

God Heals Arthritis

Cause of Health Problem:

Arthritis – Arth (joint); it is (inflammation). An inflammatory condition of the joints. Joints of the body are found at the knees, wrist, elbows, fingers, toes, hips, and shoulders. The neck and back also have joints between the bones of the spine. This condition has a variety of causes. The causes can be identified as an obstruction in the body of acids and waste material. Exposure to wet and cold increases the pain and suffering. An improper diet fills the system with uric acid and toxins, which the liver, kidneys, and bladder are not able to eliminate.

There are many forms of arthritis – rheumatoid and osteo, gout, bursitis, ankylosing spondylitis) arthritis of the spine, a variety of rheumatoid arthritis) and pyorrhea, also called arthritis of the teeth.

Osteoarthritis (OA):

A condition that involves the deterioration of the cartilage. It affects people in their fifties and sixties, and causes bony spurs and nodes in the hands, knees an spine. When OA is experienced, the cartilage in the joints is destroyed, and the bone underneath is exposed. Small pieces of the cartilage remain in the joint. They become calcified and stick out above the surface of the joint. When these bony spurs get big, they may rub against each other an cause pain an keep us from moving the joints. Sometimes the joint is fused with scar tissue and it won't move at all.

Rheumatoid Arthritis (RA):

Usually strikes people in their thirties and forties. An inflammatory condition that attacks the synovial membranes surrounding the lubricating fluid in the joints. This causes the cartilage and tissues in and around the joints and often the bone surfaces to be destroyed. The body in its' attempt to replace this damaged tissue causes the spaces between the joints to become narrow, to develop fold, and to fuse together. The entire body is affected instead of just one joint as in osteoarthritis. Rheumatoid arthritis creates stiffness, swelling, fatigue, anemia, weight loss, fever, and often crippling pain.

Gout:

A condition which deposits of uric acid stack up in and near the joints. This keeps the joints from being well lubricated. Many more men than women have gout. Certain foods form acid crystals, which accumulate in large masses around joints. Some of these foods are fish and shell fish, sausage and all flesh meats and meat products such as gravy, meat soups and meat sauces. Also junk foods; sweets of all kinds; pie, cake, ice cream; and even spices and spicy foods. A high protein diet is also a contributing factor.

Symptoms:

Stiff, painful joints when you wake up in the morning. Pain and tenderness in any joint at any time. Swelling of the joints are characteristic. Pain and stiffness in the lower back, knees and other joints. Tingling sensation in the finger tips, hands and feet. Fever, weakness, tired feeling, and in some cases loss of weight.

Known Contributing Factors:

Foods that fill the system with uric acid such as high protein foods are: all meats, eggs, cheese, cows milk, nuts and roasted nut butters, high intake of dry beans, gluten products, sugar and sugar products, fried foods, caffeine, alcohol tobacco, candies, and soft drinks. It can be said that arthritis is a nutritional deficiency disease due to the cells that form tissues surrounding the joints which have become injured. They cannot be repaired because one or more vitamins, minerals or amino acids needed for repair are missing. Also, an insufficient amount of hydrochloric acid will assure the conversion of proteins to amino acids, which are needed to strengthen muscles and to make mucus to lubricate the joints. The acid will also dissolve the calcium and send it to the blood stream, then to the bones and teeth where it belongs. If calcium is not dissolved, it will be deposited in the joints. Distress is a contributing factor. This affects the adrenal glands.

Habits that Need to be Changed:

Daily lifestyle habits; such as eating patterns, exercise, mental, emotional, and spiritual attitudes need strengthening. Also improper dressing must be corrected to ensure a balance of circulation throughout the entire system. Exposed arms and legs due to short sleeves or no sleeves, sandals, shorts or short skirts can lead to arthritic symptoms. Irregular hours of sleeping must be corrected. Adequate sleep and rest is essential for recharging the nervous system.

Applying God's Plan:

The following is a suggested outline lifestyle and nutritional plan for helping the body in re-establishing conditions in the system.

THE 8 LAWS OF HEALTH**1. Godly Trust:**

An abiding faith in a loving God will help you rest as well. Rest your life in His hands. He has made every provision to forgive every sin and cleanse every sinner of all our past mistakes. Ask Him. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7:7, 8.

You will not have complete healing unless you resolve to accept the grace and blessing of the love, the forgiveness of God for whatever you have done and in addition forgive all unconditionally who have hurt or injured you. Holding resentment, bitterness, anger, hostility, unforgiveness, hatred towards another person dries up the bones. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones. A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Proverbs 16:24; 17:22.

