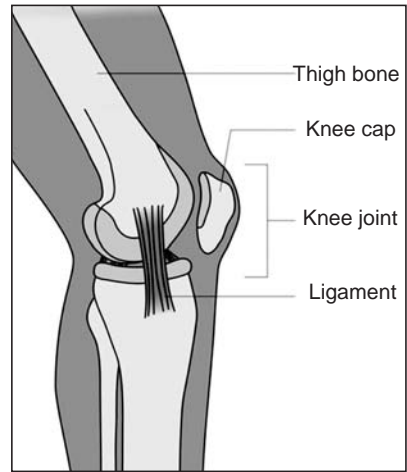


Joints

I have already discussed the importance of acidic and alkaline ions in food. Acidic elements are ingested over years, by way of food that we eat, liquids that we drink and the air that we breathe. Excess acidic chemicals, either left overs or formed in the body, have to be thrown out by the body, but often, this does not properly happen. It may eventually deposit itself in various places, between the joints, on the bones or in the



Knee joint

muscles. One of the worst effects of the accumulation of acidic chemicals are arthritis and rheumatism. Both are extremely painful conditions. When the deposit is in the muscles, the effect is muscular rheumatism. This is due to the tension in the muscles attached to the damaged joints.

The spine is also very often affected, resulting in spondylitis causing misalignment of the vertebrae. Vertebrae fused by deposits of acid will invariably affect the part of the body controlled by nerves lying in the affected area.

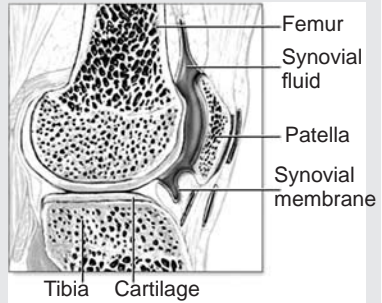
Arthritis

Arthritis means painful inflammation and accompanying stiffness of joints. When acidic chemicals increase, they lead to symptoms, such as swelling and pain, which are the hallmarks of joint disorders, such as osteoarthritis (degenerative disease, characterised by morning stiffness that comes with age), rheumatoid arthritis (auto-immune and chronic multi system disease), gouty arthritis and fibromyalgia (when there is pain, but no apparent cause).

Arthritis is common among people more than 40 years of age, but it can occur earlier as well. It is three times more common in females than males. It may be hereditary in some families, and sometimes, even children may suffer.

Synovial fluid

Every joint in the body is covered by a synovial membrane, which secretes synovial fluid. It is a thick, oily fluid found in the cavities of synovial joints that enables the joints to move freely, one on the other. With its egg white like consistency (synovial comes from Latin for 'egg'), synovial fluid reduces friction



Cross section of knee joint

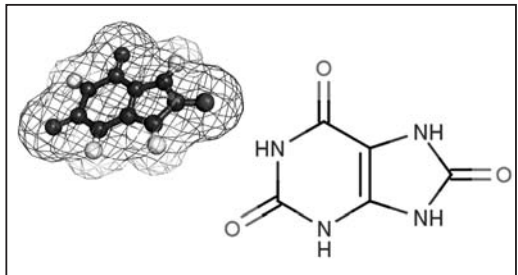
between the articular cartilage and other tissues in joints to cushion them during movement. It is also the shock absorber of the joints.

When toxins collect in the synovial fluid between the joints, the synovial membrane is worn out by continuous movement on the hard surfaces. This compromises the normal function of the fluid, leading to pain during limb movement.

Causes

The underlying cause in all types of arthritis and primarily in gout is the presence of excess uric acid ($C_5H_4N_4O_3$) in the body. It is often caused by a build up of acids, due to years of faulty diet.

These deposits have an affinity with organic lime, a prominent constituent



Chemical formula of uric acid

of the bony material. Hence, it gets deposited there. Lime is an alkaline substance. Due to attraction of the opposites, the acids in the body are inevitably drawn to this alkaline substance for mutual neutralisation. The result of this process is inflammation, a condition that causes the joints to swell and become extremely tender and painful.

Invariably, an affected joint feels stiff and locked. As a result, deformity occurs, due to the erosive condition of the bones, caused by the acid. The joint is then rendered incapable of performing its

natural action. The lower parts of the body almost always seem to be worst affected by chronic arthritis as they bear the weight of the body and blood circulation is not as active in the lower limbs. Depression, which frequently afflicts sufferers of this disease, aggravates the pain. Rheumatoid arthritis is systemic. Once it appears in any one joint, it gradually spreads to other joints as well.

