

IS ATHRITIS CURABLE?
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According to Wikipedia, **Arthritis** is a group of conditions involving damage to the joints of the body. Arthritis is the leading cause of disability in people older than fifty-five years.

There are different forms of arthritis; each has a different cause. The most common form of arthritis, osteoarthritis (degenerative joint disease) is a result of trauma to the joint, infection of the joint, or age. Emerging evidence suggests that abnormal anatomy might contribute to the early development of osteoarthritis. Other arthritis forms are rheumatoid arthritis and psoriatic arthritis, autoimmune diseases in which the body attacks itself.

Medical doctors believe there is no cure for arthritis, and so they prescribe treatments that will lessen the pain and discomfort of arthritis. Tylenol, aspirin, and ibuprofen are but a few of the non-prescription drugs that your doctor may recommend. Other medicines that your doctor may prescribe include cyclo-oxygenase-2 (COX-2) inhibitors, steroids, and anti-biologics. Surgery is an option in some instances. But what physicians recommend most are effective pain-lesening treatments for the arthritis.

Natural medicine practitioners believe there is no disease without cure, arthritis not exempted. There abound several testimonies of patients who have used methods other than the strict orthodox to cure themselves of arthritis. A woman cured herself of arthritis following the following steps:

I got rid of my arthritis by radically changing my diet. I tell people with arthritis that if you want to get rid of it you have to give up everything enjoyable except sex!! I spent three weeks on the diet. I bought an electric juice extractor and for the first three days the only food I consumed was freshly extracted fruit juice and vegetable juice. I drank the juice five or six times a day, a couple of glasses at a time, or whatever I felt comfortable with. I also drank peppermint tea and rain water.

You must drink the juice as soon as you extract it - don't keep it in the fridge for later, and don't use juice bought from a supermarket. After three days you continue with the juice every day, but additionally you start eating raw fruit, raw vegetables and raw nuts in quantities you're comfortable with - graze throughout the day rather than sit down to three meals.

Herb tea and rain water are the only drinks allowed - I drank Peppermint tea and still do. The emphasis is on fresh raw food and juices - nothing is to be cooked. You can't add anything to the food either, such as salt, sugar, sauce, but you can use herbs to flavour the raw vegetables. Alcohol and caffeine are strictly forbidden. In fact everything

is strictly forbidden except fresh fruit juice and veg juice, whole fresh raw fruit and veg, raw nuts, herb tea and rain water. The distilled water you can buy in supermarkets would probably be OK too, but town water that's chlorinated is definitely out.

The purpose of this diet is to flush the toxins out of your body, particularly uric acid. Uric acid, as doctors know, is a bad inflammatory agent that deposits itself as crystals in the joints and in places of injury in the body. It helps to cause the pain, inflammation and swelling associated with arthritis.

Doctors prescribe drugs to attempt to combat the effects of uric acid, but a far more effective way is to flush it out of your system so that it can't cause problems. Uric acid is one of the many toxic by-products produced from food during the digestive process. On the typical western diet there is such an over-abundance of these toxins produced within the body that the organs of elimination can't cope with the excessive workload, and the toxins build up to the point where they can start causing problems.

The idea is to change over to an easily digestible diet that produces a minimum amount of toxic by-products. The eliminative organs of the body can easily cope with the greatly reduced workload, and also can clear out the backlog of accumulated toxins.

As the toxins were cleared from my body my pain and swelling reduced progressively until after about two weeks I was about 80% clear of pain and I stopped the anti-inflammatory drugs.

After three weeks I was totally clear of all symptoms of arthritis - no pain, no swelling - nothing.

As a long term maintenance program you can go on to a 75/25 diet, i.e. each meal must contain at least 75% good foods and no more than 25% bad foods. Good foods are all those included in the three week diet. Bad foods are all other foods.

If you really want to maintain optimal health, eat raw fruit, raw vegetables, and raw nuts as your only food for the rest of your life.

