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# Arthritis & Joint Pain:

**Live Your Life To The Fullest!**

Ottawa Holistic Wellness

July 2019

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OTTAWA HOLISTIC WELLNESS

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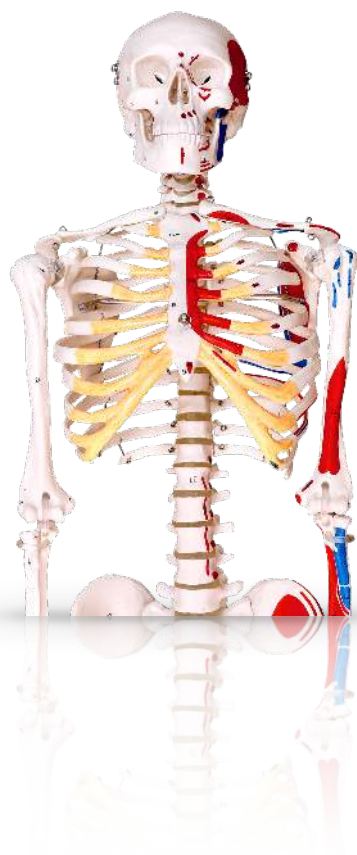
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## Introduction

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Over 4.6 Million Canadians over the age of 15,  
that's ***one out of every six***,  
have reported experiencing Arthritis.

Many more have joint pain.

In Canada two out of three people with Arthritis  
are women, and nearly three out of five are  
under the age of 65.

There is no cure for Arthritis, but what we can do is learn  
to ***prevent*** the condition, understand the ***symptoms*** and the ***triggers***,  
and how to ***manage*** the condition.

In this ebook we explore those triggers and natural ways to reduce  
symptoms of Joint Pain, Rheumatoid and Osteoarthritis.

<https://arthritis.ca/understand-arthritis>

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# CHAPTER 1

## WHAT IS ARTHRITIS?

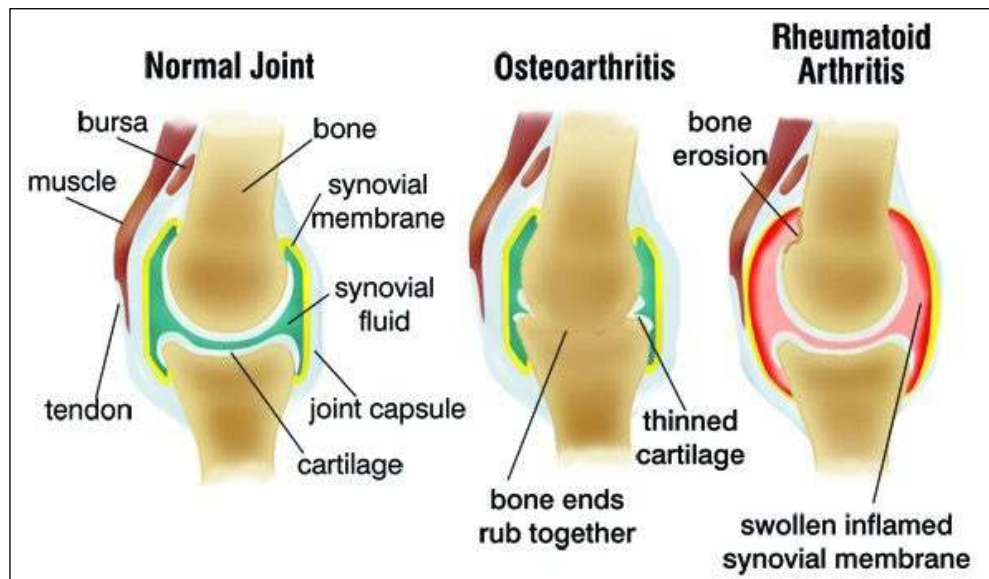
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Arthritis is and literally means inflammation (itis) of the joints (arthro). It refers to over 100 different conditions which fall mainly into two categories.

The first category, **inflammatory arthritis**, covers all types caused by an overactive immune system attacking the lining of the joints.

**Rheumatoid arthritis** falls under this type and is the second most prevalent type of arthritis.

The second category is called **osteoarthritis** and occurs when the cartilage of the joint has been worn down over time causing pain.



4.6 million Canadians, or 1 in 6 adults, are afflicted by this debilitating disease, costing the Canadian economy an estimated whopping \$33 billion per year in loss of productivity and health care costs!

And that number is expected to rise to 7.5 million by 2036 according to the Arthritis Society.

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## ***How does allopathic medicine treat arthritis?***

**Rheumatoid arthritis** (RA) sufferers are typically prescribed toxic medication for life to suppress the immune function and control pain.

Drugs used include prednisone, methotrexate, and drugs that interfere with tumour necrosis factor, like Enbrel.(1)

Over 50 years ago, a rheumatologist named Dr. Brown theorized that RA was caused by an infection of mycoplasma bacteria. Using antibiotics, Dr. Brown helped over 10,000 people put their symptoms into remission. Dr. Mercola, my go to for well covered health topics, uses the Dr. Brown protocol.

**Osteoarthritis** (OA) is managed with drugs such as corticosteroids and NSAIDs to keep pain and inflammation down, and ultimately surgery to replace the affected joint is performed. The consensus in the allopathic world is that there is no cure.

## ***What is the holistic approach to treating arthritis?***

Alternative medicine has a different approach.

In RA the goal is to recalibrate the immune system so that it is working optimally, protecting us as it should and not harming us as is the case of autoimmune diseases, including RA.

There are many stories of individual sufferers of RA managing to completely reverse all of their symptoms keeping the disease in remission for years using exercise, diet, supplements and alternative treatments such as acupuncture.

In my own practice I have seen deformed and swollen fingers and arms over time resuming their unswollen and properly formed selves again through acupuncture alone!

## ***What foods help and hinder healing?***

Eating foods that help to decrease inflammation and avoiding foods that increase inflammation is always a good starting point for just about any disease including arthritis.

Including herbs and spices such as turmeric, ginger, nettle, pineapple, boswellia (an Ayurvedic herb made from frankincense) and willow bark are useful in decreasing inflammation.



Boswellia

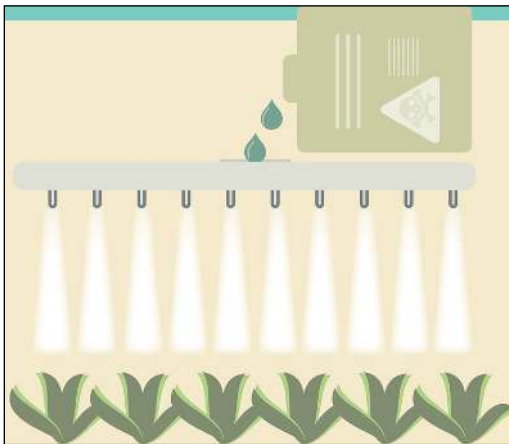
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Foods known to be anti-inflammatory and packed full of nutrients include sprouts, spinach and kale. Eating 46 ounces of fermented foods a day keep our gut biome in check and that is key to keep the doctor away. Loading up on fermented foods such sauerkraut, kimchi, kombucha and natto will do a lot to bring you closer to your health goals in general.

