

Inflammation Nation

Dealing With Arthritis and Inflammation

Website: [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work...” (7T 62.1)

LEARN HOW TO COMBAT DISEASE:

“Gather up all the knowledge possible that will help to combat disease...” {MM 320.2-3}

“It is the duty of every person to BECOME INTELLIGENT in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training ...” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...”

(CH 506.1)

WHAT IS THE DEFINITION OF DISEASE?

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Jeremiah 30:17 – “For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD...”

Psalms 103:3 – “Who forgiveth all thine iniquities; who healeth all thy diseases;

Genesis 18:14 – “Is anything too hard for the Lord...?”

- God wants to heal us of ALL OUR DISEASES, including Arthritis and Inflammation. And today, doctors will tell you that this disease can in fact now be reversed/cured.

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

OUR CLASS TODAY WILL BE ON ARTHRITIS AND INFLAMMATION

WHAT IS ARTHRITIS? (From Taber's Medical Dictionary)

- Inflammation of the joints, often accompanied by pain, swelling, stiffness, and deformity. Arthritis is very common, affecting millions. The most prevalent type, osteoarthritis (degenerative arthritis), increases in incidence with age but is not considered a part of normal aging. Other forms of arthritis include rheumatoid arthritis, ankylosing spondylitis, and psoriatic arthritis. Arthritis differs from rheumatic disease:
Arthritis is a disease of joints;
Rheumatic disease may also affect other tissues and organs.

SOME FACTS ABOUT ARTHRITIS FROM THE CDC: (Center for Disease Control)

- The most common form of arthritis is osteoarthritis. Other common rheumatic conditions include gout, fibromyalgia, and rheumatoid arthritis.
- An estimated 30.8 million adults had osteoarthritis from 2008 to 2011
- An estimated 1.5 million adults had rheumatoid arthritis in 2007
- The annual prevalence of ever having doctor-diagnosed gout among US adults in 2007–2008 was 3.9% (8.3 million individuals) using nationally representative data (NHANES) from 2007–2008
- The prevalence of gout among men was 5.9% (6.1 million), and the prevalence among women was 2.0% (2.2 million)
- An estimated 5.0 million adults had fibromyalgia in 2005

CDC (CENTER FOR DISEASE CONTROL) SAYS THE FOLLOWING REGARDING DIABETES STATISTICS:

- From 2010- 2012, an estimated 52.5 million US adults (22.7%) annually were ever told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.
- An estimated 49.7% of adults 65 years or older reported doctor-diagnosed arthritis from 2010-2012.
- An estimated 62% of adults with arthritis are <65 years old.
- By 2040, an estimated 78 million Americans ages 18 years or older are projected to have doctor-diagnosed arthritis.
- An estimated 294,000 children under age 18 have some form of arthritis or rheumatic condition; this represents approximately 1 in every 250 children in the United States.

CAUSES OF ARTHRITIS:

- The #1 cause of arthritis is DEHYDRATION AND POOR DIET.
- **Proverbs 26:2 – “...all sickness is the result of transgression...”** (CH 37.2)

S/SX (SIGNS/SYMPTOMS):

- Pain in Joints, Knee, Back, etc.
- Stiffness
- Inflammation
- Redness
- Hard to Use Hands
- Bony Spurs On Joints Or Fingers (bumps)

COMPLICATIONS OF ARTHRITIS INCLUDE:

1. Pain
2. Difficulty using hands

3. Difficulty walking upstairs
4. Difficulty sleeping at night

- **Arthritis is often traced to an imbalance of calcium and phosphorus.** It is characterized by inflammation and pain in a joint or joints such as in the knees, wrists, elbows, fingers, toes, hips, and shoulders.

ARTHRITIS IS THE NATION'S GREATEST CRIPPLER

THERE ARE COMMONLY TWO TYPES OF ARTHRITIS:

1. OSTEOARTHRITIS and
2. RHEUMATOID ARTHRITIS

OSTEOARTHRITIS is related to the wear and tear of aging and involves deterioration of the cartilage at the ends of the bones. It rarely develops before the age of 40.

Today, we are going to deal specifically with RHEUMATOID ARTHRITIS.

In some situations, it's categorized sometimes as an autoimmune disease. They class it with lupus and candida. It's considered a syndrome, a syndrome meaning they really don't know what causes these items. But once these come on, they are very devastating and debilitating.

RHEUMATOID ARTHRITIS AFFECTS 3 MILLION PEOPLE

IT BEGINS BETWEEN THE AGES OF 25-50

Joint stiffness occurs for the first hour or so upon awakening

There will be swelling in and around a certain finger or wrist joints

There may, or may not be pain

The condition may worsen or remain the same

If you don't deal with inflammation in the body in a timely matter, it starts with the deterioration and then degeneration of the joints.