Free radicals are thought to play a role in rheumatoid arthritis. These naturally occurring chemicals can cause damage to many parts of body, including the joints. Antioxidants are substances that fight free radicals. Some of the most famous antioxidants are vitamin E, vitamin C, and beta-carotene. The mineral selenium, while not an antioxidant in its own right, helps the body manufacture the potent antioxidant glutathione.

A recent study found that the addition of an antioxidant mixture or vitamin E alone to a standard treatment regimen for rheumatoid arthritis improves symptoms.¹ This controlled, but apparently not blinded, trial compared standard treatment alone against both standard treatment plus vitamin E and standard treatment plus a mixture of antioxidants.

The results showed that participants in the vitamin E and antioxidant mixture groups experienced more rapid and marked improvement in pain, stiffness, and laboratory measurements of disease severity.

Some years ago, a middle aged woman was escorted to my office by a friend to seek solution for her arthritis problem. It was a big problem for her to even sit down on the

chair. She wasted no time in narrating her story. “My grandmother died of arthritis complications, my mother is on wheel chair at home, having lost the ability to move about and here I am at the verge of completely breaking down for the same dreadful arthritis. We have exhausted all prescribed medications. Is there any hope?” I recommended that she should take three capsules of Jobelyn, 3 times daily and drink lots of water, minimum of 3 to 5 litres daily. “Is that all?”, she said. I had to offer her a refund for the purchase of this product if after one month of treatment, her condition did not improve considerably. Her return before the end of the month was to give testimony and introduce two other friends going through the pains and agony of arthritis.

What is the magic behind the efficacy of this product. From research studies in USA and Germany, it has been established that Jobelyn is the most powerful natural antioxidant, over 3,000 times more powerful than vitamin E. It has a rich combination of all types of antioxidants, including Orac-hydro, Orac-lipo, Horac, Norac and Super Oxide Dismutase (SOD). Jobelyn also being produced from Sorghum bicolor is rich in food nutrients like Carbohydrate, Protein and Dietary Fibre in addition to numerous amino acids and minerals. This is best combination of food and medicine by Nature.

In my excitement, I informed my friend, Dr. David Abia-Okon (a surgeon) of my new discovery for Jobelyn. Though he is a fanatical believer in Jobelyn but he confines his use of Jobelyn to the treatment of Anaemia, Sickle-Cell Anaemia and Stroke, he refused to embrace the idea of Jobelyn being capable of tackling the problem of Arthritis. The only way to convince him was through scientific evidence. After one year of research studies at the Pharmacology Department of Obafemi Awolowo Way, Ile-Ife, Brunswick Laboratories in USA and Mdbiosciences also in USA, we have carried out bio-assay guided isolation of pure active compounds which have proven superior to many of the existing NSAID cox-2 selective drugs used to treat inflammations, pains and arthritis. Jobelyn significantly inhibited lipopolysaccharide-induced release of cytokines (IL-1beta, TNFalpha, IL-6, IL-8) and PGE2.

The product has a very high selective effect on Cox-2 than on Cox-1 activities with a selectivity index (IC50 Cox-2 : IC50 Cox-1) much lower than those of well known antiinflammatory agents

If you are to prevent arthritis from destroying your life you must refrain from processed foods and other acid forming foods. Normally, a healthy diet should be 70% alkaline and 30% acidic. Alkaline foods are typically foods which are still in their natural state (raw and fresh). And acidic foods are typically foods which have been altered through processing, frying, and high-fat cooking.

Therefore, instead of eating acidic foods (cooked and processed), you should be eating mostly raw, fresh vegetables and fruits. They are rich in antioxidants which neutralize free radicals that are responsible for inflammation, arthritis and pains. Also, reducing the consumption of meats could also be helpful to your arthritis. By eating less meat and more fresh fruits and vegetables, you would be allowing your body to receive more nutrients and keep your acidic levels low. The result of your new diet could change the pain and inflammation affecting your arthritic joints.