The Lord God has also put Himself on record in the Bible that He will keep us from sinning and help us obey His laws from love, if we will only "be willing to be made willing." He wants us to work our minds so that we want to do right, as well as to supply us with power so that we will, indeed, obey Him. His laws are really promises. Every promise that He has made by way of a law, is part of our inheritance.(Deuteronomy 33:4; Galatians 3:17-19) In order to start obtaining our inheritance from the heavenly Father, we must be "born again" or be adopted into His family. We then have the right to go by prayer to His throne in the courts of heaven and present our

request to Jesus, the Executor-Mediator, of the estate. If we go by faith after repentance and dedication to Him, the request will be freely granted if our request is according to the “will” of God.

Jesus said in His prayer for the disciples: “Thy kingdom come; Thy will be done in earth as it is in heaven....” You in like manner have the blessing of God in your life as you live by this.

2. Open Air:

Pure fresh air is very important. That means good air with negatively ionized particles from forests and oceans. Breathe deeply as part of your exercises and also exercise to the point of increased need for deeper respirations will be a big help. Do not smoke tobacco or breathe second-hand smoke. Avoid smog and all chemicals, cleaning solutions, solvents, paint removers, insect sprays, deodorants, hair dyes, disinfectants, pest strips, etc.

3. Daily Exercise:

“Conditioning” exercise is what you need. This type of exercise that will increase your endurance gradually. You may use three things to help you guide yourself in the intensity that you exercise:

Guide (1) Learn what your safe ten-second pulse rate for your age should be during exercise. Learn how to count your ten-second-pulse beat and exercise up to that degree.

Guide (2) Exercise to the intensity that you are barely able to carry on a conversation with someone as you exercise.

Guide (3) If you should develop chest pain during exercise, stop at that point.

Follow the advice of your physician and consult with a personal trainer.

Exercise a minimum of 20-30 minutes at the peak of endurance daily if at all possible, at least every other day. The body force seem to “escape” from good condition rather easily, 1 or 2 days a week is not enough though you must start with at least that if your are not active at all.

Walking is good exercise. Act your age – use a walking stick for stability and for protection against stray dogs if you need it. Do not over do anything.

Begin a program of walking on the first day. Walk as far as is comfortable, gradually work up to 45 minutes to 1 hour. Take two baths in purest water possible without soap daily, dry brushing the skin before each shower or bathe with a stiff brush, this will enhance circulation.

Take deep breathing exercises three times daily; breathing in as deeply as deeply as possible and holding to the count of twenty, breathing out as deeply as possible and holding out to the count of ten. Repeat this exercise twenty times, always in fresh air. MAINTAIN GOOD POSTURE, STANDING, SITTING, LYING. Use your diaphragm.

Range of motion exercises are very beneficial to keep the joints functioning.

Massage when appropriate to aid in the circulation of the blood equally throughout the system for relieving pain.

Use the following linaments for relieving pain and to help remove toxins from the affected areas: 8 oz. of cold pressed peanut oil mixed with 5-6 freshly squeezed strained lemon juice. Shake well before each use and apply 1-2 times daily on affected area.

OR 8 oz. of witch hazel or wintergreen oil
4 oz. pure olive oil
4-6 Tablespoons of cayenne pepper

Mix all the above – Shake well – Use as needed. Do not use this when the area is inflamed.

4. Sunshine:

Sunshine has several benefits to the body. It furnishes the natural vitamin D and helps to lower cholesterol. The vitamin D that is produced through the process of the sun aids in calcium assimilation in the body. Sunlight increases the volume of oxygen in the blood. Start with 10 – 15 minutes exposure to the face and hands daily up to 30 – 45 minutes daily. The body stores the vitamin D readily for over a week. The best times for sunbathing are the hours between 9 a.m. and 9:30 a.m. and 4:30 p.m. and 5:30 p.m. Avoid burning. Also, to avoid the risk of skin cancer; reduce the free fat intake, such as oils, margarine and other foods of this nature. Do not cook with free oil at all.

5. Plenty of Rest:

Get adequate restful sleep. A light supper will help. Try to avoid stressful circumstances. Establish good habits and this will help. Anyone familiar with “jet lag” knows how well the body works with habits. A relaxing soak in warm water may help you unwind enough after a stressful day so that you will not need that harmful sleeping pill. Regular times for going to bed and rising will also help. The best time to go to bed is between 9:00 – 9:30 p.m. and no later.

6. Lots of Water:

The body needs water for optimal function. Drink daily eight to ten glasses of pure, distilled water, and more if you sweat much. This will help your endurance. Carry a supply with you. Drink water on arising, between meals, but early enough before bedtime so that you do not have to get up from sleep to empty your bladder. Upon rising, drink 2 glasses at room temperature with a freshly squeezed lemon in it. For external use take warm baths with 8 oz. of unpasteurized apple cider vinegar mixed in, soak for 30 – 45 minutes. Drink pure water – distilled is best.

