

arthritic hands

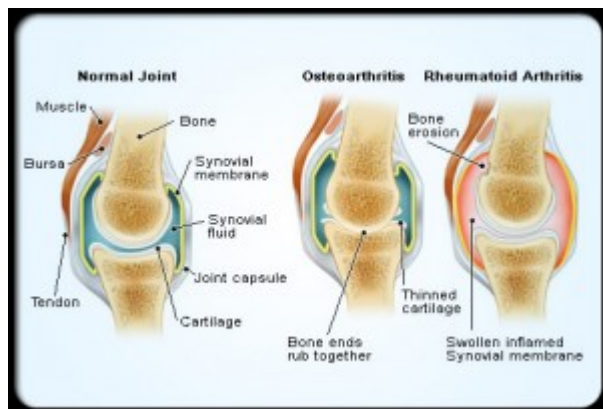
## Description

Gentle Reader,

Several friends have complained about arthritis in the hands. There are some things you can do to reduce the pain, increase mobility and slow the process down.

*Osteoarthritis is a type of arthritis that is caused by breakdown of cartilage, with eventual loss of the cartilage of the joints. Cartilage is a protein substance that serves as a “cushion” between the bones of the joints. When the cartilage deteriorates (degenerates), the bone next to it becomes inflamed and can be stimulated to produce new bone in the form of a local bony protrusion, called a “spur.”*

*Osteoarthritis is also known as degenerative arthritis because of the degeneration of the cartilage that causes it. Among the over 100 different types of arthritis conditions, osteoarthritis is the most common and affects over 20 million people in the United States alone. Osteoarthritis occurs more frequently as we age. Before age 45, osteoarthritis occurs more frequently in men. After age 55 years, it affects women more frequently. Osteoarthritis causes no symptoms in many patients. Symptoms of osteoarthritis include local pain, stiffness, tenderness, and occasionally swelling in the affected joints. Dr. William Shiel, Jr. MedicineNet.com.*



joint with osteoarthritis

Picture a ball and socket joint. Between the two bones is the synovial membrane. A layer

of cartilage at the end of each bone is the shock-absorbing cushion between the two bones.

Arthritis occurs first in any joint that has been previously injured. Also occurs with wear and tear on joints with age. Carrying extra weight deteriorates joints more rapidly.

Bone spurs extend from bone into soft tissue and damage the synovial membrane.

Bone spurs and kidney stones result from improper calcium metabolism. If you don't have enough calcium intake to maintain calcium blood level, calcium must be pulled out of storage from the bones. Calcium ready to be excreted by the kidneys goes back into the blood. This free unbound calcium goes to areas of highest activity and settles in the fingers, wrists, spine, hips, and neck. This is the cause of **arthritis in the hands**. It is necessary to take enough calcium every day to prevent spurs and kidney stones. I recommend [OsteoMatrix](#) by Shaklee because of the extensive research to prove that the nutrients in this supplement actually break down and get to the blood and bone. Many calcium supplements contain binders that prevent break down into usable nutrients. Check your brand for clinical studies.

Wear and tear of joints leads to improper cushioning, to bone rubbing against bone, to inflammation (swollen and stiff). If you lose all the synovial membrane and most of the cartilage, your joint must be replaced. If you take action soon enough, you can rebuild cartilage, stimulate, and rebuild the synovial membrane.

*(This information comes from Diane Petoskey, a renowned nutritionist who lectures widely in North America. I have heard her speak at all day seminars on health several topics and have listened to all of her health audio tapes. Her recommendations work most of the time with most people. They are worth a try. The side benefits from the supplements are many. Going the medication route tends to damage the body over the long haul as there are so many negative side effects. Buying supplements costs more because insurance doesn't pay for them. However, the gain in good health is considerable. I personally had arthritis at a young age, in my late teens and 20's and took lots of Aspirin, Motrin and other pain killers. When I started in with Shaklee at age 48, I used the basic supplements and 15 – 20 alfalfa tablets a day and stopped all medications for arthritis. In recent years, the Shaklee scientists have continued to do research on the pain receptors and on joints and have developed other arthritis relief products, including a soothing [Pain Cream](#). Please try the packet on sore joints to see how they feel. Let me know what questions you have. I am now 76 and ski, hike, walk, do stairs, dance and generally move comfortably through most yoga positions and doing chores in my garden and two-story house. I take no pain medications other than the Shaklee products. My neurologist has done MRI's of my back*

*over the years and repeatedly says the pictures would suggest I needed a wheel chair and yet I am extremely active.)*

Nutrients good for joints: minerals are very important

[OsteoMatrix](#) 1500-2000 mg/day

Magnesium ([Vita mag](#)) 750-2000 mg/day (cal-mag ratio = 2:1)

[Alfalfa](#): provides trace minerals. When the body is too acidic, it damages the synovium. Alfalfa is alkaline. Take 24-30/day (the tablets are small) Alfalfa also reduces inflammation. You may need to go up to 60/day for a couple of weeks to reduce pain and swelling. Note: meat eaters have high levels of uric acid in the blood which damages the synovium.

MSM: in capsules. For inflammation of joints. Take 6000 mg/day

[Zinc](#): at least 45 mg/day

[Garlic](#): for inflammation and joint problems. Garlic kills viruses, yeast, parasites, bacteria, it is anti-inflammatory, also regulates B/P. take 3-9/day

[Vita C](#): stimulates production of collagen (cement that holds cells together). Helps to rebuild joints, also good for inflammation. Take 3,000-5,000 mg/day

[Omega guard](#) (Essential Omega 3 Complex) essential fatty acids. Take 9/day

[GLA](#): take 6/day

[Lecithin](#): take 9-12/day

[CarotoMax](#): take 3/day

[B-Complex](#): take 6 a day

[Vita Lea](#): take 2 a day

[Joint Health Complex](#): stimulates production of cartilage. Minimum of 6/day. May have to use 9. It will take months to rebuild your joints, then you can reduce nutrients to maintain your joints.

Exercise: don't over stimulate the joints. If you have arthritis, first decrease inflammation, then exercise. Arthritics definitely improve with exercise because circulation of blood

increases and more nutrients

erobics. Here are some



exercises for arthritic hands.



You may balk at consuming so many supplements. I can tell you from personal experience that I have been able to maintain healthy joints by taking slightly fewer. Diane Petoskey's recommendations seemed extreme to me. However, many people have followed her advice to the letter and experienced major improvement. If you want dramatic results, you have to take dramatic measures. You might take the plunge and try this approach wholeheartedly for 3 months. Your blood is completely new in ninety days, so a three month trial will tell you if this approach is effective. Medicine is cheaper, but does not build healthy cells for the future.

I'd love to read your comments.

Be well, Do well and Keep Moving,

Betsy

206 933 1889

Betsy Bell's Health 4u

4455 51<sup>st</sup> Ave. SW

Seattle, WA 98116

1-800-643-2486

<http://www.HiHoHealth.com>

Betsy@HiHoHealth.com



## Category

1. Be Well health tips

## Tags

1. arthritic hand
2. arthritis
3. inflammation
4. joint pain
5. osteoarthritis
6. supplements
7. Vitamin C

## Date Created

April 18, 2014

## Author

betsyjbell