

RHEUMATISM

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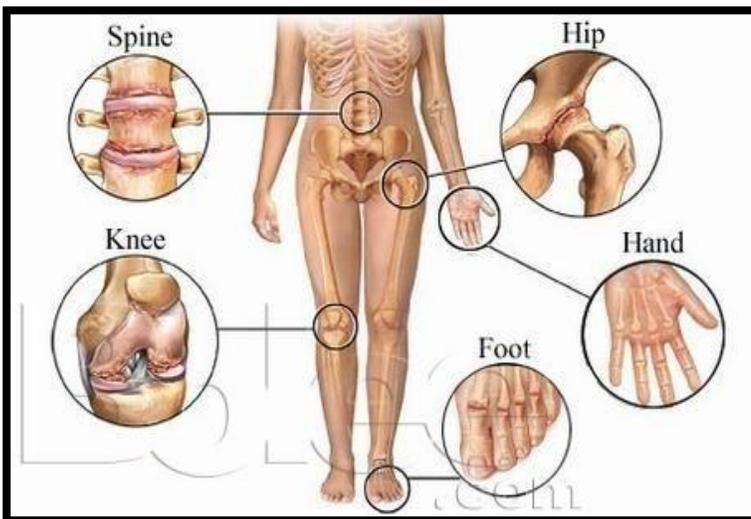
Definition

In this category are often included rheumatoid arthritis, degenerative joint diseases, spondylitis, bursitis, fibrositis, myositis, neuritis, lumbago, sciatica, and gout. Rheumatism is best described as afflictions of muscle tendon, joint, bone or nerve, resulting in discomfort and disability from stiffness of the joints or muscles, pain on motion, etc.

Fibromyalgia

There is a lot of confusion over the various terms for fibromyalgia (FM) or fibromyalgia syndrome (FMS). This is partly caused by the fact that, in the early days of fibromyalgia, little was understood about it. Both fibrositis and fibromyositis are former names for fibromyalgia. While fibrositis, or fibrositis syndrome, is sometimes still used as a synonym for fibromyalgia, it is really a misnomer, since fibromyalgia is not an inflammatory disorder of connective tissue (-itis signifies inflammation). Similarly, fibromyositis is chronic inflammation of a muscle. While fibrositis and fibromyositis have some symptoms in common with fibromyalgia, **FMS does not involve inflammation.**

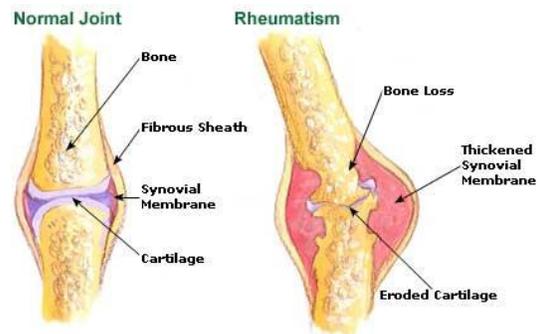
Fibromyalgia is increasingly thought to be associated with abnormal pain processing areas of the brain, making it a neurological disorder, rather than a rheumatological disorder.



Cause

Poor elimination causes rheumatism due to toxic matter becoming stagnated in various parts of the body.

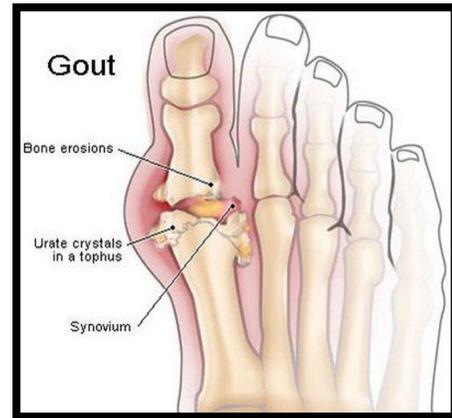
Thomas Deschauer explains it thus: "Urea should be daily expelled from our body, an ounce every day. Urea, as you might know, is completely changed waste matter, and as such easily expelled.



Now if the process of turning the dead tissues into urea is incomplete--it forms uric acid. Certain foods and drinks cause the urea to be left unfinished. Or if the urea is hindered or stopped from being expelled, it returns into the system and forms uric acid.