Symptoms

A few common symptoms of arthritis are:

- Joint pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion
- Morning stiffness
- Inflammation

Dealing with arthritis

Adopt a method of treatment and a way of life that will eliminate toxic acids from the body. Do a Joint Cleanse and remove uric acid, acidic chemicals and all signs of arthritis. Develop a positive attitude. Be cheerful and optimistic.

Try to include nutrients necessary to neutralise acids in the body in your diet and further reduce the intake of acidic food.

Joint Cleanse

Arthritis, as explained earlier, begins from wrong eating habits and as corollary, can be handled and cured upto a certain limit by a proper diet. Proper management of eating habits will help in dissolving the acid deposits and alleviate pain.

Fresh vegetables and fruits are still relatively cheap and easy to obtain, as are milk, chicken and fish, which provide sufficient protein for a healthy diet. Along with these dietary changes, do the Joint Cleanse once in two years and you will find at least 50% improvement in your condition.

Ingredients

- Apple cider vinegar 2 litres
- Black molasses 500 gms
- Honey 500 gms
- Epsom salt 1 kg

Procedure

1. In the morning, dissolve a teaspoon (five ml) of honey in 100 ml of lukewarm water. Add three teaspoons (15 ml) of apple cider vinegar to it. This mixture should be taken thrice daily. For an average built person of 70 kgs, a daily intake of 45 ml of apple cider vinegar (15 ml x 3 times = 45 ml) is recommended. Do not take a lower dose. But, if your weight is lower than 70 kgs, reduce it proportionately. The quantity of apple cider vinegar in the blood should be sufficient to dissolve uric acid from joints in a six week long treatment. Do not worry about nausea or vomiting, if it occurs.
2. Have one teaspoon of black molasses, three times a day.
3. Take three epsom salt baths every week.
4. Have a full range of alkaline food rich in vitamins, minerals and protein to help burn acids already accumulated in the body.
5. Try to work the joints gently by walking in fresh air. If that is not possible, even slow movement on crutches in a well ventilated room will help. Begin with efforts to move fingers and ultimately, move the limbs.
6. Drink 200 ml of green vegetable juices three times a day (or as

per your convenience) made from a large handful of spinach, a large handful of parsley, five carrots with tops intact and three radishes. There is no need to wait to get all vegetables before starting the cleanse. Start the treatment with whatever vegetables you get from this list. Avoid any vegetable that does not suit your metabolism.

7. Do the complete treatment for six weeks.
8. When acidic chemicals present in the joints leave the body through vinegar => blood => urine, pain will also leave the body.

The process

Apple cider vinegar

It is a vinegar made from cider or apple must, i.e., juice of the skins of apples. It is sour in taste and has a pale to medium amber colour. Vinegars have long been proposed as agents enabling weight loss. However, one of its important properties is removing acidic toxins from the joints. The hard acid deposits causing arthritis are very similar in substance to the shell of an egg. Apple cider vinegar has the ability to dissolve these acid deposits, so they pass out naturally via urine.

When apple cider vinegar is taken orally, it is absorbed through the gastrointestinal system and achieves adequate concentration in the blood. This blood carries the vinegar to the affected joints for a 'local targeted' action. Under the influence of apple cider vinegar, the acids or toxins dissolve.

Sometimes, after the second week of treatment the pain

Try this yourself

Place an egg, complete with shell, in a jar or glass. Cover the egg with pure apple cider vinegar and in two days, the shell will completely dissolve, leaving just the contents in a thin, rubbery membrane.

increases. The pain may be slightly more than before and may spread all over the body. The reason is easy to understand. The blood becomes saturated with apple cider vinegar, which starts to work on acid deposits, churning and dissolving them. Rest assured that it goes away in a week's time.



Apple cider vinegar

For some people, this process may cause extra pain. The pain might get worse before they start to feel better. The patient may think that the treatment is doing more harm than good. Unfortunately, many patients give up the treatment too soon, when the actual healing process starts. When the sufferer experiences this reaction, they should think, “The treatment is working for me; in a week or two, the pain will go away and I shall get better and be free of this pain”, and should not, instead, give up the treatment. For counselling during this stage, you can always contact us and we will guide you throughout the process.

