

# Natural Approaches for Sore Joints and Muscles

September 6, 2014

## OUTLINE

1. What might be the cause of the soreness and pain?
2. Review of health conditions and the good news
  - gout
  - osteoarthritis
  - rheumatoid arthritis
  - fibromyalgia
  - low back pain
3. What about activity and exercise?
4. Summary
  - “hats off” to the telomeres
  - does diet really matter?

# IMPORTANT

See your doctor to have a thorough evaluation of your pain and understand the appropriate treatments since some types of pain reflect serious underlying conditions.

(Neal Barnard, MD -21 Day Weight loss/Kickstart p. 199)

## What might be the cause of the soreness and pain?

- Numerous scientific studies - the Standard American Diet (SAD) is pro-inflammatory.
- This inflammation is part of the process of atherosclerosis which results in crippled clogged arteries throughout our bodies.
- As a result, joints and muscles are affected with degenerative changes too which can result in soreness, pain and disability.

This is evidence based information from health experts including

Neal Barnard, MD

[www.pcrm.org](http://www.pcrm.org)

Michael Gregor, MD

[www.nutritionfacts.org](http://www.nutritionfacts.org)

John McDougall MD

[www.drmcDougall.com](http://www.drmcDougall.com)

Andrew Weil, MD

[www.drweil.com](http://www.drweil.com)

Caldwell Esselstyn, MD

Colin Campbell, MD

Many others

# Gout

- an excruciatingly painful inflammatory arthritis caused by the crystallization of uric acid within joints, affecting eight million Americans.
- purine (uric acid is a break-down product of purines) intake of animal origin increased the odds for recurrent gout attacks by nearly fivefold.
- Heavy alcohol consumption isn't a good idea either.

# Gout

- cherry intake was associated with a 35% lower risk of gout attacks
- over half the risk gone at three servings measured over a two day period
- comes out to be about 16 cherries a day or 2 spoonfuls of concentrated cherry juice.

## Osteoarthritis

- The most frequent cause of physical disability among older adults in the world, affecting more than 20 million Americans.
- It used to be thought as just a mechanical wear and tear of the joints but now it's generally accepted as an active joint disease with a prominent inflammatory component.



# Osteoarthritis

- TURMERIC consisting of no more than 1 tsp per day and even as little as 1/8<sup>th</sup> of a tsp has been shown to help people decrease drug use, swelling and hospitalizations.
- One group taking a curcumin (ingredient in turmeric) supplement was able to double their walking distance.
- [http://www.youtube.com/watch?v=Vh0Om5XpZU&feature=player\\_embedded](http://www.youtube.com/watch?v=Vh0Om5XpZU&feature=player_embedded)
- **NOTE: SOME PEOPLE WITH GALL BLADDER OR KIDNEY STONES MAY BE AT RISK IF TAKING TURMERIC AND SHOULD DEFINITELY DISCUSS THIS WITH HIS/HER HEALTHCARE PROVIDER.**

## Rheumatoid Arthritis

- Certain foods spark inflammation in the tissues lining the joints.
- Consistently studies have shown that vegetarian and vegan diets have been successful in treating symptoms of rheumatoid arthritis
- Most common triggers for joint pain include dairy products, corn, meats, wheat, rye, oats, eggs, citrus fruits, potatoes, tomatoes, nuts, coffee and sugar.
- Usually it is just 1 or 2 of these foods that causes the problem.