Making these wholesome choices in your diet will not only decrease your body's overall inflammation, but also fight bacterial and fungal infections that are said to contribute to RA.

Avoiding simple carbohydrates and sugars such as breads, pastas, alcohol, soda and sweets will keep inflammation down and starve any unwanted bacterial guests. In one study, one pop a day was shown to increase the incidence of RA by 63%. Also, especially for RA, avoiding nightshades is helpful as these are known to aggravate symptoms. This includes tomatoes, peppers, eggplant and potatoes.

## Chemicals In Foods



None of us should expose ourselves to the chemicals and artificial fertilizers dumped on genetically modified crops, such as wheat and corn. This is especially true of RA sufferers.

Glyphosate is the chemical present in nonorganic GE foods and has been shown to interfere with the functioning of mitochondria.

Mitochondria make the energy unit of the body called ATP and are also involved with cell signalling. They play an important role in autoimmune inflammation.

This poisonous chemical is not allowed to be used on certified organic products and produce, so yet another reason to support organic farming practices!

Many will notice their symptoms improve in the warmer seasons. Part of this is due to the role vitamin D has in keeping inflammation down. Mercola describes how vitamin D has the ability to stimulate over 300 antimicrobial peptides which are more powerful than antibiotics.(2)

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## Alternative Treatment Options:

The Arthritis Foundation cites a study that looked at 21 different forms of complementary alternative medicine or CAM and their effectiveness at treating both rheumatoid and osteoarthritis.

Using a 5 point scale the researchers rated the ability of the therapy to relieve symptoms. A ranking of 1 indicates little to no evidence of efficacy; 5 means there is consistent evidence from high quality trials that a therapy improved patients' pain, disability and quality of life.(3) Both massage and acupuncture were ranked at a 5 and tai chi and yoga got a ranking of 4. If you or someone you know suffers from arthritis then I encourage you to explore what alternative methods have to offer.

Although dietary changes are not easy to make, once the habit of eating more wholesome and clean foods that encourage microbiome health and discourage inflammation, then you will find that not only do the symptoms you were trying to resolve improve or go into remission, but you also have more energy and an overall improvement in quality of life.

### References:

1. <https://articles.mercola.com/sites/articles/archive/2015/08/09/rheumatoidarthritisremission.aspx>
2. <https://articles.mercola.com/sites/articles/archive/2016/02/03/rheumatoidarthritismedications.aspx>
3. <http://blog.arthritis.org/livingwitharthritis/provennaturaltreatmentsarthritis>



### About the Author

*Emily Dunn studied in Ottawa to become a registered acupuncturist and has additional training in Dr. Tan's Balance Method, Master Tung's Points and facial rejuvenation for cosmetic acupuncture. What inspires Emily as an acupuncturist is the ability to use a millennia old, drug-free method to help people relieve their symptoms and to facilitate natural healing.*

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## CHAPTER 2

# CAN EMOTIONS AFFECT JOINT PAIN?

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There can of course be many physical reasons for joint pain, including injuries and auto-immune diseases such as Rheumatoid Arthritis.

***But have you ever considered that emotions affect joint pain?***

As an **Energy Healer** I work with numerous clients, and many of them complain of pain. This can be joint, back, hips, feet or anywhere else in the body...

### ***How Do Emotions Affect Joint Pain?***

#### **The Physical Impact**

On physical level if you are stressed, angry or upset your posture will be affected and your muscles become tense. For people who already have an underlying joint injury, or damage from arthritis, these physical changes leave the injured area unsupported causing pain to be increased.

#### **Histamine and Inflammation**

In addition, emotions affect joint pain on a chemical level within the body. The emotions increase histamine (inflammation). For anyone whose joints are already compromised this can really aggravate symptoms such as pain, heat and swelling. **Dr Jonega** writes about emotions and their impact on histamine.

So, yes, emotions affect joint pain on a physical, chemical level.

### ***Which Emotions Affect Joint Pain on the Energetic Level?***

That's easy, all negative emotions can adversely affect your joints.

For example, anxiety, fear, shock, trauma are associated with the kidney meridian.

They are also associated with the root chakra. When we experience these emotions the resulting blockages can cause low back and hip pain. In addition, the need to "protect" can leave you with tight, inflexible hips.



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Here are some other examples:

**Arms:** So shoulders, elbows, hands. These can be linked to a need to reach out, to either ask for help for yourself, or to offer help to someone else. If you have pain in your arms take a moment to connect and see if you feel this may apply to you.

A few years ago I came across this on a personal level. I developed tennis elbow for no apparent reason.

The next time I visited my healer I complained of this and she pointed out the reason. Someone close to me was seriously ill and I was in no position to do anything to help them. My desire to reach out and help was getting stuck in my elbow.. She recommended that I bring them into every healing session I did and include them in the healing. In addition to take some time to bring them some distance healing.

My elbow completely cleared up after a few days. *I still find this spooky despite what I do!*

**Legs:** Hips, knees, ankles, feet. Are you stuck, unable, unwilling or apprehensive about going forward? Afraid to take the next step?

**Shoulders:** For someone who carries the weight of the world, in a position where everything falls onto them, it can mean sore, tight shoulders. As if you are literally carrying a burden.

**Neck:** This often relates to finding your voice. Many of us have been brought up unable to really express who we are, our needs and to be heard. Finding your voice will often resolve neck pain and along with it some headaches.

### ***Where Do The Emotions Come From?***

It can be 'now stuff' in our lives, or from past events, genetic memories (our parents, grandparents etc) or even soul memories. Sometimes it is clear, other times we have no idea where they come from...

For sure our upbringing will have an impact. I see so many clients where they have tried to be the "good child", conform to parent's expectations. This continues with being a good spouse, employee and then parent... there is never a time to find out who they are and to learn to express their true self and needs.

In addition, events in our lives play a part. Witnessing or being a part of a traumatic experience at school, university, a bad relationship etc can all impact the emotions we carry.

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We all carry genetic memories and soul memories and they can be triggered so that our body remembers trauma from previous generations and lives.

It is not important to know where the emotion originates, it is enough to identify it and allow it to be released, to be replaced by something more positive.

