

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an autoimmune disease in which your body's immune system – which protects your health by attacking foreign substances like bacteria and viruses – attacks the synovial membranes which cushion joint movements and this causes an abnormal immune response causing inflammation that can damage joints, causing deformity and even affect organs, such as the heart.

A scientist, Dr Robert Atkins says the cause of RA is due to an infection and the infectious agent is in milk. Researchers have also correlated higher levels of circulating anti-milk antibodies in those who have RA. For a person with RA, **CUT OUT ALL MILK**. Any amount of milk you have will trigger a reaction.

What else to do for RA and even arthritis in general:

Avoid inflammation causing foods: Many common foods can cause or worsen inflammation in the body.

1. Avoid foods that are processed, packaged, this includes fast food this is due to the harmful oils, sugar and artificial sweeteners, food additives, and a whole host of nasty ingredients in these foods.
2. Hydrogenated and trans fats found in margarine, baked goods, cookies, pies, buns.
3. Meat and poultry tend to cause inflammation so make them the background of your meals not the main dish.
4. Fried foods (French fries, onion rings, potato chips, nachos, hamburgers, etc.).
5. White sugar and sweets, including soft drinks and sweetened juices. Newer research is showing that sugar is one of the most addictive substances you can use. It's also highly inflammatory. You don't need to eliminate sugar and sweets altogether simply reduce your consumption and choose fruit as your "go to" food when you're craving something sweet.
6. Synthetic sweeteners (Nutrasweet, saccharin, aspartame, etc.)—research links these nasty substances to many serious health conditions. Opt for natural safe sweeteners: Stevia, Xylitol
7. Food additives: colours, flavour enhancers, stabilizers, preservatives, etc. Some of the main ones include sulphites, benzoates, MSG. Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients.
8. Dairy products (yogurt, ice cream, cottage cheese, butter, cheese, etc.). The reasons dairy products are inflammatory and generally dairy products are packed with hormones, antibiotics, and other harmful ingredients so avoid them as much as possible.
9. Wheat products. Wheat is highly acid-forming and inflammatory in the body. Worse, most wheat available now is genetically-modified (GM). Many serious health conditions are starting to be linked to GM wheat consumption.
10. Other gluten-containing grains. Gluten is found in most grains and is highly inflammatory. Choose grains or seeds like buckwheat, quinoa, or millet for your baking.
11. Specifically for RA reduce all foods from the nightshade family: peppers, eggplant, tomatoes, potatoes, goji berries. As well as citrus fruits and eggs.
12. Add Omegas 3 oils to your diet take up to 1500mg daily to ease inflammation.

13. GLA found in Evening Primrose oil- reduces the inflammatory process which is overactive in auto immune disorders. Use of GLA can also help reduce anti inflammatory usage.

14. Correct Immune support is vital, Plant sterols and sterolins(Moducare) and MSM with Super Nutri greens have shown wonderful results.

I always recommend a **Live blood analysis** to identify the immune dysfunction, inflammation markers and overall acidity and then a specific treatment plan is drawn up. To date I have had very good results in combination with the above mentioned formulas for RA and even arthritis in general.

By **Allison le Roux**

Extracts taken from *Immune system cure Jan 2000 Van Derhaeghe/Bouic; Care 2B healthy 2014*