This can be done by:

- Stopping perspiration,
- Cooling off quickly,
- Neglect of proper bathing,
- Neglect to change the underclothing,
- Inhaling urea at night while sleeping in ill-ventilated room,



Avoid all these things if you want to get well.

Some persons have what is known as the uric acid habit, that is, the waste matter does not break down completely. This tendency is due to an extremely abnormal and diseased condition of the blood."

Herbal Aids

General Instructions: Rheumatism can be relieved rapidly by a cleansing program along with the following suggestions:

Drink Burdock root tea, and apply the B&L Salve as a fomentation on the painful areas.

Use apple cider vinegar and honey to cut the toxic wastes loose and expel them from the body.

Use MCP pectin (tsp. three times a day) in water (it tastes like weak lemonade), or chaparral tea (three times a day, a teaspoon to the cup).

The bowels and urethral tract should be kept open.

A stimulant diuretic for the kidneys will aid in waste elimination and a diaphoretic should be used to assist in eliminating through the skin.

Three Herbal Support Formulas

Chronic Rheumatism:	Rheumatism Formula:	Sciatica, Rheumatism:
Formula: Poke Berries, Elder Berries, Sumac Berries and Blackberry	Formula: Burdock Root, Yarrow, Buckbean, Meadowsweet, Raspberry Leaves, Barberry Bark, Licorice and Cayenne	Formula: Burdock Root, Yarrow, Cleavers, Figwort, Angelica and Ginger
Dosage: 1 droppersful in distilled water sweetened as needed three times a day.	Dosage: 2-4 droppersful in distilled water sweetened as needed four times a day.	Dosage: 2-4 droppersful in distilled water sweetened as needed four times a day.

Chaparral Tea (not bitter): Formula: Chaparral, Elder Flowers and Peppermint

Dosage: ½ to 1 tsp. Extract in distilled water sweeten as needed; three times a day
Drink the tea (infusion for 3 weeks), after which the capsules or tablets may be used.

Sassafras and Sarsaparilla: Drink an infusion of equal parts sassafras and sarsaparillas.

Wormwood: Apply fomentation of the herb; or, use the oil as a liniment. †

Boneset: Give in small, tonic doses- this is one of the best known remedies for this problem.

Fomentation: Using mullein, lobelia and cayenne salves.

Cayenne: is used in nearly all fomentation, plasters, and poultices where speed is necessary, or where quick relief (as in arthritis, rheumatism, bursitis, sore muscles and those types or cases) is necessary.

Liniment: See formula using cayenne, lobelia, oil of wormwood, oil of rosemary and oil of spearmint.

Clean Out the Bowel: A condition of sciatic rheumatism will always develop where the sigmoid portion of the lower bowel becomes congested, and the toxic poisons from the bowel subsequently flow into the adjacent area, irritating the nerves controlling the sacroiliac and, in turn, throwing it out of place--and so goes the vicious cycle!

Dr. Christopher's Arthritis and Rheumatism Formula:

Formula: Yucca, Hydrangea Root, Brigham Herb, Chaparral, Lobelia, Burdock Root, Sarsaparilla, Wild Lettuce, Valerian, Wormwood, Cayenne, Black Cohosh, and Black Walnut.

Here is a combination of herbs that:

- ✓ Detoxify
- ✓ Act as a solvent for the accepted but not assimilated calcium deposits
- ✓ Relieve pain
- ✓ Rich in new acceptable organic calcium that can be assimilated and useful
- ✓ Kill fungus and infection and that have the ability to give wonderful relief

This relief is not immediate because there is a long rebuilding job--gradual relief can come, and full healing, if the program is followed faithfully:

Suggested dose: ½ to 1 tsp. extract in distilled water two or three times a day.

Use as a hot fomentation over extremely painful or crippled areas.

Use the Arthritis & Rheumatism formula along with Dr. Christopher's Bone, Flesh & Cartilage Formula for rebuilding and healing.

Even though one uses these aids yet continues on with improper diet, one may get some help, but not so much as going all the way.