### ***So How Do We Resolve These Emotions?***

For the 'now stuff' Meditation and Mindfulness play a part. Allowing the mind to be calmer, for us to become less reactive and better able to deal with day to day stresses and events.

To resolve those deeper emotions, from traumatic events in our lives, the genetic memories, the soul memories we need to utilize other methods.

**CBT** (Cognitive behavioural Therapy) can help, along with **EFT** (Emotional Freedom Technique / Tapping), as can **Hypnosis**.

You may also wish to seek help from **Shamanic Healer**, or a practitioner who uses **Energy Healing** such as Reiki or Pranic Healing.

In choosing your approach be mindful of the fact that most of us will benefit from a team of healers and techniques, not just one person / approach.

Allow yourself to be guided by your intuition. Even if it does not make rational sense, go to the person, or pursue the technique, that really calls to you at that time. You may see one person for a while then go to someone else, and perhaps come back to the first person.

Healing and resolving the emotions we carry is a process, *a very fluid process with no rules*, it takes as long as is needed and every one of us is different. We can take a break at any time. Do not compare yourself to others, and above all Enjoy the Journey!



#### **About the Author**

*Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!*

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## CHAPTER 3

# FOODS TO AVOID FOR ARTHRITIS

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### *Can certain foods really be a trigger for arthritic conditions?*

Absolutely!

The saying “We are what we eat..” holds a lot of truth...



Anything that adversely affects our digestion will impact our overall health, and in turn our immune system and the level of inflammation in the body.

A 1989 survey of more than a thousand arthritis patients is highlighted by the **Physicians Committee for Responsible Medicine**. It found a number of foods that consistently aggravated arthritis symptoms.

There have been many other studies that support their findings.

### *So what do you need to avoid?*

There is no one size fits all when it comes to foods, so some trial and error is required to discover what works for **you**.

You may wish to avoid all of the following for at least a month then add them back in one at time, consuming each one for at least a week before adding the next one.

The following list is not in any particular order.

**Dairy:** Any product that contains **lactose** OR **casein** (milk protein), so this includes milk, yoghurt, cheese, ice-cream, whey powder etc whether on its own or as an ingredient in prepared goods.

**Eggs:** On their own or in baked goods



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**Wheat and Corn:** In fact, the protein in **all grains** can be inflammatory for some people. You may wish to start by avoiding wheat / corn and then experiment with eliminating all grains (including rice, oats, buckwheat etc) for a period.

These are found in bread, pasta, baked goods, muffins, cookies, pastries etc, and also in many prepared sauces, marinades and ready meals, so read the labels or cook from scratch.

**Sugar:** Foods high in sugar can be obvious (white and brown sugar, maple syrup, honey, sodas and pop) but it is also hidden in many foods.



Some examples of hidden sugar are fruit, fruit juice and dried fruits (a slice of watermelon can contain the equivalent of 5 sugar cubes, [click here](#) to see.);

apple sauce; sauces and marinades such as ketchup, teriyaki, BBQ; ready meals; beer, wine and cider; some milk alternatives e.g sweetened, chocolate or vanilla soy milk; and gluten free products which are generally highly processed.



**Meats:** The saturated fat in meat has been linked to arthritis. It may be the fat itself, or the fact that when fat is heated (grilled, fried, baked etc) it contains toxins called “advanced glycation end products” (AGEs), which trigger inflammation.

You may wish to remove all meat or just fatty meat from your diet. 100% grass fed and game meats are generally leaner than commercially produced meats.

**Night Shade Vegetables:** Tomato, bell pepper, eggplant and potato contain a chemical that is linked to inflammation.

**Citrus fruits:** For some these can trigger arthritic pain.



**Coffee:** Both de-caff and regular coffee have been linked to increased inflammation in the body which can aggravate the symptoms of arthritis.



**Alcohol:** The alcohol itself triggers inflammation, however, wine in particular creates a lot of histamine in the body and will aggravate arthritis.

**Omega 6 oils:** This is converted in the body into pro-inflammatory chemicals. The foods to avoid would include corn, peanut, sunflower, safflower, palm and soy oils. Canola oil is also best avoided as it has been linked to many health concerns. Check labels on ready meals, gluten free products, chips and crackers, dips (humus, baba ganoush etc), sauces, marinades etc.



And finally, where possible, choose organic produce that is in its natural state and not processed. Pesticides and herbicides have a detrimental effect on our gut health which in turn impacts our immune system and levels of inflammation in the body.

To find out more book with your **Holistic Nutritionist**, **Naturopathic Doctor** or **Functional Medicine Practitioner**. An **Allergy Test** can also help to identify foods that cause inflammation for you.



#### About the Author

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## CHAPTER 4

# A DIET FOR ARTHRITIS: THE GOOD AND THE BAD

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When considering what foods are good and bad for arthritis, both rheumatoid (RA) and osteoarthritis (OA), a great place to start is to address those that either create or reduce inflammation in the body.

By reducing the overall level of inflammation arthritic conditions can be improved.

There are three important facts to remember:

- 1.** Anti-inflammatory diets are not a one-size-fits-all solution. We are all unique our make up so what works for one will not work for another, so it will take some trial and error to find what works for each individual.
- 2.** When seeking natural ways to improve your condition it is not a quick, short term fix; it is a lifestyle change that will need to be maintained long term if you wish to continue to experience the benefits.
- 3.** Diet is only a part of the process, many also find that moderate exercise will increase the positive effect of diet on arthritis pain.

### Toxins In Food

It is well known that pesticides, herbicides and artificial fertilizers are harmful to us. They interfere with our gut health, and in turn affect our immune system and overall well-being.

In addition, foods that are heated, grilled, fried, or pasteurized will contain toxins called “advanced glycation end products” (AGEs).

These toxins damage certain proteins in the body. To address these AGEs the body recruits cytokines which are in themselves inflammatory messengers.

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<http://icahn.mssm.edu/about-us/news-and-events/study-shows-that-reducing-processed-and-fried-food-intake-lowers-related-health-risks-and-restores-bodys-defenses>

High amounts of sugar in the form of processed grains (white flour, white rice, many breakfast cereals), candies, soda etc will also increase the amount of AGEs in the body. If you like sweet snacks try to use natural, fibre rich fruits such as dates and figs.

## Oils, The Good And The Bad

### Omega 6

This is found in corn, peanut, sunflower, safflower, and soy oils, and is healthy in small amounts. However, excessive consumption is detrimental as it is converted into pro-inflammatory leukotrienes and prostaglandins.

It is important to be aware that many baked goods, commercial snacks and foods contain corn oil and other sources high in omega 6.



Safflower

### Omega 3

Omega 3 has been shown by many studies to be beneficial in reducing inflammation in a number of ways. It inhibits the production of other inflammatory molecules and also triggers the production of anti-inflammatory chemicals.