7. Always Temperate:

Live by the clock, especially during the first month, keeping all things on schedule as much as possible: meals, bedtime, arising, physical hygiene, study, work, prayers, etc. Avoid all tea, coffee, soft-drink beverages, and alcoholic beverages and tobacco. Use pure water instead of these various injurious beverages. Avoid overeating even good foods – be moderate in the good foods and drinks. Hard work doesn't kill anyone, but over work does. If your overweight, weight reduction is essential.

8. Nutrition:

The aim of the diet is to help you (1) eat no refined foods; (2) select proper foods for adequate intake of balanced amino acids, vitamins, minerals, and trace elements; (3) choose types of nutrients which will help you lose weight as needed and clear the body of excess cholesterol and other unwanted materials that cause degeneration of the tissues. Therefore, we use the following rules:

1. No refined foods:

No oil, margarine, shortening.
No sugar, syrup, or free starch.
No white bread, white rice, or de-germinated corn meal.
No meat substitutes—gluten or soy types.

2. No animal products:

No meat, fish or fowl.
No eggs or egg yolk
No milk products – milk, cheese, cream, ice cream, etc.

3. Special items NOT allowed:

No alcoholic beverages, tea, coffee, cola drinks or sodas.
No sprayed, sulfured, or canned (in meal) fruit.
No canned or frozen juices.
No peanuts or peanut butter.
No sprayed or canned vegetables. When fresh vegetables are not available, frozen are preferable to canned.
No night shades: (green peppers, eggplants, white potatoes). These contain a toxin called solanine. This interferes with enzymes in the muscles, and may cause pain and discomfort. These foods may not affect every individual, therefore, you must experiment and see.

4. The allowed foods are:

Note: All food should be fresh, unspoiled, “organically grown” in so far as possible. The object is to avoid insecticides and other sprays as well as to get produce with the best balance of trace minerals from the soil. Pesticide inhibit regular bone remineralization especially in Bell Peppers and Berries.

All fruits, preferably fresh & organic. Second choice canned in glass with fruit juice or water packed.

All greens, especially cabbage, broccoli, turnip greens, mustard greens, collard, or kale. Use spinach, chard, or beet greens sparingly because of oxalate content.

All herbs that are mild.

All legumes (beans, peas, lentils, and garbanzos).

All whole grains. You need two kinds daily plus a legume to get optimal balance of amino acids. Nuts in moderation. The better ones are the non-tropical nuts such as almonds, filberts, pecans, and walnuts.

5. All nutritional needs on a **PREVENTIVE** type diet can be secured from daily servings of the food listed below:

A citrus fruit plus another fruit.

A yellow vegetable such as carrots, etc.

A green vegetable, greens or herbs

A legume

Two types of whole grains

Tubers and nuts may be added as desired by the appetite

*DO NOT MIXED FRUITS & VEGETABLES AT THE SAME MEAL

6. **THERAPEUTIC** Diet: Fasting

Fast for two days at the beginning of the course. Drink 10 glasses of water daily.

Day Three: Breakfast of juice
(freshly squeezed) 10 – 12 ounces

Day Four: Breakfast-
Raw fruit 2 servings
Dry, 100% whole grain bread(w/o additives & preservatives) 1 serving
Dinner-
Raw fruit or vegetables 2 servings
100% whole grain bread(w/o additives & preservatives) 1 slice
Supper – Omit

Day Five: Breakfast-
Fruit meal (according to meal planner)
Dinner-
Vegetable meal (according to meal planner)
Supper – Omit

Day Six: Begin maintenance diet
Refer back to #5 for the recommended diet to prevent disease.

7. Food supplements:

Note: These are necessary because of the depletion of trace elements in our soil. Also, many patients have malabsorption of key nutrients when debilitated from a chronic ailment such as Arthritis.

A. Do not take iron supplements, for this will cause pain, swelling, and joint destruction.

B. Alfalfa tea or tablets (8 a day). How to make the tea: Heat for 30 minutes (but do not boil), one ounce of untreated alfalfa seed and two and a half cups of water. Strain well. Make one day's supply only, and store in the refrigerator. Mix with an equal amount of water and drink four glasses a day, 1 hour before meals, (Do not drink cold, warm the drink to room temperature).