Arthritic people are often overweight, due to inactivity. Their joint movements are so painful, that the natural reaction is to minimise the pain by avoiding movement. This leads to a further increase in weight. Apple cider vinegar is a natural diuretic and acts, to some extent, as a slimming agent. Many arthritics also suffer from high blood pressure, angina or some form of circulatory disease. Apple cider vinegar also acts as a blood normaliser to attain homeostasis, i.e., if the blood pressure is high, it will bring it down slightly and if the blood pressure is low, it will raise it slightly.

Sometimes, ridges appear on nails due to lack of calcium salts in the tissues. This deficiency can also affect bones, teeth and hair. Apple cider vinegar encourages the body to make more effective use of calcium derived from food. For normal people, two teaspoons of apple cider vinegar taken three times a day for a month may even act as a preventive measure for arthritis, in addition to other disorders likely to affect the body due to lack of calcium assimilation.

Honey

Honey is packed with natural vitamins, minerals and traces of many elements. Honey varies in its composition based on the source of flowers and the bees that collect it. Darker coloured honey contains more iron and is more beneficial for arthritics, as they generally suffer from iron deficiency.



Honey

Honey contains (among other ingredients):

Acids	Iron	Potassium
Amino acids	Lime	Proteins
Calcium	Magnesium	Silica
Chlorine	Manganese	Sodium
Copper	Nitrogen	Sulphur
Dextrine	Phosphorus	

The trace elements listed above are essential for the activation of enzymes. They mediate the action of different cells in the body, aid in digestion and nerve and muscle functions, amongst other activities.

Most arthritics feel acute pain, have sleepless nights and become very depressed. Most of the B-complex vitamins can be found in honey and they act on the nerves. Honey is highly beneficial for the tired, nervous and highly strung arthritis sufferer. The drawback is that honey is also rich in glucose and fructose, which (although in pre-digested form) is still a red alert for diabetics. Overweight and diabetic patients should consume honey with care.

Black molasses

Molasses are made from raw un sulphured cane sugar. It is a black substance, packed with nutrients and may be taken at any time, as per convenience. For therapeutic use, I usually recommend one teaspoon, three times a day. I have found one teaspoon of molasses dissolved in 100 ml of warm water to be appropriate for most patients. This is easily assimilated and digested. Molasses may be taken undiluted, but should be immediately followed by rinsing your mouth with warm water, as it has a tendency to discolour the teeth. Those with delicate stomachs may take it in smaller, more frequent doses.



Black molasses

Molasses is a wonderful blood cleanser for arthritics. Arthritics are prone to stomach ulcers, diverticulitis and similar conditions, caused by acids eating away the stomach and colon linings. Black molasses offers relief. Very often, patients face a loss of muscle tone due to lack of essential mineral salts in the body. Molasses proves most valuable in these cases, as its salt content helps re-establish muscle tone. For external growths, boils, sore and cuts, molasses

applied with a little water and as a poultice, is a wonderful natural ointment. It helps in treating skin diseases, e.g., dermatitis, eczema and psoriasis.

Molasses is a rich source of iron and can alleviate tiredness. It is a rich source of vitamin B complex, which acts on the nerves, relieving spells of deep depression, bouts of painful neuralgia and debilitating attacks of cold and influenza. Molasses also contains copper and magnesium, phosphoric acid and potassium.

Note: It is available near sugar cane factories, during the crushing season. It is a waste product of jaggery (गुड़) production. This can be used for our cleanse, but it cannot be stored for long. Black molasses is now commercially available in India. Preserved black molasses can usually be obtained from stores that sell foreign food products. For availability of preserved black molasses, visit our websites: www.drpiyushsaxena.com or www.thetempleofhealing.org.

Epsom salt

Our skin is, broadly speaking, a permeable membrane. It provides an excellent medium for elimination of acids. Joint Cleanse uses epsom salt as a drawing agent of toxins accumulated between joints. Epsom salt can be obtained from any chemist.



Epsom salt

An epsom salt bath is very relaxing and pain relieving. You will sleep well after the bath. Epsom salt should be dissolved in a bath tub with warm water, at a tolerable temperature. The temperature of water may be maintained at a more or less constant level by adding fresh hot water and mixing more epsom salt.

Beginning with the toes, move every joint until you reach the neck. Exercise the joints within the limits of tolerance. The movement makes the deposits, stuck in the joints, loose and the epsom salt draws out these toxins. The warm water will also open pores of the skin, enhancing the removal of toxins.

