

OPTIONS CENTER HEALTH TOPIC

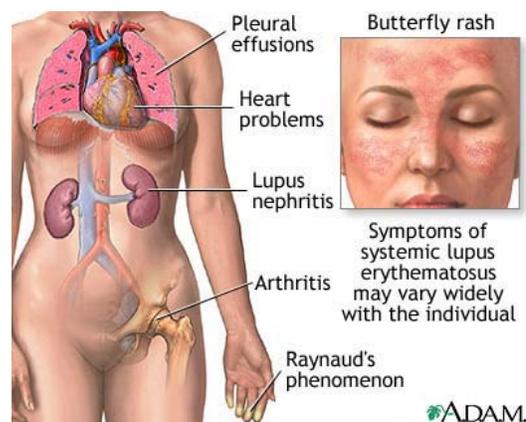


LUPUS, RHEUMATOID ARTHRITIS AND THE CARBOHYDRATE CONNECTION

Hundreds of thousands of people – mostly young women – are diagnosed with either **lupus**, **rheumatoid arthritis**, or both. In most cases, the diagnosis is never really exact. One day, or in a short period of a few days or weeks, the patient begins to suffer joint pains. This often begins with a high fever that will not come down. In many cases a prior condition like chronic bronchitis has required a long or double dose of antibiotics.

Soon thereafter a whole series of events takes place. Joint pains begin and quickly become intense, migrating throughout the joints of the body. A joint will swell, turn red, hurt severely, and then become normal as another joint suffers the same problem. A rheumatologist is usually employed at this time, and the cause of the problem is often difficult or impossible to pin down.

So a diagnosis of lupus, rheumatoid arthritis, or both is used, and the usual treatments with Prednisone and anti-microbial or anti-infective drugs like Plaquenil begin. In most cases the condition just runs along, severe some months, less severe others. Months turn to years, and the drugs take their toll. Exercise and physical activities are curtailed or ended, and the young women usually begin to slowly gain weight. The pain continues.



For the lucky ones, an amazing thing happens. They decide to try to lose weight and go on a low-carbohydrate diet. Within days of quitting the grains, wheat, pasta, pastries, refined foods, and most other carbohydrates, **their pain starts to go away**. Soon they are pain free, and if they haven't already, they quit the drugs. Amazingly, **the pain doesn't return**.

Soon they begin to experiment – just to be sure! Like clockwork, when they gorge on carbohydrates, their pain returns. They can literally turn the pain off by excluding carbohydrates, and on by including them in their diet. When the pain returns, it happens like clockwork – and often with a cardinal sign – like a big, nasty cold sore. No rocket scientist needed here. As long as they eat a healthful diet, their lifetime disease of “lupus” or “rheumatoid arthritis” is simply gone.

If you are in this or a similar situation, take heed. Get started on a low carbohydrate diet and eliminate all grains. If you are one of the majority of sufferers, your pain will begin to disappear. The side effects of this “radical diet?” You will lose weight, gain muscle, and finally normalize your insulin-hormone response and blood insulin levels – dramatically reducing your risk of heart disease. What a concept! Source: Dr. Bruce West, *Health Alert Newsletter*, May 2005/Volume 22, Issue 5

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