In particular, olive oil contains oleocanthal, which has properties similar to non-steroidal, anti-inflammatory drugs.

Omega 3 can be found in fish, flax, hemp, chia.



Chia Seeds

### Trans Fats

Trans fats are altered by the addition of a hydrogen molecule to increase stability and shelf life.

They are believed to impact inflammation, heart disease, and cause other health problems. The dangers are becoming better known and they have been removed from many products but can still be found in some baked goods, fast-food items, processed snack foods, and many margarines.

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## Antioxidants



Free radicals will cause oxidative stress in our bodies when their number exceeds our ability to process them.

High oxidative stress is linked with arthritic conditions, both RA and OA.

Creation of these radicals is a normal part of metabolism, but production is increased by some activities such as smoking and consuming certain foods including alcohol, fats that have been heated to high temperature (including fat in meats) and chlorinated water (let your tap water stand for a while before drinking).

The good news is that there are various antioxidants found in foods, these include those below (just a note that chocolate should always be at least 75% cocoa):

- Allium sulphur compounds: Leeks, onions, garlic
- Anthocyanins: Red and purple fruits - Eggplant, grapes, berries
- Beta carotene: Pumpkin, butternut squash, mangoes, apricots, carrots, spinach, parsley, cantaloupe, sweet potato, carrots, kale,
- Catechins: Tea, dark chocolate
- Copper: Seafood, lean meat, nuts, legumes
- Cryptoxanthins: Red peppers, pumpkin, mangoes, papaya
- Flavonoids: Tea, green tea, dark chocolate, onion, apples
- Indoles: Cruciferous vegetables such as broccoli, cabbage, cauliflower
- Lignins: Sesame seeds, bran, whole grains, vegetables
- Lutein: Leafy greens - includes spinach, kale, chard
- Lycopene: Watermelon
- Manganese: Seafood, lean meat, nuts
- Polyphenols: Thyme, oregano
- Selenium: Seafood, offal, lean meat, whole grains
- Vitamin C: Berries, kiwi fruit, mangoes, broccoli, spinach, peppers
- Vitamin E: Cold pressed vegetable oils, nuts, avocados, seeds, whole grains
- Zinc: Seafood, lean meat, nuts
- Zoochemicals: Red meat, offal, fish

An anti-inflammatory diet cuts down or eliminates foods suspected of causing oxidative stress and encourages the consumption of foods rich in antioxidants.



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## Know What's In Your Food

Many foods contain excessive salt and other preservatives to promote longer shelf lives. For some people, excess consumption of salt may result in inflammation of the joints. It may be worth trying to reduce your salt intake to as modest an amount as is reasonable.

Your local Naturopathic doctor, Functional medicine doctor or Holistic nutritionist will be able to help you determine which foods aggravate your arthritis or help to reduce your symptoms.

### One To Try At Home!

You may wish to sample this anti-inflammatory cocktail.. Enjoy!



- 1/4 cup raw apple cider vinegar
- 2 tablespoons freshly grated ginger
- 1 tablespoon grated turmeric
- 1 stick cinnamon, crushed
- 1 jalapeno or 1 habanero, diced
- 1 tablespoon raw honey

#### Directions:

In a blender, combine all of the ingredients and blend until smooth.

Pour into your favourite glass and let sit for 30 minutes.

Add ice or club soda, drink, and enjoy!

<https://www.arthritis-health.com/video/video-best-tasting-anti-inflammatory-cocktail-youve-never-tried>



#### About the Author

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## CHAPTER 5

# 7 INSANELY STRAIGHTFORWARD DRUGLESS WAYS TO PREVENT OSTEOARTHRITIS GETTING WORSE

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I think you will agree with me when I say:  
Apart from prescribing anti-inflammatory drugs, doctors can often offer little else that will prevent osteoarthritis from getting worse.



Well, it may surprise you, there are some drugless measures to halt the progression of arthritis. In fact, these same strategies have helped hundreds of my clients halt the regression of their osteoarthritis.

And I should point something out, these approaches are safe and straightforward to implement. Let's dive right in!

### 1. Keep Well Hydrated

We all know that drinking water is essential for the health of our bodies.

From a physical point of view, water is vital for the proper functioning of joints and muscles. But how much water should we be drinking?

My rule of thumb is that when you go for a pee, your urine should have a slight yellow colour. In other words, if your urine is too dark or too clear you are not drinking the right amount of water.

#### *Does coffee count?*

Coffee will wreck your hydration because the caffeine acts as a diuretic.

An interesting fact:

1 cup of coffee equals 2 cups of water.

So if you drink coffee, you will have to drink extra water to counter the effects of the caffeine.

### 2. Limit Inflammatory Foods

Like poor hydration inflammation in the body can affect how well your joints and muscles work. Inflammation in the body can often originate from the foods we eat.

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Avoiding or limiting these foods can help reduce body inflammation and in turn, help your joints and muscles.

Common inflammatory foods include:

- Refined flours
- Artificial additives, flavours and sweeteners.
- Processed sugar such as beet or cane sugar
- Industrial Seed Oils such as corn, canola or soy oil.

### ***What are better food choices for my arthritis?***

I suggest eating more vegetables, good fats (such as coconut oil) and some high-quality protein.

### **3. Lose Excess Pounds**

It goes without saying that carrying extra weight will put more strain on joints and muscles. So if you are carrying any extra pounds losing weight is going to help.

### ***But how do I lose weight if I cannot exercise?***

In my over 20 years of treating clients, losing weight is less about exercise and more about what you eat. In my experience, if you can lower your carbohydrate intake plus follow the above low inflammatory diet above all things being equal, this approach should help you shed the pounds.

### **4. Avoid High Impact Exercise**

Exercise is essential for keeping your muscles toned and for reducing your stress. However, an exercise that puts a lot of pressure on your joints is not suitable if you have osteoarthritis. If you have osteoarthritis, consider trying a low impact exercise such as cycling and swimming.

### **5. Optimize Your Nutrition Levels**

Have you ever been told that you were low in a nutrient following a blood test? Did you know that low nutrient levels can lead to muscle and joint problems? If you do have osteoarthritis, then it is crucial that you ensure that you have optimal nutrition stores in your body.

The key word here is optimal.

Most doctors will tell you that your nutrient levels are ***within a normal range.***

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Rather than accepting that this level is sufficient, look at your results and ensure that your figures are more towards the higher end of the normal range.

### ***What nutrients are important?***

In my clinical experience, the three most relevant to nutrients to check are B12, iron and vitamin D.

## **6. Manage Your Stress**

You may ask what does stress have to do with osteoarthritis.

Just like some foods can cause inflammation in the body, so can chronic or long term stress. In today's world, we are all besieged by many different types of stress. It is impossible to avoid.