Inflammation = a Poison {2SM 294.2}

The best remedy for Inflammation = a Charcoal Poultice (we'll talk more about this later)

The recommendation is for arthritis is getting to the root of the problem and deal with the culprits.

When the body stays inflamed for an extended period of time, it leads to osteoporosis, decalcification of the bone, plaquing of the arteries, as well as heart disease, arthritis, which is what we are dealing with today, as well as cancer, and kidney stones. Also, a buildup of calcium or calculi in the kidneys because the calcium is used to neutralize the inflammation in the body which will cause an increase of calcium in the body

QUESTION: WHAT TEST IS DONE TO CHECK FOR INFLAMMATION?

ANSWER: A sedimentation rate test is done where they check the amount of sedimentation in the blood.

After it has settled when checking for inflammation

- For **WOMEN** it should be < 20
- For **MEN** it should be < 15
- For **CHILDREN** it should be < 11
- For **INFANTS** it should be < 3

SOME SEDIMENTATION RATES CAN GET SO HIGH THAT PEOPLE LOSE CONTROL OF THEIR TONGUES

Once these people are put on a strict plant based/all vegetarian diet, the problem goes away and the sed rate goes back to normal.

TO GET THE BODY TO A STATE WHERE THE INFLAMMATION IN THE BODY IS GONE

Back away from the following immediately!!!

QUESTION: WHAT ITEMS SHOULD BE AVOIDED?

ANSWER: ALL FLESH ITEMS AND THEIR BI-PRODUCTS

The best diet for anyone suffering from any pain/any inflammation in their body is A STRICT VEGETARIAN DIET. When People are put on an anti-inflammation diet, the problem goes away quickly.

DR. BINGHAM SAYS THE FOLLOWING:

“No person who is in good nutritional health will develop either Osteo or Rheumatoid Arthritis.”

NOW LET ME ASK YOU A QUESTION

Is something registering here? What has been our past topics of discussion? What was the foundation of all the diseases we have discussed in the past? **THE EATING OF FLESH.**

WHAT WAS THE CAUSE OF DIABETES? A HIGH FAT DIET THAT WAS ALSO LINKED TO FLESH.

WHAT WAS THE CAUSE OF HEART DISEASE, ETC?

There is no recorded sickness when man adheres to the lifestyle God designed.

4 RULES TO GO BY WHEN DEALING WITH DISEASE:

- 1: DISEASE NEVER COMES WITHOUT A CAUSE** (Proverbs 26:2)
- 2: Find out the true characteristics of the sickness,** then
- 3: Work intelligently to remove it**
- 4: DO NOT ADD POISONOUS MEDICINES**
Follow all the laws of health and use herbs if necessary.

SOMETHING TO KEEP IN MIND:

Those stricken with Rheumatoid Arthritis lose way more L-TRYPTOPHAN (the natural pain killer) than non-arthritic persons. For this reason, **they create a deficiency of NIACINIMIDE.** (B3)
Bran is the highest source of all plant foods.

BRAN IS ALSO THE #1 SOURCE OF FIBER AND GREAT FOR CHOLESTEROL AS WELL

FOODS HIGH IN L-TRYPTOPHAN ARE LISTED AS FOLLOWS:

<http://nutritiondata.self.com/foods-01107900000000000000000000000000.html?maxCount=60>

- Amaranth Leaves
- Asparagus
- Bamboo Shoots
- Beet Greens
- Broccoli
- Butterhead Lettuce
- Cabbage
- Cauliflower
- Chicory Greens
- Collard Greens

- Cowpeas
- Edamame
- Flax Seed
- Horseradish
- Kale
- Kidney Beans
- Lentils
- Mung Beans
- Mustard Greens
- Nopales (Cactus)
- Parsley
- Peanuts
- Pinto Beans
- Pumpkin Leaves
- Pumpkin Seeds
- Purslane
- Red Leaf Lettuce
- Seaweed
- Snap Beans
- Soy Milk
- Soybeans
- Spirulina
- Squash
- Sweet Potato Leaves
- Swiss Chard
- Taro Leaves
- Turnip Greens
- Walnuts
- Watercress
- AND THE LIST GOES ON

PUMPKIN SEEDS ARE VERY HIGH IN TRYPTOPHAN

HERE IS A GREAT PUMPKIN SEED CAESAR SALAD DRESSING:

- **¼ c. pumpkin seeds**
Grind in a food processor or a coffee grinder works great. Place these grounded seeds in a 2-4 c. glass measuring cup or a bowl.
- **2 T. olive oil**
Mix this in the seeds and add all ingredients below into the bowl as well.
- **Juice of 1 lemon** (be sure the rind on the lemon is smooth, not thick, and shiny if possible)
- **1 T. honey**
- **½ t. cumin**
- **½ t. salt** (Pink Himalayan, Real, or Celtic salt is best)
- **1 clove of chopped garlic**

Use a hand blender (not mixer) to blend together till you have a creamy, frothy dressing. Blender works okay too. Pour this dressing over your prepared salad or spinach leaves with chopped red onions & toss.

