



## OPTIONS CENTER HEALTH TOPIC



### ARTHRITIS: A gut reaction?

For an amazing statistic, consider that 40 million Americans spend almost 1 ½ % of the gross domestic product on arthritis treatment – that's 115 billion dollars. Ninety nine percent of this money is spent on drugs and surgery – both poor options for this condition, since **arthritis is mostly caused by malnutrition and/or joint infections.**

In truth, if arthritis is caught prior to permanent joint damage, neither arthritis drugs nor surgery is needed. Switching from offending foods to the right healing foods and supplements to rebuild joints will resolve most cases in a year or less.

*Arthritis suffering could be ended for nickels and dimes compared to what is now being spent. So just what do you need to do?*

*For starters, you must put an end to the relentless American **diet of inflammation.** This is a steady diet of foods and non-foods that trigger inflammation and pain in the body.*



#### From Balanced to Imbalanced

Prior to the processing of our entire food supply, our diets were balanced. We ate healthful, restorative foods like raw fruits and vegetables, fresh meat and fish, seeds and nuts, eggs, and healthful oils like first-pressed virgin olive oil. We ate plenty of protein and good fats, and carbohydrates in proper balance. These outweighed the small amounts of **inflammatory foods like wheat, grains, processed oils, fried foods, alcohol, and sugar.**

**Today we consume mostly carbohydrates – much of it in the form of wheat, grains, and processed, inflammatory foods.** We think by loading up on synthetic chemicals that supplement makers call vitamins, we can offset this insult to our body and joints, but these can often make things even worse. But our bodies are paying the price. The solution is ironically not all that tough. **Simply give up anything in a package and consume at least ¼ of your food raw.** Supplement this massive dietary change with the right nutrients that rebuild and nourish healthy joints. **As you get better, get off drugs – they are extremely toxic to your body.** Start exercising as soon as you are able. After a year or so you will be a new person – effectively reducing your chronological age by 20 years!

Once you start this diet, you will do best by actually feeding your joints. Part of this feeding is in the form of minerals, protein and raw bone. Dogs are routinely cured of crippling arthritis in six weeks. It is done by eliminating cooked dog food and feeding them nothing but raw, meaty bones and vegetables. Besides eliminating arthritis, almost all other forms of disease dogs suffer from also improve or are eliminated with this diet. There is a powerful lesson here. And raw bone is part of it.

The best products for joints must be made from raw food, bones, and organic minerals. They must be grown and processed properly. And that means processing raw bones with the marrow into supplements that are edible for people. This is a tough job – and I know of only one company that has the patented processes in place to do this – Standard Process.

When you make these necessary lifestyle changes – including nutrition, exercise and eventual prescription drug-weaning – you are on the way to virtually becoming a new person. The rewards are so great that the money saved becomes secondary. The alternative of drugs and surgery is not pretty.

By Dr. Bruce West  
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- ✓ Fresh organic fruits and vegetables are delivered to Options all year long.
- ✓ Call us for more information or to schedule an appointment to discuss your health concerns

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