

# **ARTHRITIS**

## ***Take a bath and let your pain go down the drain!***

Did you ever stop and think of just how many people you alone know have some form of arthritis? **As the country's number one crippling disease**, there are two major categories unified by two major symptoms: skeletal pain and joint malfunction.

**Osteoarthritis**, (OA), also called degenerative joint disease, involves deterioration of the cartilage protecting the ends of the bones. This is called a "wear and tear" disease affecting weight-bearing joints by forming calcified deposits in them, and the bones by a break down in the buffer cartilage that protect bone ends.

**Rheumatoid Arthritis**, (RA), a type of inflammatory arthritis, is an autoimmune disease. As with other autoimmune disorders, RA is a "self-attacking-self" disease. Rheumatoid arthritis creates stiffness, swelling, fatigue, anemia, fever, and often crippling pain.

Arthritis can be also caused by acid, bacterial, viral, or a fungal infection of a joint. The microorganisms most commonly involved in this type of the disorder are streptococci, staphylococci, gonococci, hemophilus or tuberculebacilli, and fungi such as candida albicans.

**Think about it. If you have arthritis, you have a localized acid problem. Acid pockets always cause inflammation.** To neutralize the acid, your body draws calcium out of your bones and deposits it into the acidified tissue. This calcium neutralizes the acid and stays where the inflammation was. The result is stiff and enlarged joints. This same over-acid situation, if left too long, can also lead to osteoporosis.

Gout is also an acute form of inflammatory arthritis found in the foot and big toe.

**Common cause of both** OA & RA are: calcium depletion, gland & hormone imbalance, prolonged use of aspirin or cortico-steroid drugs that eventually impair the body's OWN healing powers, poor diet lacking in fresh vegetables and high in acid and mucous forming foods, food allergens, auto-toxemia from poor bowel movements and constipation, inability to relax, and resentments or negative attitudes toward life that lock up the body's healing ability. Cleansing diets, enzymes, and food supplements are just some of the ways to start balancing the body's pH.

pH balancing does matter. By understanding and using pH balancing principles in our nutrition, we may be able to protect our kidneys and our joints.

**The easiest way is to take a “special” mineral bath (We Have What You Need To Make This Work).**

Results are often immediate, but some may take a full 90-day cycle.

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**Contact us at Academy Health for solutions as to how to safely raise your pH levels.**

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