

Nutritional Control of Rheumatoid Arthritis

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Rheumatoid arthritis is considered the most crippling form of arthritis that affects approximately 2.1 million people, mostly women. The Center for Disease Control (CDC) reports the average onset for R.A. is between the ages of 25 and 50. Rheumatoid arthritis is considered by health care professionals as an autoimmune disease, characterized by very painful joint disease, chronic inflammation and thickening of the synovial lining in addition to cartilage damage. R.A. affects young and old and strikes three times as many women as men. The major cause and pathogenesis of R.A. is considered a direct relation to chronic inflammation syndrome.

R.A. incapacitates the synovial tissue, the membrane that lines joints and secretes a special lubricant that allows the bones to move without pain against other bones. The joint activity becomes painful, swelling is increased and some cases the joint becomes deformed. Patients discomfort varies from mild, chronic joint inflammation to severe pain in the joints. The hands and feet are often the key to making a correct diagnosis. Symptoms that occur are night sweats, fever, weight loss, chronic fatigue, depression and general feeling of sickness. Blood tests reflect a positive rheumatoid factor. One of the primary questions of rheumatoid arthritis is food allergy and leaky gut or abnormal permeability of the intestinal wall. Food allergies mimic numerous other problems and cause patients hours of discomfort until the offending food is identified.

Sherry Roger, M.D., environmental medicine specialist and author of *Detoxify or Die*, outlines how food allergies, microorganisms, genetic susceptibility, chronic stress, IBS, lifestyle, substance abuse, over the counter medications and junk food have an impact and association with rheumatoid arthritis. Dr. Rogers also establishes how

numerous nutrient deficiencies contribute to R.A. pain and discomfort.

Oxidative stress and low and low antioxidant status have been a major factor in R.A. patients, most of which are nutritionally deficient. A major factor in the diagnosis of R.A. is involvement of the small joints of the hands and feet. Joint deformities with chronic pain are always present. Some patients develop Herberdens nodules, a painful knot that restricts movement and function, on their fingers.

Other presenting factors include constant fatigue, weight loss, fever, feeling sick all over and inflammation in multiple areas.

A weakened immune system and dietary imbalances or deficiencies can start inflammation and cause it to become a powerful chronic inflammatory reaction.

If you have food allergies and ingest the foods you are allergic to, you set your body in motion for major inflammatory response. Infection is another key to setting inflammation in motion. Junk food can be a major problem since they contain sugar and other nutrients that cause swelling and discomfort.

Sherry Rogers, M.D. warns those with R.A. not to take over the counter drugs. There are more than 30 different types available for R.A. as well as other forms of arthritis. None are good for you. The list of adverse side effects is a list people should keep and be aware of.

NSAIDs or nonsteroidal anti-inflammatory drugs can cause ulcers, gastrointestinal bleeding, abnormal bowel function, IBS, GERD. There are several approaches to treatment for R.A., especially nutritional therapy.

Irritable bowel syndrome is a constant problem for those with R.A. and affects approximately 45 million people. IBS sufferers usually have inflammation and a weak immune system. Nutritional support, learning to relax and using the right inhibitory neurotransmitters

on a daily basis will help you control your IBS problem.

NUTRITIONAL SUPPORT

Colon Balance, a natural bowel support formula that contains herbs and amino acids. This formula can be taken on an as needed basis for IBS.

MSM is a natural sulfur compound that produces pain relief and reduces inflammation as well as increases blood flow to painful muscle spasms. Three to four capsules in divided doses daily will give relief.

DHA provides anti-inflammatory support for painful joints and inflammation. One to five capsules in divided doses daily.

Pain Control* is a 24 hour natural analgesic comprised of amino acids and herbs all directed at the pain cause. Take two capsules as needed.

Chondroitin Glucosamine is a combination that helps to restore flexibility to arthritic joints and enhances synovial lubrication of joints. Two capsules twice daily.

DHEA drops noticeably with age. At age 40 and older supplementing with 50 milligrams upon arising every morning improves ability to cope with stress while providing greater mobility and less joint pain.

Mood Sync** balances brain chemistry due to depression, stress/anxiety and mood swings. Two capsules twice daily.

Rodex B6, 150mg daily, will help breakdown and metabolize amino acids, making them work more efficiently.

Glutamine Powder helps reduce intestinal permeability related to food allergies. Glutamine powder also addresses leaky gut syndrome. Take one teaspoon twice daily.

Deluxe Scavengers deactivates free radicals and increases your body's defenses. Three capsules daily.

CalMagZinc, 2-4 capsules at bedtime each night, keeps your bones and body healthy.

Magnesium Chloride works at cellular level to support stress and anxiety symptoms. R.A. tends to flare up during stressful and anxious so magnesium levels tend to drop. If loose stools or diarrhea occur decrease or spread out the dose.

* NOTE: DO NOT USE with MAO inhibitors or tricyclic antidepressants, or if you have a history of melanoma or other type of cancer.

**NOTE: DO NOT USE with SSRI or MAO inhibitor antidepressants.

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