So, the best we can hope for is to manage our stress.

Although there are many different strategies you can try to manage your stress, I find the one I consistently recommend is to find time to nurture yourself.

Nurturing yourself means doing something that is for only you and that you enjoy.

I enjoy learning new skills that will help me in my work and spending time with people who inspire me.

### ***What things nurture you?***

## **7. Get Enough Sleep**

Sleep is not only essential to ensure you have energy, but it also allows the body to regenerate and repair.

There are some medical reasons why you may not be sleeping well, but that being said, there are some basic sleep hygiene strategies that can help a restful night:

- Try to be in bed with the lights off by 10:30 pm latest.
- Avoid using electronic devices at least an hour before going to bed.
- Avoid eating a large meal at least 2 hours before going to bed.

### ***Written By:***

***Dominick Hussey, Clinic Founder, Osteopath &  
Functional Medicine Practitioner***

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## CHAPTER 6

# THE 7 BEST COMPLEMENTARY THERAPIES FOR OSTEOARTHRITIS

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I imagine you would agree with me when I say:  
Choosing natural therapy to treat osteoarthritis can be confusing.

So, today, I am going to show you 7 natural therapies to treat osteoarthritis.  
Moreover, all these treatments have been shown through scientific research to help reduce the symptoms of osteoarthritis.

Also: All approaches are available in Ottawa.

## Complementary Therapies For Osteoarthritis

### 1. Acupuncture

**Acupuncture** is a form of alternative medicine that stems from Traditional Chinese medicine (TCM). TCM practitioners use needles to stimulate specific points on the body. Scientific research offers limited but promising evidence that acupuncture can help arthritis symptoms.



In a small 2017 **pilot study** published in the Journal of Pain Medicine, researchers concluded that acupuncture offered in the group setting was effective in reducing pain severity, pain interference, and depression in patients with chronic neck, back, or shoulder pain or osteoarthritis.

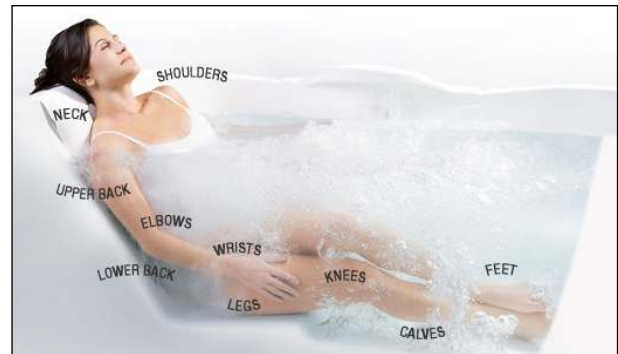
In a 2009 randomized **study**, published in the Journal Of Alternative Medicine, researchers found that Acupuncture improves symptoms of chronic shoulder pain diagnosed as osteoarthritis or rotator cuff tendonitis.

Acupuncture is widely available in Ottawa. In general, the best acupuncturists tend to be TCM practitioners.

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## 2. Balneotherapy

Balneotherapy or spa-therapy is an old and popular therapy. It entails spending time in an indoor pool filled with mineral water at a temperature of between 31 to 34 degrees Celsius. Research is insufficient but offers encouraging evidence that Balneotherapy can help osteoarthritis.



In a **study** published in 2007, researchers found that Balneotherapy was effective in treating people with knee osteoarthritis.

Balneotherapy (the Kali Bath) is available at **Spa Nordik** in Chelsea, Quebec which is about 20 minutes north of Ottawa.

## 3. Chiropractic treatment



**Chiropractic treatment** is a system of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, especially those of the spinal column, which are held to cause other disorders by affecting

the nerves, muscles, and organs.

A small **study** of 10 people concluded that Chiropractic management of atlantoaxial or upper neck osteoarthritis yielded favourable outcomes.

Chiropractic treatment is widely available in Ottawa. All chiropractors in Ottawa should be a member of the **Ontario Chiropractic Association**.

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## 4. Homeopathic Treatment

Homeopathic medicine views symptoms of illness as normal responses of the body as it attempts to regain health. Homeopathy is based on the idea that "like cures like." That is, if a substance causes a symptom in a healthy person, giving the person a tiny amount of the same substance may cure the illness.



A relatively small but high-level scientific **study** found that homeopathic gel was at least as effective and as well tolerated as the NSAID gel for treating osteoarthritis of the knee.

Homeopathy is widely available in Ottawa and is practised by **Naturopathic Doctors** as well as Homeopaths.

## 5. Massage



**Registered Massage Therapy** is the rubbing and kneading of muscles and joints of the body with the hands, especially to relieve tension or pain.

A high-level scientific **study** involving 68 subjects concluded that massage therapy seems to be efficacious in the treatment of osteoarthritis of the knee.

**Registered Massage Therapy** is widely available in Ottawa.

## 6. Mud Therapy or Bath

A mud bath is a bath of mud, commonly from areas where hot spring water can combine with volcanic ash. Mud baths have existed for thousands of years and can be found now in high-end spas in many countries of the world.

A small **study** from Serbia found that Sulphur bath and mud packs lead to a significant decrease in pain intensity in patients with osteoarthritis.

Several spas in Ottawa offer mud bathing.



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## 7. Prolotherapy



Prolotherapy, also called proliferation therapy, is an injection-based treatment used in chronic musculoskeletal conditions. It has been categorised as an alternative medicine practice.

A high-level scientific **review paper** concluded that prolotherapy for knee osteoarthritis might be appropriate for the treatment of symptoms associated with knee osteoarthritis.

Prolotherapy is available at the **Ottawa Naturopathic Clinic** in downtown Ottawa.

### ***Have I missed anything?***

Now I would like to hear from you:

### ***Which therapy from this blog are you going to try first?***

Or maybe I did not mention one of your favourite natural to treat osteoarthritis.



### **About the Author**

*Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role.*

*He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.*

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## CHAPTER 7

# OSTEOARTHRITIS: NATUROPATHIC MEDICINE TO MANAGE YOUR PAIN

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An estimated 10% of Canadians over the age of 15 live with a diagnosis of osteoarthritis [OA] (1). 70% of these Canadians experience the majority of their arthritic symptoms in their hips and knees (1).

Unfortunately, among Canadians with a diagnosis of arthritis, the average time between onset of their symptoms and an accurate diagnosis can be up to 7.7 years (1).

This period of time between onset of symptoms and diagnosis of the disease could be spent making dietary and lifestyle changes to reduce pain and improve quality of life.

By 2036 an estimated 7.5 million Canadian adults will have a diagnosis of OA.