STEP 1:

- Have the person fill out a Basic Assessment form initially, then the detailed form the following week

STEP 2:

- Put them on the 2 Month Program
According to documents:
'The True Medical Missionary Work',
Ref #64
'Getting to the Root of Disease', and,
Ref #68
'Basic Principles for the Healing Program'
Ref #65

STEP 3:

- When dealing with ARTHRITIS/INFLAMMATION OF THE BODY, we should remove anything that inflames the body:

Key Note: Excess Purine in the body, which causes inflammation and gout, can be caused by increase amount of nuts and grains in vegans and not enough raw fresh fruit and vegetables.

QUESTION: WHAT INFLAMES THE BODY?

ANSWER: One of the main causes is a lack of water in the body.

ANSWER: Sugar causes inflammation.

It should not be used. ALL SUGAR WHETHER OR NOT IT'S SUCANAT, OR SUGAR IN THE RAW, ETC.

HONEY IS OK TO USE

Sugar dissolves calcium, and a lack of calcium can cause inflammation IN THE BLOOD STREAM. SUGAR BREAKS UP INTO CARBON DIOXIDE AND WATER. Carbon dioxide then recombines with the water to produce CARBONIC ACID. This is what makes the blood highly acid.

A: SPICES (black pepper, white pepper, cinnamon, nutmeg, cloves, etc.)

A: VINEGAR POISONS THE BLOOD AND CAUSES INFLAMMATION

A: ADDITIVES – Canned items causes inflammation of the blood.

A: FLESH FOODS

A: ALCOHOLIC BEVERAGES

A: MILK

A: EGGS

THESE ARE THE #1 ITEM, RICHEST ITEM IN ARACIDONIC ACID THAT PRODUCES PROSTAGLANDIN 1, which is one of the principle precursors that causes inflammation of the joints.

1 EGG CAN CAUSE INFLAMMATION FOR UP TO 1 MONTH

A: STRESS

This can cause arthritis in connection with a low level of Vitamin C, Pantothenic Acid, and Vitamin B6.

STEP 4:

- If a person who has arthritis has done everything that we mentioned here, then they need to go and remove all the night shade foods out of the diet as well as the foods that cause allergies.

NIGHTSHADE FOODS ARE AS FOLLOWS:

Eggplant

Bell Peppers

Irish Potatoes (the white ones)

Tomatoes

- 5-10% of the population are allergic to these items
- These foods contain SOLANINE, a substance that penetrates the immune barrier and creates a painful reaction.
- They destroy the functions of the cells and deposit free radicals as wastes
This will trigger the arthritis reaction
The body reacts by making large amounts of an **IMMUNOGLOBULIN ANTIBODY**, and attacks the solanine microorganisms, and renders them harmless.
- Some people have been cured of arthritis on a **NO-NIGHTSHADE DIET**
- **TOBACCO IS ALSO A NIGHTSHADE PLANT**

ALSO:

- **They need to work the joints**
Perform PASSIVE RANGE OF MOTION (PROM)
https://www.youtube.com/watch?v=0Df4k1hOy_Y
https://www.youtube.com/watch?v=-WZTK_0cacs
<https://www.youtube.com/watch?v=ltwcWQYYUtk>
<https://www.youtube.com/watch?v=8HbzT018Vt0>

TREATMENT:

- **FLAXSEEDS ARE ANTI-INFLAMMATORY**
2 T. freshly ground daily will reduce inflammation in the body.
If on a medication blood thinner, be careful using flaxseeds
- **TURMERIC**
REDUCES INFLAMMATION
Warning: This will cause the urine to be colored.
If using capsules, be sure the capsules are 100% plant based. 1 tsp. 3 x day or 4 capsules 3 x day
Be sure the capsules are pure turmeric and not an extract of turmeric.
- **PUMPKIN SEEDS**
These are very high in magnesium
A lack of magnesium can causes arthritis
¼ cup freshly grounded daily
Be sure these are RAW
- **CHARCOAL WATER, OR CHARCOAL CAPSULES BOTH BY MOUTH**
TO HELP REDUCE THE AMOUNT OF INFLAMMATION IN THE BODY
IT HAS ADSORPTION CAPABILITY
IT WILL PULL IT OUT OF THE BODY
Warning: This will cause your stool to be black
Also, if you are using medication, the charcoal will pull it out so use it 2 hours before or after
A good practice is to consult your physician