Remember the teachings for years have been -- "No healing in this condition." We are giving you hope if you will follow through with these formulas and the mucusless diet.

Kelp: Kelp can be of great help in arthritis and rheumatism. These are due to an excess of certain acids in the system, and are usually associated with faulty kidney function plus a deficiency of the sodium salts.

Orthodox medicine treats this problem with massive doses of sodium compounds to counteract acidity. Unfortunately this overdosing ruins the digestion and the kidney functions; arterial disease may also result.

Sufferers from these conditions should limit their intake of acid forming foods, such as **sugar, white flour products, and overcooked foods.**

They should eat plenty of fresh fruits and vegetables--and Kelp--which will help de-acidify the system and provide the necessary salts as well.

Gravel Root to Dissolve Minerals: This herb is a natural solvent for inorganic minerals such as calcium and other unwanted inorganic accepted but not assimilable substances. Dead inorganic calcium is accepted into the body but cannot be assimilated.

No mineral can be assimilated into the human body unless it has gone through the process of osmosis through plant life (herbs). When an inorganic mineral is accepted into the body it is accumulative and continues to build up. This build-up can cause arthritis, rheumatism, kidney stones, gall stones, hardening of the arteries, cataracts, etc.

This "building up" process must be reversed, so here we have an herb such as gravel root that will act as a solvent that will leach off dead inorganic calcium and other minerals in the same state. **However, it will not have any influence on live organic minerals** that can be assimilated directly into cell structure through the "delivery-system" of the blood stream.

A true solvent

A true solvent, such as solvent herbs or steam distilled water acts as a magnet. The magnet will pick up dead inorganic iron and other metals but will not pick up wood, paper or higher vibrating materials. The solvent herbs or distilled water will pick up and leach off



dead inorganic minerals, but will not vibrate to live organic minerals that have gone through plant life and can be assimilated into the body's cell structure.

Dead, inorganic calcium is the type of material we want to get rid of, because this type of calcium can do us only harm.

Some people panic--"What can I do to replace the calcium being leached out?" If you replace what you have just leached out it would be like cleaning out a garbage pail, and then replacing it with more of the same! Instead of doing this, let's replace the dead calcium by putting in a good organic usable calcium.

To do this we have included into this formula oak bark, an astringent which is also high in live, assimilable calcium.

Juices: Celery & cucumber, carrot, apple, lemon.

Calcium Buildup: Dr. D. C. Jarvis, M.D. ...noted that Vermont folk medicine, although they did not distinguish between arthritis, bursitis, rheumatism, gout, osteoarthritis, etc., they were successful in treating all these diseases with two teaspoonfuls of apple cider vinegar and two of honey in a glass of water three times a day.



They felt that arthritis treatment began in the stomach where the acid balance prevented putrefaction of food. (Bacteria will not grow in an acid medium.) These bacteria guard the door to proper assimilation of nutrients in the stomach and intestine.

One of the body's chief necessities is calcium. If the calcium balance is off, the results will be seen in many ways. There will be frayed nerves, inferior fingernails and hair, and other disorders including susceptibility to infectious diseases and arthritis resulting from altered body chemistry.

Calcium enters into solution in an acid medium. The apple cider vinegar creates an acidic medium which is capable of dissolving excess inorganic calcium--even if it is in the form of arthritic deposits in the joints.

Testimonials

Dr. Christopher's Rheumatism Flare-ups: During the process of cleansing and rebuilding your body, you can expect what is called a cleansing crisis. Your symptoms may all flare up; you may feel bad all over; you may feel like you have the flu. Just keep going, the cleansing crisis will pass, and you'll feel better than ever. Dr. Christopher used to have recurrent flare-ups of his rheumatism and arthritis; for a week or two every seven years he would have to go back to his wheelchair. He accepted these crises, as hard as they were to live with, and continued on with the business of cleansing and building.

Poke: The berries are used as a remedy for relieving the pains of rheumatism and arthritis. The tincture is used for this and it is borne out by Western use. One woman suffered intense pain from arthritis so much that she dreaded the winter months that would bring dampness, cold, and pain. She started taking a teaspoon of Poke berry tincture in a small glass of water twice a day and this completely cured her rheumatism.