### ***What Are the Symptoms of OA?***

Increased stress and aging of our joints leads to breakdown of joint tissue known as cartilage. Cartilage acts as a cushion between the bones of our joints, and without it bones begin to rub against each other. When cartilage is sufficiently worn down, joints are left with bone-on-bone contact; limiting range of motion. As a result, people with OA experience pain, stiffness, and swelling in their affected joints (2).

## **Treatment Options**

Lifestyle treatments for OA aim to reduce further injury, relieve pain, and improve joint function.

Some of these treatments are as simple as self-management; avoiding repetitive stress on the affected joints.

For example, musicians and dancers place repetitive stress on their joints, and they may be at higher risk of developing OA.

Obese Canadians are also at risk for OA, and adhering to a lifestyle plan of healthy eating and weight management will help to reduce the pain and damage of OA.



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Deep breathing and massage therapy can help to relax tense muscles around an inflamed and stiff joint (2).

In some cases, joint replacement surgery is required to limit the damage of OA and provide a better quality of life.

### ***How can naturopathic medicine help with the prognosis of OA?***

Naturopathic doctors are able to provide acupuncture, which has been shown to help with the pain, stiffness, and limited range of motion observed in OA.



**Curcumin**, a strong anti-inflammatory component of the spice turmeric, may help to reduce the pain and stiffness of OA (3,4).

**Fish oil** also has great evidence for use as a strong anti-inflammatory and antioxidant in OA (5).

Some people also benefit from a hypoallergenic diet; cutting out potentially aggravating foods that may be contributing to pain and dysfunction.

Finally, for topical pain relief, boswellia serrata, AKA frankincense, oil mixed with your favourite carrier oil (think sweet almond, olive, coconut, etc) and applied to your affected joints daily may help reduce inflammation and pain (6).

In one study of 30 patients with OA of the knee, 8 weeks of boswellia extract significantly improved knee pain, swelling, range of motion, and walking distance compared to placebo (7).

If you are interested in learning more about how naturopathic medicine can benefit your arthritis, please book a visit with your local naturopathic doctor.

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### About the Author

*Dr. Eric Viegas has an undergraduate degree in Health Sciences from The University of Western Ontario and has also completed doctorate equivalency from The Canadian College of Naturopathic Medicine (CCNM). He spent his years of study at CCNM devoted to acupuncture, botanical medicine, nutrition, homoeopathy, physical medicine, and counselling.*

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## CHAPTER 8

# SIMPLE HERBS FOR RHEUMATOID ARTHRITIS

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It usually comes on quietly. “I thought it was tendonitis from working long hours on the computer.” One person describes the beginnings of rheumatoid arthritis.

Another tells of not being able to get out of bed in the morning because her ankles were swollen and stiff. “For three months I took ibuprofen for the pain. Then my wrists swelled and a month later the pain was in my neck.”

These are a description of the onset of Rheumatoid Arthritis.

### Attacking Our Own Body

Rheumatoid Arthritis is classed as an auto-immune disease. The human body is fantastically complex; trillions of cells in relationship to each other. They feed each other, nurse each other back to health, banish renegade cells with their own agenda (cancer) and continually replicate.

This co-existence requires the ability for cells to recognize that they belong to the same community called the human body. Something happens in auto-immune disease which causes this harmonious relationship to go astray and the immune cells to assault the cells of the cartilage, bones and ligaments in joints.

This assault results in inflammation, or in other words, painful, swollen and stiff joints.

### *Why Does It Happen?*

It is generally accepted that RA is a genetic disease. However, a useful question to ask is, “*why do some people with a history of RA in the family never develop it while others do?*”.

The internal environment of the body is the deciding factor by which genes are turned on or off, including genes which trigger chronic disease. Much of the current research in genetic diseases, including other auto-immune conditions and some cancers, suggests that the internal environment of the body is profoundly influenced by the external environment.

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## Gaining Relief With Herbs

Each person I have spoken to with RA associates the onset of RA with unusually stressful events in their lives. Stress profoundly effects the internal environment of the body, interfering with sleep, digestion, and hormonal balance.

This is where herbal medicine shines. It eases the effect of stress on the whole body, while targeting the specific area under duress.

In relieving RA herbalists turn to anti-inflammatory herbs like turmeric (*Curcuma longa*), licorice (*Glycyrrhiza* spp.) and devil's claw (*Harpophytum procumbens*).

In some ways, to call these herbs anti-inflammatory is to miss represent them. They do not act like over the counter pain medicine or like prescription anti-inflammatories which offer temporary relief for as long as the drug is used. Anti-inflammatory herbs work with the body to resolve inflammation. They may take longer to work but their effects are longer lasting.

## How They Work

### *What do these herbs have to do with stress aggravating RA?*

1. Both turmeric and licorice moderate the effect stress has on the immune system. Adrenal glands react to stress. These herbs enhance the adrenals' efficiency in secreting the anti-inflammatory, cortisol.

2. They interfere with inflammation messengers the body produces when fighting illness, such as arachidonic acid. By the way, arachidonic acid is higher in those who eat a lot of red meat. For this reason holistic practitioners recommend decreasing or eliminating red meat from the diet while suffering from chronic inflammation.

3. Licorice and turmeric are also high in anti-oxidants which negate the effect of free radicals produced by our stressed out body.

4. Both are considered herbs that protect the liver and support it in eliminating the debris created by chronic inflammation.



Licorice



Devils Claw is a plant from the Kalahari dessert in South Africa and is used by the Hottentot people to relieve migraine headaches.

In 1953, it was imported to Europe and embraced by western herbalists as a pain reliever and anti-inflammatory for arthritic conditions, including RA.

There have been several clinical trials using Devil's Claw in the treatment of RA. Each trial has demonstrated the herb's effective pain relieving actions.

At this time, how the plant reduces inflammation is not known. In holistic medicine, sometimes the search for the specific mechanism in a plant's medicinal activity is like not seeing the forest for the trees.

The plant works. It also improves digestion and scavenges free radicals.

One final important herb added to an RA formula is the bark of the poplar tree (*Popularis* spp.). In the spring, scrapping of the bark of young branches exposes a lovely green powder. This powder is high in salicylic acid, the pain relieving compound found in over the counter medicine such as aspirin. Although, symptomatic in its effect, poplar bark eases pain while the other herbs do their job.

Speak to your herbalist to find out how nature's medicine can help you with your symptoms.



#### About the Author

*Abrah Arneson has over 10years experience as a herbalist, and additional training in iridology, Bach Flower essences, and is a Reiki Master. She has taught plant medicine and is author of 2 books. Believing that when we are heard and understood by someone concerned for our wellbeing, the possibility of wellness opens naturally, she listens deeply to her clients' concerns before offering recommendations particular to each individual's needs.*

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## CHAPTER 9

# CAN CHIROPRACTIC HELP WITH ARTHRITIS?

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Arthritis can affect our joints and can leave us feeling stiff, achy, and sore. In a 2013 report, The Arthritis Society of Canada reports that 16.6% of the adult population had arthritis.