## Rheumatoid Arthritis

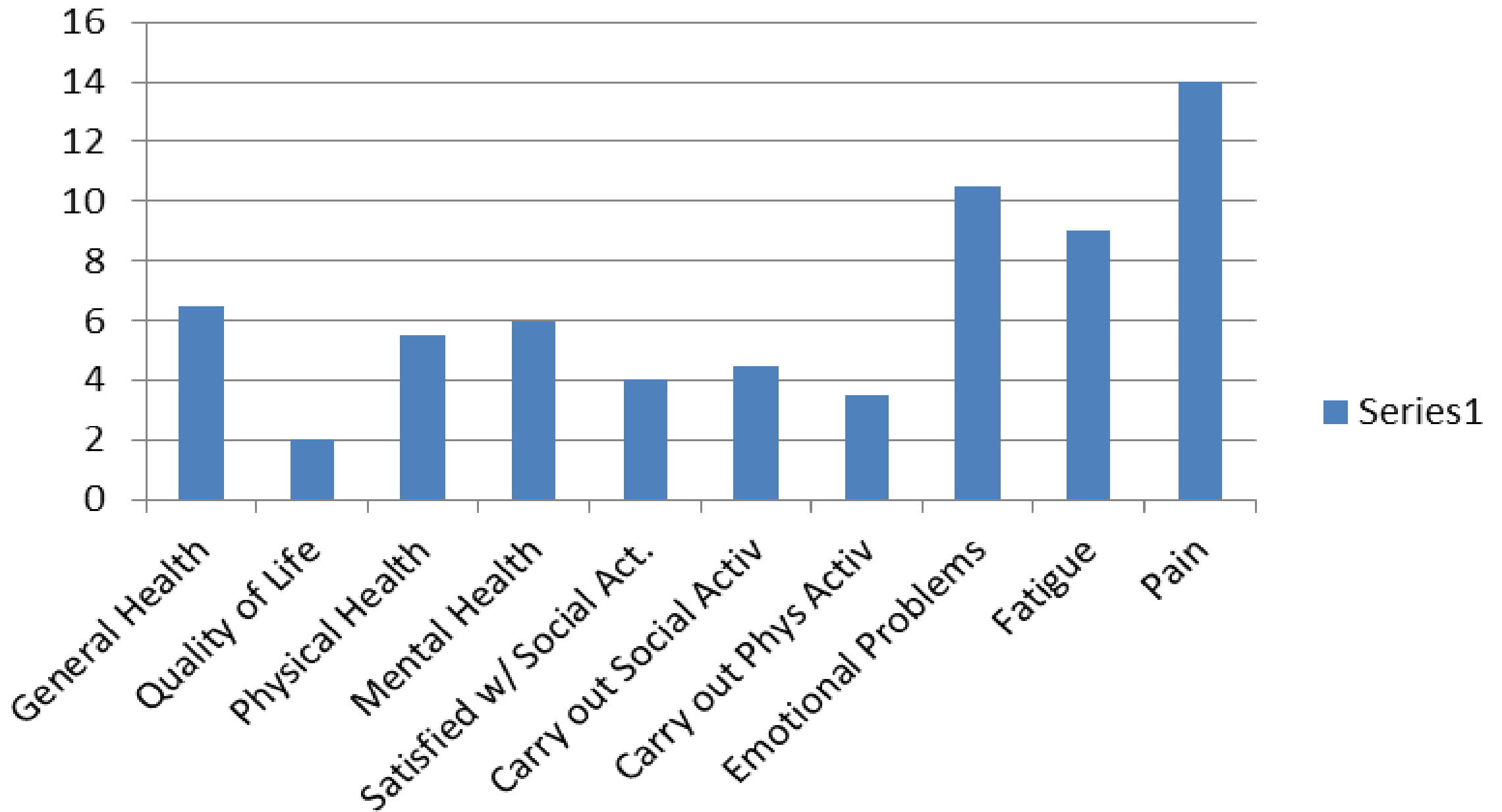
- **Start with a whole foods, plant based diet and this might solve your problem.**
- **If not, eliminate all the triggers for 30 days.**
- **If your joint pains improve or disappear then reintroduce each trigger food, one at a time, starting with sugar and moving up the list.**
- **Have a generous amount of each one for 2 days.**
- **If no symptoms, keep trying the next trigger food for 2 days.**
- **If a food causes symptoms, omit it for several weeks before trying it again.**

# Fibromyalgia

- Widespread pain, fatigue, sleep disorders, depression, anxiety, cognitive difficulties, headaches, low back pain and other illness.
- With modern medicine there is only limited effectiveness with treatments.

## Fibromyalgia

- 3 month study - patients following a raw vegan diet showed significant improvements in fibromyalgia pain as well as improvement in quality of sleep, decreased morning stiffness and better overall health.
- Eliminate Aspartame - has been linked to fibromyalgia
- Aspartame is used as a sweetener in a lot of soda pop and refined, processed foods. Read labels carefully.