- **BLACKSTRAP MOLASSES**

2 T. per day is great if the person is not a diabetic

- **CAYENNE PEPPER**

Externally applied is great for inflammation

Can take internally by mouth and may also be applied as a salve externally

½ to 1 tsp. in 1 cup warm water 3-4 x day; this works on the pain receptor sites

PAIN SALVE RECIPE:

8 oz. Vaseline

7 T. cayenne pepper (90,000 heat units) (maybe less for elderly like 3 T. if sensitive)

2 T. powdered ginger

1 T. wintergreen oil (you can get this from www.realoil.com (be sure to tell them I sent you)

1 t. peppermint oil

- **HONEY**

Is said to be great for inflammation. Eat it in your baked goods, on your cereal, on toast, etc.

Use this in place of all sugar. Be sure it's from a Honey Farm, Farmer's Market, or Trader Joes.

- **CHERRIES and CHERRY JUICE**

½ lb. of fresh, frozen or home canned each day **OR** ½ cup of the juice 2 x's a day

⅓ cup cranberries without sugar each day x 3 weeks for both

- **LEMON JUICE IN WATER**

Lemon Juice is the #1 remedy for Rheumatism

"I use lemon juice freely. It is THE BEST thing you could use FOR RHEUMATISM..." (2MR 48.1)

WHAT TO DO EXTERNALLY

- **A CHARCOAL POULTICE OVER THE PAINFUL AREA**

This is the #1 remedy for inflammation

How to make a Charcoal Poultice:

<https://www.youtube.com/watch?v=mwfaaHTsuYo>

How to make a Charcoal Patch:

http://www.charcoalremedies.com/how_to_make_a_charcoal_poultice

How to make a Charcoal Slurry drink:

<https://www.youtube.com/watch?v=epOubgdzUXQ>

- **A CABBAGE POULTICE**

Is great for inflammation. Take big leaves and hit with rolling pin and apply over area and put saran wrap on then an ace bandage over it.

- **A HOT CASTOR OIL PACK**

Is great for inflammation and pain.

- **REMOVE STRESS**

This can cause arthritis in connection with a low level of Vitamin C, Pantothenic Acid, and Vitamin B6

FOR THOSE WITH GOUT

- **SOAK HANDS OR FOOT IN HOT VINEGAR**
In a bowl or basin. It will soften up Uric Acid Crystals
- **GO ON A LOW PURINE DIET**
<http://www.acumedico.com/purine.htm>
- **EAT THE CHERRIES AND/OR CRANBERRIES AS WELL**
- **OLIVE LEAF EXTRACT CAPSULES**
2-3 caps per day/3 x day
- **AN HERBAL FORMULA TO CLEANSE THE BLOOD:**
Follow directions in TWO MONTH PROGRAM TO KNOW HOW TO MAKE
BLOOD HERBS:
Red Clover
Chaparral
Alfalfa
2 t. each and steep with 28 oz. boiling water, steep for an hour. Drink one 8 oz. cup 3x's a day.
- **FASTING**
Many times, fasting for a day or two can have remarkable results
Follow the Two Month Program

OTHER INFO TO KNOW ABOUT INFLAMMATION:

- **When inflammation goes away, pain goes away (21MR 290.3)**
- **COFFEE & CHOCOLATE also cause inflammation in the body**
- **Get the vitamin d levels checked**
This test is called a 25 Hydroxy test (normal 70-100)
If the Vitamin D levels are too low, the calcium or magnesium won't do what they are supposed to do in the body causing pain. Normal levels should be at least 70-100 ng/ml. Doctors say 30-50 is sufficient, but according to the Vitamin D Council, those levels are too low. Always ask for your results as to what the # is, not if it's okay or not.

ARTICLES ABOUT INFLAMMATIC DISESES SUCH AS ARTHRITIS:

- <https://www.caring.com/articles/early-warning-signs-of-arthritis>
- https://www.verywell.com/rheumatic-disease-715919?utm_term=what+is+rheumatism&utm_content=p1-main-3-title&utm_medium=sem&utm_source=gemini_s&utm_campaign=adid-fe65f957-ac61-4294-a550-7eb6a697aecd-0-ab_tse_ocode-35568&ad=semD&an=gemini_s&am=exact&q=what+is+rheumatism&o=35568&qsrc=999&l=sem&askid=fe65f957-ac61-4294-a550-7eb6a697aecd-0-ab_tse