Arthritis affects more women than men and 56% of people with arthritis are under 65 years of age.

Many people associate arthritis with “getting old”. What you may not be aware of is that, several forms of arthritis exist and can affect different age groups and populations.

The two most common forms of arthritis are **Rheumatoid** and **Osteoarthritis**.

### **Osteoarthritis (OA)**

This is also called degenerative joint disease and is the most common form.

It usually develops overtime from wear and tear placed on our bodies. After a while, with repetitive damage, the cartilage on the ends of our bones gets thinned and our bones can feel like they are rubbing together.

Osteoarthritis most often affects weight-bearing joints such as knees, low back, neck, and shoulders, but can be found in most other joints as well.

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## Rheumatoid Arthritis (RA)

Unlike Osteoarthritis, Rheumatoid arthritis is an autoimmune disease that can affect both young and old.

RA occurs when the body thinks the synovial fluid within our joint capsules is a threat or foreign intruder. The body then “attacks” its own synovial fluid and causes damage along with swelling within and around the joints.

Unlike Osteoarthritis, RA first affects smaller joints like our fingers and toes and can occur in both sides of the body concurrently. The swollen joints often feel warm to touch and red and inflamed.

## Diagnosing Arthritis

It is important to realize that with age, most people will have some radiological signs of osteoarthritis.

Although it may “appear” you have arthritis on an x-ray, this does not necessarily mean your pain is coming from the changes that are seen on the x-ray images. For this reason, it is important to get an accurate diagnosis of why you have pain.

In the end, it may not be the arthritis that is causing you pain. Poor posture, sitting at your desk all day, inactivity, old unhealed injuries, and repetitive strain injuries are all things that could be causing you pain, however, it may still be labeled as “arthritis”.

## Reducing the Pain

### *What can you do if you have arthritis?*

Arthritis is not reversible but your pain is. Furthermore, you can prevent arthritis from getting worse. One of the most important things you can do is get your joints moving! Exercise helps maintain healthy and strong muscles, joint mobility, flexibility, endurance, and helps control weight.

In addition to exercise getting adequate rest is also crucial. Our tissues need time to regenerate and repair. Also, rest helps to deactivate joint inflammation.



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## ***How can your chiropractor help?***

Chiropractic adjustments can help maintain movement within each joint to keep the synovial fluid lubricated and the joint moving at its best. Whether it is your back, neck, knee or shoulder, there are chiropractic techniques that may help.

Many chiropractors offer acupuncture as a part of their treatments which has been shown to decrease pain associated with arthritis and to increase tissue healing.

Contact your local chiropractor for more information about how it may help you.

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### **About the Author**

*Dr. Stacia Kelly is a chiropractor and acupuncture provider who is also qualified to fit you with custom orthotics. She believes that chiropractic care can support both acute and chronic pain, as well as help to maintain lifelong wellness. Whether it for spinal dysfunction, rehabilitation, nutritional advice, or other life stresses, Dr Kelly will individualize her care based on what suits your chiropractic needs.*

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## CHAPTER 10

# ACUPUNCTURE FOR ARTHRITIS PAIN: IS IT WORTHWHILE TO BE A PIN CUSHION?

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The current health crisis surrounding opioid medication addiction and overdose begs the question: ***Are there less harmful alternatives for pain relief?***

Based on some recent medical literature reviews, it looks like acupuncture is a suitable alternative; so much so that just a few months ago in the United States, Blue Cross Blue Shield removed Oxycontin coverage in favour of the traditional Chinese medicine practice.

A 2014 research paper compared 12 randomized controlled trials of acupuncture for pain relief in Osteoarthritis. Only 12 trials were included since the researchers found most other trials to have an unclear or high risk of bias.

Based on the data, acupuncture use was associated with significant reductions in pain, increases in mobility, and a reported increase in health-related quality of life.

I have always been asked about treatment duration by patients when recommending the use of weekly acupuncture sessions for osteoarthritis pain relief. The data suggests that there is greater pain reduction with treatment periods longer than 4 weeks.

A 2019 double-blind randomized clinical trial compared acupuncture to “sham” acupuncture (choosing points that were not part of traditional acupuncture meridians) for 105 patients suffering from rheumatoid arthritis pain in their wrists and hands.

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Acupoints were chosen according to Traditional Chinese Medical theory and diagnosis, with patient-reported assessments before and after treatment. Treatment duration was 4 weeks.

In the active acupuncture group, patients reported significant improvements in pain, grip strength, and arm strength. Self-rated health status also improved significantly along with quality of life. Most importantly, the number of swollen and tender joints improved in the acupuncture group over 4 weeks.

As a licensed Naturopathic Doctor, I am trained in the diagnosis, assessment, and use of acupuncture from a Chinese medicine perspective. I have utilized acupuncture for the treatment of osteoarthritis of the knee with positive results; patients have noted that their pain scores and mobility improve over the course of 4 weeks or more of treatment.

Combining acupuncture with other physical treatment modalities may also confer a greater degree of benefit by enhancing circulation to the afflicted area, and releasing tight fascia.

Take it one step further, by assessing your nutrition and lifestyle in our visit, and the benefits of a holistic approach to your health will be readily apparent.

Remember, there are alternatives when it comes to dealing with chronic pain, and holistic medicine can help!

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# CHAPTER 11

## TREATING ARTHRITIS

### FOR A BETTER QUALITY OF LIFE

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Arthritis is a painful condition that comes in many forms and can affect many parts of the body, including joints and tissues. One in five Canadians are affected, and according to mainstream medicine there is no cure.

As the saying goes, an ounce of prevention is worth a pound of cure, and arthritis is no exception to this general rule. Hindsight is twenty-twenty, and we all know, or at least most of us would agree, that eating a healthy wholesome diet, avoiding sugars, exercising and stretching along with mindfulness and maybe a dash of visualization can help us achieve our health goals. However, in this article, I would like to speak to how acupuncture, and specifically a technique called the Balance Method, can help and even reverse symptoms and joint malformation caused by arthritis.

Generally speaking, acupuncture helps treat arthritis by reducing inflammation in tissues and joints. It also promotes blood flow which nourishes cartilage and relaxes tight muscles, which in turn increases joint mobility and synovial fluid within the joint.

The Balance Method, works on the principles of fractals and communication between different body parts. For instance, the arm can be 'mapped' to the leg, much like the body is mapped to the foot in reflexology. In the case of the arm being mapped to the leg, we would say our feet represent or map to our hands, our ankles map to our wrists, knees to the elbows and hips to the shoulders. Hopefully, this makes sense so far.