# Low Back Pain

- affects about 1 in 5, disabling over 30 million Americans.
- disks in our lower back are the largest structures without blood vessels so they depend on nutrition slipping in from the outside areas.
- Atherosclerosis can obstruct the arteries that feed the spine causing decreased blood flow.
- People with narrowed arteries appear about 8.5 times more likely to suffer from chronic LBP.
- By age 49, 97% of the disks of those eating the standard American diet show at least grade 2 disk deterioration. This process has been documented starting at age 11.


## Low Back Pain

- Following a low fat, high fiber, whole foods plant based diet can improve circulation to the spinal arteries which support the disks in the low back (confirmed with MRI studies).
- Acupuncture has been proven to also be very effective in treating low back pain.



# Activity and Exercise

- Extremely important for good circulation, keeping joints flexible, having good balance and a high energy level.
- Aerobic exercise can create collateral circulation.
- Numerous studies have showed that exercise must be combined with a healthy low fat, high fiber diet in order to have the optimal effect on joints, muscles and overall health.

A close-up, low-angle shot of a person's legs and feet as they ascend a set of concrete stairs. The person is wearing black and white high-top sneakers with white laces and white socks. The background is a plain, light-colored wall. The text is overlaid on the right side of the image.

There is no  
elevator to success.

You have to  
take the stairs.

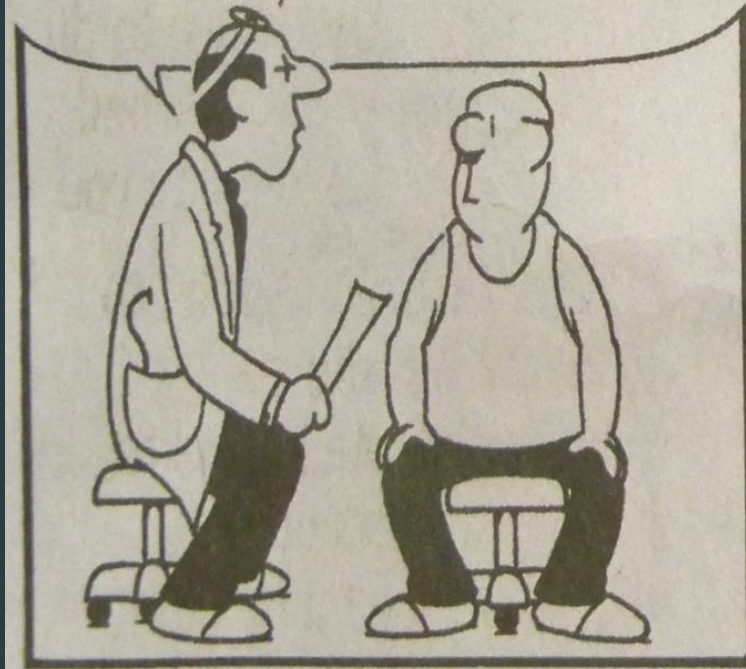
# Sedentary Death Syndrome

- Researchers term for inactivity that is a large contributor to as many as 18 chronic afflictions that are referred to as “diseases of civilization” (diabetes, heart disease, arthritis, dementia, etc.
- Longevity is 70-75 % LIFESTYLE
- Genetic profiling-our DNA is a starting point rather than a blueprint since everything that happens to us potentially alters our gene expression...WE HAVE CHOICES!

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BY ART & CHIP SANSON

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TIMES A WEEK!



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WHAT WOULD THE SECOND-  
BEST THING FOR ME BE?



# Start with Lifestyle Activity

- standing more and sitting less
- take the stairs instead of the elevator
- walk the dog
- get up to change the TV channel instead of using the remote
- park farther away from the entrance to the store

## Start with Lifestyle Activity

- Incorporate multiple short bouts of activity into your daily life.
- Three 10 or 15 minute exercise bouts of moderate to vigorous activity can have the same effect as longer bouts.