After a bath of 5-10 minutes, dry yourself with a towel and if the weather permits, try to sleep in blankets, so as to keep yourself warm and sweating. This helps in keeping pores of the skin open all night,

and encourages elimination of acids through sweating. After a salt bath, the body must not be exposed to cold or cool breeze. Keeping the body warm is very important as it will prolong the period of elimination. Sometimes, you may feel some weakness and lethargy, which usually goes away in one or two hours.

In case a bath tub is not available, heat water in an ordinary kitchen bowl large enough to put your feet, at a comfortable temperature. Add a cup of epsom salt and soak your feet in this solution for 10-15 minutes, rubbing them gently. The cool water may be removed and replaced with hot water, and epsom salt may be added from time to time to maintain the temperature at the desired level. For example, if you are removing half the water from the bowl to add fresh hot water, then also add half a cup of epsom salt. Afterward, remove your feet from the solution, dry them and keep them covered. Then, soak your hands in the same way. The whole process may be repeated twice daily - with some variation in the frequency and soaking time - according to individual requirement and tolerance level.



Soaking the feet in warm epsom salt water

A similar option, also effective, is to wrap hot wet towels, soaked in epsom salt added water, for 5-10 minutes around each joint, either one at a time or simultaneously, using many towels as a poultice. The objective is to open the pores.

Conclusion

Arthritis is a difficult ailment to cure, but at least one major cause of pain is accumulation of acids in the joints. I aim for nearly 50% reduction in pain levels on a permanent basis in all arthritic patients who complete this course. There are several instances where patients, who have suffered from severe arthritis for many years, have not only regained free movement of their joints, but are also living a medicine-free life after doing the treatment.

Frequently asked questions

1. Why should we stop treatment after six weeks? Can we continue it?

First, after six weeks, the incremental benefits of continued treatment are likely to be marginal. Second, I want you to lead a medicine free life. However, if you feel better by continuing the treatment, you may do so. It does not cause any harm.

2. Why do you suggest Kidney Cleanse, Acidity Cleanse, Parasite Cleanse and Liver Cleanse for arthritic patients?

The toxins in all parts of the body should be removed to have well functioning organs. Only cleansing a particular organ will not have the same effect as the combined removal of toxins from all organs. Hence, I recommend you to benefit from other cleanses as well.

3. Are there any restrictions on food during the treatment?

Eating less acidic food and more alkaline food, such as green vegetables and their juices, helps in elimination of toxins.

4. Is there any benefit in case of spondylitis, gout or any other joint pain?

Yes, it benefits as much as in case of arthritis.

5. I am sure I do not have arthritis. Can I still take this treatment?

You can. After doing it, you will definitely notice a difference and your joints will move more freely.

6. Which are the different brands of apple cider vinegar?

There are several brands of apple cider vinegar, but two are commonly available in India - American garden vinegar of USA (Rs 450/- for one litre bottle, Rs 250/- for 500 ml) and Heinz vinegar of USA or UK (costs the same). A patient needs nearly two bottles of one litre each.

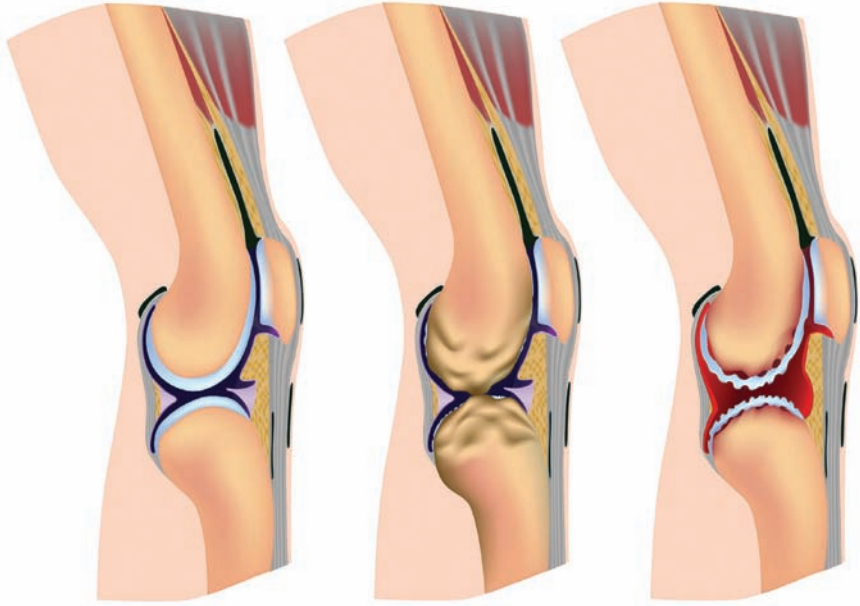
7. Should we take apple cider vinegar on an empty stomach or after food?