To demonstrate further how this technique works, let me describe a couple of examples from my practice. As I mainly treat osteoarthritis and rheumatoid arthritis I will describe one of each.

The first was a middle-aged woman with rheumatoid arthritis.

This one is interesting, because it was in my first year of practice before I had learned the Balance Method. My patient had severe pain and deformation of both her fingers and

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toes. As an eager new graduate, I pulled out as many tricks as I could think of. I needled her hands and her feet, carefully threading the needles between the metatarsals and metacarpals (the bones proximal to the fingers and toes). Adding more along her fingers and toes, especially at the joints. This woman had a gentle soul and was very brave to allow me to put so many needles in these sensitive spots. I didn't stop there. I proceeded to attach the little alligator clips of my electric's machine to the needles on both her hands and feet.

The idea of using a machine to run an electric current from point to point is a more modern approach to stimulating needles. This can also be done with stimulating the needle by hand and with intention - arguably a more effective technique, but this is for another article.

She left the treatment, and if I recall did not have any noticeable effects right away. She returned to see me a few days later. The treatment was a success! Her eyes filled with tears as she described the improvement in doing simple tasks many of us take for granted, such as screwing in a lightbulb. Needless to say, I was happy with the results.

This same woman couldn't afford to have a series of treatments with me unfortunately, and the next time I saw her (maybe our third treatment at this point?) she asked me to just treat her hands. So this is what we did, same technique as above, but just the hands. This time, however, the outcome was different. She had some improvement, but nothing like the time when we also treated her feet. I didn't understand why at the time, but I do now.

Now after using the Balance Method for seven years, I see how powerful distal treatments are compared to local treatments. Every day in my practice, pain, swelling, rashes, hives, decreased ranges of motion, nausea, chest tightness, stuffy sinuses, and on it goes, change quickly and significantly while my patient is on the table. Always with needles far from the site of complaint.

This is why my local treatment of her hands did not yield the results we got when we treated her feet. The needles in her feet treated her hands more than her the needles in her hands treated her feet. This is the Balance Method. There is science that explains why this is the case. When looking at the body from the lens of quantum physics it does make sense. Again though, this is for another article.

Now another story.

This one was from my early days of practising the Balance Method.

I was doing a trade show and giving 'mini' treatments to those attending. At the end of the show, a man came over who had been working across from me at his booth. He was in the

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furnace business and had all sorts of aches and pains. It was his wife that encouraged him to come over to my booth which he called at the time, the 'voodoo' booth.

We focused on his osteoarthritic knees that day. Can you guess where the needles went? If you remember how the leg can be mapped to the arm, and followed my story so far, you hopefully might be guessing the elbows. After inserting a few strategically placed needles in this gentleman's elbows, his face lit up with delight and amazement after he tested his knees out to find almost no more pain.

This man became a regular patient and after perhaps six more sessions he had no more pain in his knees. We continued to treat other ailments over the years that I saw him (until I moved away) and he was always a joy to treat.

These stories may seem unbelievable. And when I first started using the Balance Method, I too was mystified and surprised at how quick and effective this powerful technique is. My inquisitive mind and scientific background has led me to what I feel is a reasonable explanation to how the Balance Method works.

Through study, research and conversations with knowledgeable people, both from a Traditional Chinese medicine and a quantum physics perspective, I have come to understand this "voodoo" healing follows the laws of physics. Acupuncture has stood the test of time and now we can fully explain why.

I encourage you or a loved one you know to try and see for yourself what acupuncture can do for you. Living with the pain and decrease in quality of life that arthritis brings isn't incurable. There are many ways to approach health and healing. Acupuncture is one of many powerful tools that can help you live life better and more fully. Try it today and see what this ancient and cutting edge medicine can do for you.

**Written By:**

***Emily Dunn, Registered Acupuncturist***

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## CHAPTER 12

# ZHENG GU SHUI: RECTIFY BONE LIQUID

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### *An age old liniment with powerful healing properties!*

Zheng Gu Shui is a Chinese liniment that heals a wide range of ailments from muscle injuries, to torn ligaments and as the name suggests, right down to the bone level.

A natural remedy for arthritic pain as well as back pain, tennis elbow, arthritis and rheumatic pain, inflammation of joints, muscular tension, post injury pain, fractures and so on.

Liniments have been used for pain relief from ancient times. Liniment is an alcohol based formula, using herbs soaked in alcohol for an extended period of time.

Liniments absorb into the body quicker than oils and generally have better penetration.

The simultaneous feeling of warmth and coolness after the liniment is applied is soothing.

It is widely used in China as one of the most popular pain relief remedies and smells a lot like tiger balm as it contains some of the same ingredients.

It translates literally to “rectify bones liquid”. Zheng Gu Shui liniment is based on an age-old folk formula from the Guangxi Province of China. It is produced by Guangxi Yulin Pharmaceutical Factory.

The factory was founded in 1956 and has since become one of China's fifty top-rated pharmaceutical industrial enterprises.

**Ingredients:** Paeonia Suffruticosa Stem Bark, Dalbergia Odorifera Stem, Zanthoxylum Simulans Root, Angelica Dahurica Root, Polygonum Cuspidatum Rhiz, Mughania Macrophylla herb, Cinnamon Camphora Stem, Camphor and Menthol



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## How It Works

Zheng Gu Shui speeds up circulation of blood, relieves minor muscular pain and rheumatic pain, helps to knit bones that have been fractured soothes and heals joint pain and inflammation. Rubbing Zheng Gu Shui on the body or bathing in water with a little amount in the water before or after exercise or work activity can prevent fatigue on muscles and joints.

## Application

In cases of severe backache, arthritic pain, strains, bruises, and sprains there are two methods you can use to apply Zheng Gu Shui. One way is to be diligent in applying it 3-5 times per day on area to be treated. Another way, which I tend to use, is to soak a cotton ball or make-up pad with the liniment and then secure this soaked cotton pad, or pads if it is a larger area, with a tensor bandage. Leave this in place for a couple hours or over night. If you have sensitive skin or are quite fair, you may not want to leave it over night as skin can get a little peely with too much use.

Where bruising or inflammation is experienced, rub in Zheng Gu Shui rigorously on the affected area with a cotton ball or make up pads. The liniment will stimulate blood flow in and around the trouble area, speeding up the healing process.

You will experience some hot and cold sensations on your skin, which will slowly disappear, providing pain relief in affected area. In case of back pain or joint pain, immediately after application wrap yourself into a warm blanket or woolen clothes to keep it warm for better results.

***Caution: Please test a small amount on your skin first to see if you react. Excessive use can lead to peeling skin.***

***Written By:***

***Emily Dunn, Registered Acupuncturist***

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