterized by chronic inflammation that destroys joints, tissues and organs over a period of time. You can beat rheumatoid arthritis by de-inflaming the body through natural lifestyle principles.

Auto-immune conditions, like RA, are associated with hyper-responsive immunity. This means that whenever the body feels even slightly threatened it creates a wild and reckless inflammatory reaction. Often times this inflammatory reaction is systemic in that it affects the entire body. Other times it affects only specific regions such as the hands and fingers.

Overcoming auto-immune conditions like RA are primarily dependent upon rebuilding the intestinal wall, de-inflaming the body, and optimizing vitamin D3 levels.

The connection between leaky gut syndrome and auto-immunity

Individuals with auto-immune conditions very commonly have leaky gut syndrome and an overpopulation of parasitic organisms in the gut. These organisms have damaged the intestinal wall and food particles are now able to pass into the bloodstream before they are digested. The immune system recognizes these particles as foreign invaders and unleashes an assault of inflammation in the body.

The most common food allergens that must be avoided for these individuals to get well include gluten containing grains and pasteurized dairy. Soy products, different nuts, eggs and heavy proteins are often not tolerated well while the gut is damaged. Other common inflammatory triggers include those of the nightshade family such as eggplant, tomatoes and potatoes.

How to rebuild the intestinal wall

The best way to rebuild the intestinal wall is to incorporate a daily lifestyle of intermittent fasting. This should be a 16-20 hour liquid diet each day in which only cleansing beverages such as fermented drinks and lemon water are consumed. No more than one solid food meal a day should be

consumed for at least a 3 month period of time to ensure proper healing. One could also incorporate a six week liquid diet to speed this process up.

Vegetable juices can and should be consumed throughout the fasting period. Some of the best vegetable juices include wheatgrass and cabbage juice among others. Wheatgrass is known for its incredible chlorophyll content and ability to purify the bloodstream. Cabbage is loaded with the amino acid L-glutamine – which is the primary amino acid in the gut wall.

Digestive enzymes and fermented foods should be used before or during the solid food meal to enhance digestion. Heavy duty probiotic supplementation should be used after the solid food meal to reduce inflammation that would be caused by the solid food of the meal.

Why live an anti-inflammatory diet and lifestyle?

An anti-inflammatory diet and lifestyle are essential for full recovery from RA. Anti-inflammatory foods help to reduce stress on the immune system and allow it to have better coordination. The diet should focus on healthy fats, anti-oxidants and clean protein sources.

Great anti-inflammatory foods include healthy fats such as coconut products, avocados and extra-virgin olive oil. Healthy protein sources such as organic poultry, wild-caught fish, grass-fed beef and grass-fed raw, fermented dairy products.

These proteins and fats are rich in medium chain saturated fats and omega-3 fatty acids which are necessary for healthy cell membranes and good hormone and immune function. These healthy meat should be consumed in small amounts only once per day to minimize digestion stress while the body is able to extract the key fatty acids and amino acids that the meat provides.

Eat lots of antioxidants and fermented foods

Antioxidant rich foods like organic berries, green leafy veggies, onions, garlic and bell peppers should be used throughout the day. Nutrient rich herbs such as turmeric, ginger, cinnamon, rosemary, oregano, thyme, basil and many others should be used as much as possible.

Fermented foods and beverages benefit the RA sufferer immensely and must be the cornerstone of the anti-inflammatory plan. This includes homemade sauerkraut, kombucha, coconut water kefir. Red cabbage sauerkraut is preferable due to its abundance of anthocyanin anti-oxidants compared to green cabbage. Fermented raw dairy from 100% grass-fed cows and goats provides some of the best superfoods with kefir, amasai and various cheeses.

Don't forget about the importance of vitamin D

Vitamin D plays a critical role in a balanced immune response. Vitamin D3, among many other functions, helps the body recognize between foreign and self-proteins. This process reduces auto-immune reactions and quiets chronic inflammation. Optimal vitamin D3 levels also allows for normalized stimulation of natural killer cells and macrophages that destroy antagonistic microbes and other pathogens in the body.

Over 90 percent of our modern society is deficient in Vitamin D. An ideal range for vitamin D3 (25-hydroxy cholcalciferol) is between 60-100 ng/ml – which is significantly higher than the medically acceptable 32 ng/ml. Be sure to know your levels and get them up around 80-90 ng/ml for optimal immune responses. Either get regular sun exposure on about 50 percent of your body, at peak periods between 10am-2pm, or supplement with 10,000 IU of high quality emulsified vitamin D3 to get to and stay at the desired levels.

It is advisable to monitor these levels with your healthcare provider.

The dangers of subluxation and neurological distortion

Chronic inflammatory disease processes are influenced by the nervous system which controls the coordination of the immune system. Nerve stimulation is essential for the growth, function and control of inflammatory cells. Researchers have found that abnormal neurological control results in the development of auto-immune based inflammatory conditions such as RA.

Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways affecting organ systems of

the body. Subluxations are an example of physical nerve stress that affects neuronal control. According to researchers, such stressful conditions lead to altered measures of immune function and increased susceptibility to a variety of diseases.

The upper cervical spine is the most important region for immune coordination. Various wellness chiropractors specialize in stabilizing the upper cervical spine which allows the nervous system to control and coordinate the body with greater efficiency.

Many individuals with auto-immune diseases such as rheumatoid arthritis have ligament laxity at the upper cervical spine. It is essential to see a well-trained wellness based chiropractor that specializes in upper cervical care and corrective care and has much experience working with individuals with advanced conditions such as RA. These chiropractors will use a regiment of specific adjustments and corrective exercises to minimize subluxation, restore proper neurological tone and maximize the bodies healing potential.