**TIP: Pedometer users typically walk 2000-2500 more steps than people not using a pedometer**

# M.O.M

## Minutes of Motion!

- Walking the dog
- Stirring the soup, chopping vegetables
- Talking on the phone
- Working on the computer
- Watching TV
- Sitting at a stoplight
- Waiting on a train to pass
- Pumping gas

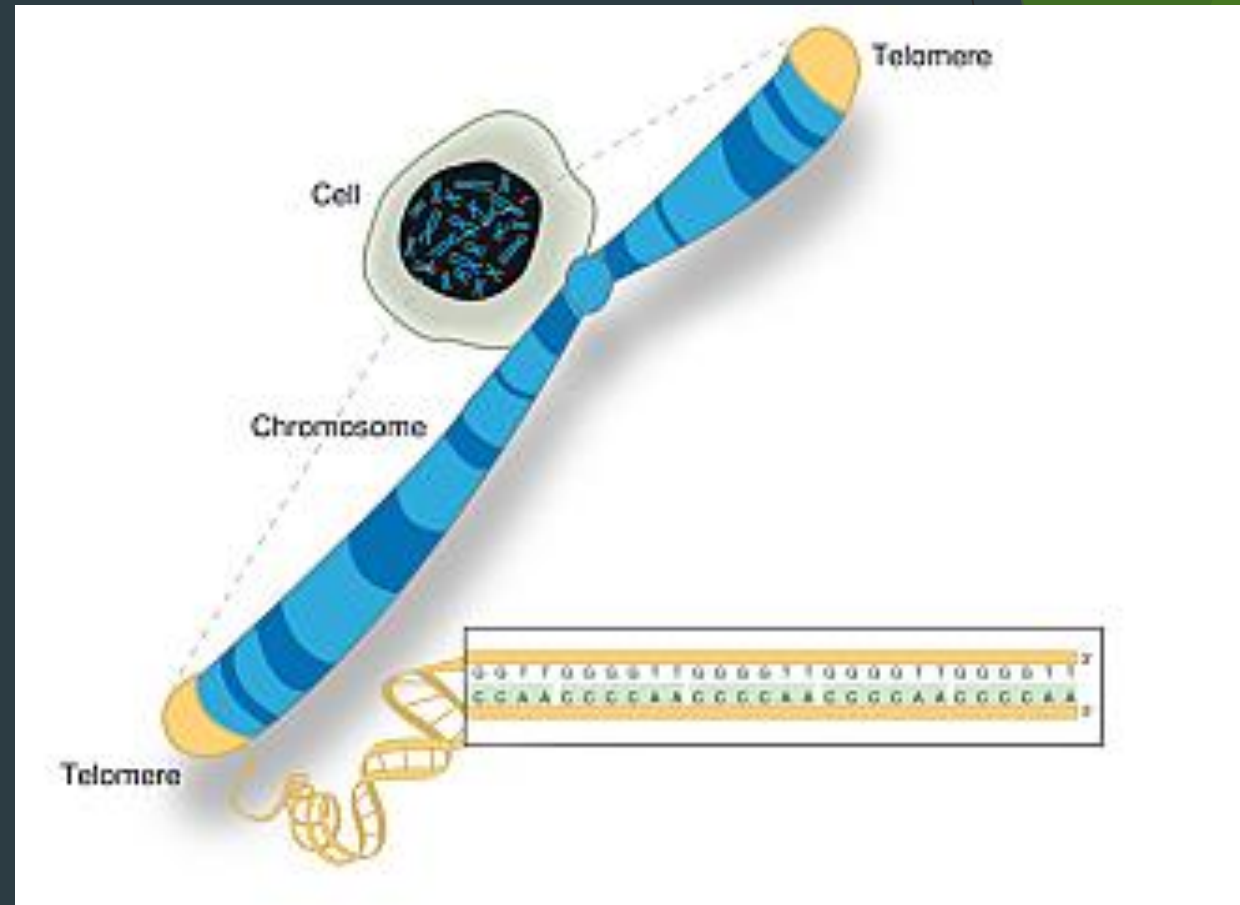
# Cyber pants

➤ **STAND UP AND BE COUNTED!**



# Telomeres

- Protective caps—at the end of chromosomes that shorten with each cell division
- Correlate with cell age



# Summary

- Evidence based studies done by Dr. Barnard, Ornish, Esselstyn and others have proven that the baseline component of a healthy lifestyle has to be THE FOOD!
- Although activity and exercise is important for good health, even vigorous exercise (ultra marathon running) did not lengthen the telomeres.
- **TELOMERE LENGTH WAS INCREASED ONLY IN THOSE WHO FOLLOWED A WHOLE FOODS, PLANT BASED DIET.**

Take one a day with tomato and cucumber.

FARMACY



NEVER  
TOO OLD!