For best results, have it on an empty stomach. Initially, you can also take it after food and observe the effects.

8. Can I use any type of honey?

Honey has a limited role in the treatment of arthritis. You can use any type.

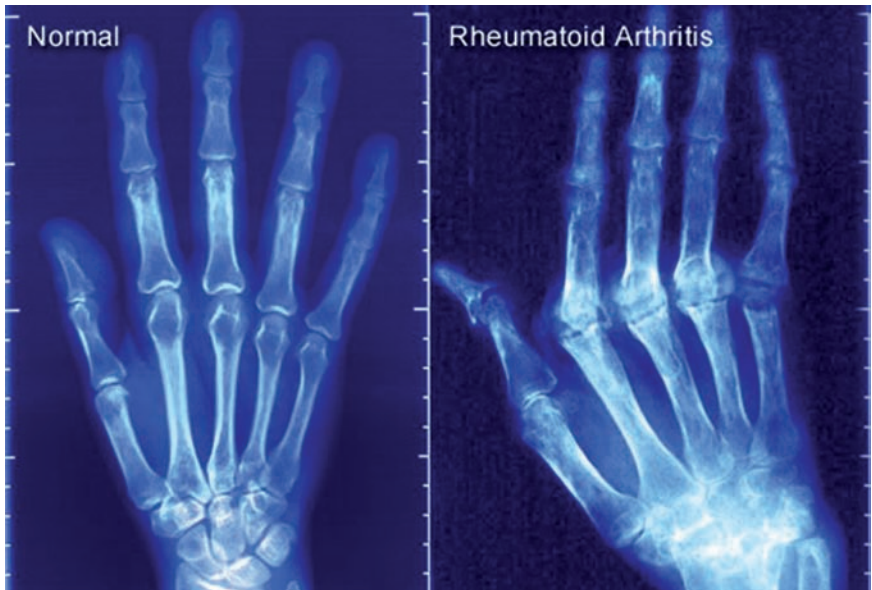
Healthy and unhealthy joints



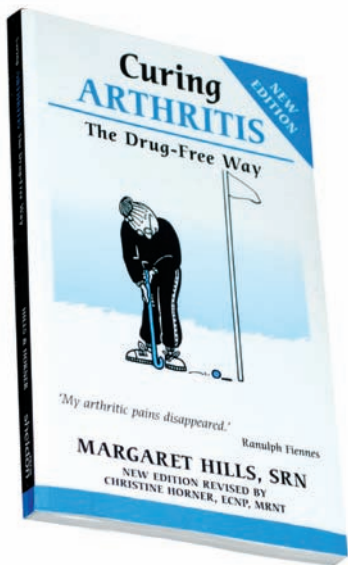
Healthy joint

Osteoarthritis

Rheumatoid arthritis



X-ray images of normal and rheumatoid arthritis affected joints



Nurse Margaret Hills, author of 'Curing Arthritis', has helped thousands of arthritics over 25 years. Her book talks about pain relief and better mobility; medication and side-effects; improved quality of life; troubleshooting, etc.. The Joint Cleanse is inspired by our efforts and belief that arthritis is not the end of life. You can have a fruitful and productive life even if you suffer from arthritis.

Severely affected arthritic areas of the body



Elbow



Fingers



Foot and ankles

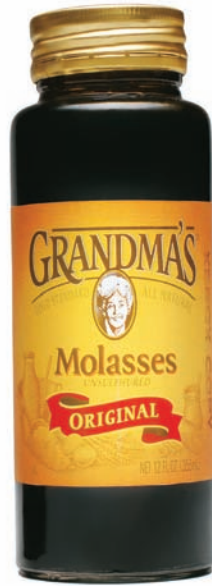


Knee

Ingredients for a Joint Cleanse



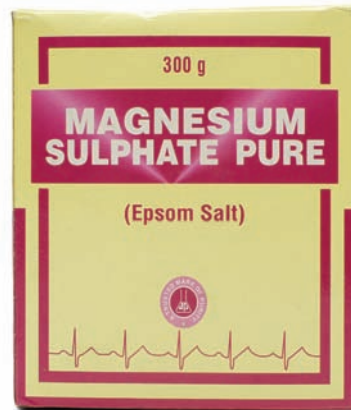
Apple cider vinegar



Black molasses



Honey



Epsom salt

Joint - structure, functions and problems

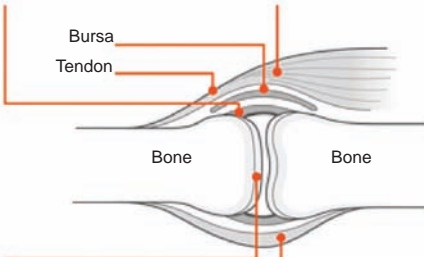
Capsule

Surrounding the joint is a tough, fibrous sleeve (the capsule) that stops the bones from moving too much. The inner surface of the joint capsule (synovium) produces a thick fluid that nourishes the cartilage and lubricates the joint.

Muscle

At either side of the joint, the muscles are attached to the bones. As the muscles contract, they pull on the bones to make the joint bend, straighten or rotate.

How a joint works

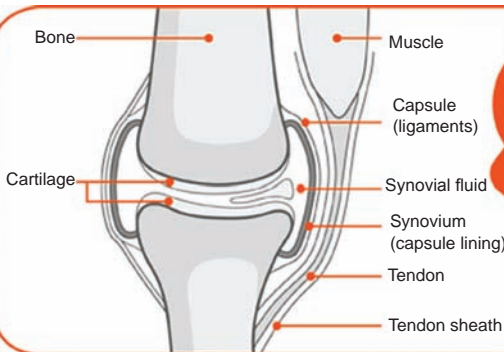


Cartilage

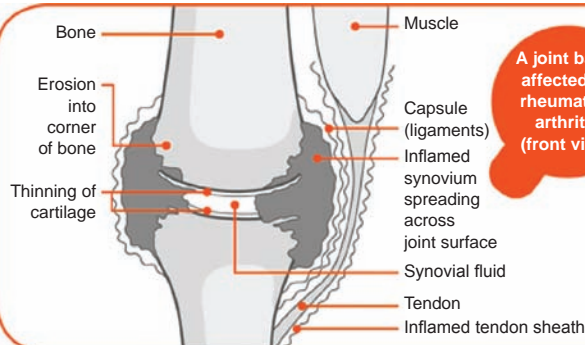
The ends of the bones are covered in a thin layer of cartilage. This cushions the joint and helps to spread the load evenly when you put pressure on it. Its smooth, slippery surface allows the bones to move freely, without friction.

Ligament

Within or just outside the joint capsule are ligaments that help to hold the joint together and prevent it dislocating. The bursa helps to reduce friction in the joint.



A normal joint (front view)



A joint badly affected by rheumatoid arthritis (front view)

9. Where can we get apple cider vinegar and black molasses?

Nowadays, we get apple cider vinegar and black molasses in the food section of supermarkets in any big city. However, in case of non-availability, you may contact some of the vendors listed on the ingredients page of our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

10. I had apple cider vinegar for a week. However, it has increased my pain. Should I stop it?

Do not stop the treatment unless the pain becomes unbearable. Your blood has become saturated with apple cider vinegar, which has started working on all acid deposits, churning and dissolving them, resulting in increased pain. Rest assured that the treatment is working for you. If the pain is unbearable, you may stop the treatment for a week and restart subsequently.

11. We, patients of arthritis, have been taught the familiar phrase - 'You have arthritis and you must learn to live with it.' How can you talk about cure in such an impossible scenario?

You do not have to mutely bear everything. Even if you have a difficult ailment, such as arthritis, gear yourself up to fight it and win. Remember, the war is not lost until you stop trying. More so, 'You have arthritis and you must learn to live with it' is the final opinion of your doctor and his therapy. You have a right to differ with his opinion and try this Joint Cleanse or any other therapy for your benefit.

12. I did your treatment and my bone condition has improved (osteoarthritis has alleviated). My joint pain has reduced by almost half. My calcium levels have improved, my hair has gained lustre and my skin has better tone. Is this due to the apple cider vinegar?

Yes, it is the effect of apple cider vinegar and black molasses consumed during the Joint Cleanse.