C. Arthritis herbal formula to aid the body in eliminating uric acid:

Herbal formula – Capsules containing Yucca or Devil’s Claw – 3-4 capsules, 3 times a day. –Or- Yucca powder combine equally with Devil’s Claw and Chaparral powder – put into vegetable capsules – 3 capsules 3 times a day or make a tea and drink 3-4 times a day without any sweetener.

How to make herb tea: To make 4 cups – boil 4 cups of water, remove from heat – add 4 teaspoons of herbal mixture to water, let steep 15-20 minutes, let cool, strain, and drink.

D. Evening Primrose oil to help relieve pain: 2 capsules twice a day

E. High calcium foods – such as green leafy vegetables, sesame seeds, Molasses, dried figs, dates, raisins, and sea vegetation.

F. Low phosphorus diet: If one eats and drinks too much phosphorus, calcium is withdrawn from the bones. Such foods as: sugar-free drinks, cheese, ice cream, snack foods such as potato chips, crackers, and soft drinks.

G. High vitamin C foods, such as kale, alfalfa sprouts, parsley, collards, turnips, mustard greens, broccoli, brussel sprouts, cauliflower, acerola cherries, oranges, lemons, and grapefruits.

8. Special instructions:

- Cook in stainless steel, corning ware, or pyrex glass
- No aluminum cookware
- No microwave
- No pressure cooking
- No “irradiated” produce

9. General rules for good digestion are as follows: Eat slowly; chew your food thoroughly, to allow the saliva to mix with the food.

Avoid liquids with meals. These decrease the flow of saliva with its digestive enzymes.

GOD’S PLAN BASIC MENU

BREAKFAST:

- + Cooked Grain – such as one of the following:
 - Millet
 - Brown Rice
 - Barley
 - Rolled Oats
 - Buckwheat
 - Spelt
 - Quinoa

+ Fresh Fruits: - Select 2-3 kinds – especially Tart Apples, Cherries, fresh Pineapple, Bananas

+ Fruit Sauce or Spread: - Mix 2 fruits in a blender-for sweetener add raisins or dates – (If diabetic or hypoglycemia do not eat dried fruits – omit)

+ Almonds: 8-10

+ Sunflower Seeds: - or pumpkin seeds, or sesame seeds – 1 Tablespoon

+ Grain or nut milk – (optional)

How to make milk:

Grain milk: millet or brown rice

1 Cup of cooked grains

2-3 Cups of water – (The amount determines the thickness)

Blend in blender – salt to taste

Nut milk:

1 Cup raw nuts or seeds

2-3 Cups of water – (The amount determines the thickness)

Blend until liquid. Salt to taste.

DINNER:

+ Cooked Grain: One of the following:

Brown Rice

Corn

Millet

Or

GOD’S PLAN BASIC MENU (cont.)

Whole Grain Pasta

+ Steamed Green: vegetables or cooked fresh peas or beans

+ Salad dressing: Lemon juice

Sunflower Seed Dressing:

Whiz in blender until very creamy:

1 2/3 C. water

1 tsp. salt (optional)

½ tsp. garlic powder

1-C. sunflower seeds

1/3-C. lemon juice, Fresh is best.

+ Bread – Whole Grain – Optional

SUPPER:

Very light – Five hours before bedtime

- + Zwieback whole grain bread
- OR
- Fruit Salad and Bread
- OR
- Fruit Smoothie

RECIPES

(No Oil) SCRAMBLE TOFU

1-lb. Organic Tofu mashed

1T. Onion powder

4 T. Brewer's yeast flakes

1 T. Garlic powder

1/8 t. Turmeric

½ t. Sea salt or to taste

1 Cup Lindsay Green Homestyle Olives

Cook in pan with a small amount of water, enough to keep from sticking, until all flavors are blended and food is hot. CAN BE SERVED WITH VEGETABLE BLEND & BROWN RICE.

VEGETABLE BLEND

*chop vegetables according to your serving size need

Asparagus

Rutabagas

Swiss Chard

Cauliflower

1/2 Onion

8 Cloves of Garlic

Sea Salt to taste

Stir fry in water without oil only 5-10 minutes. Serve with Brown Rice alone or with Tofu above.

Serve with Diced Avocados on top.

GREEN VEGETABLE BLEND

*chop vegetables according to serving size need

Broccoli

Swiss Chard

Zucchini

Carrots

1/2 Onion

8 Cloves of Garlic

Sea Salt to taste

Stir fry in water without oil only 5-10 minutes. Serve with Brown Rice alone or with Tofu above.

Serve with Diced Avocados on top.

GREENS for Building Bones

1 Bunch Each of:
Collard Greens
Swiss Chard
Kale
5 Stems of Celery
1/2 Onion
8 Gloves of Garlic
1 T Sea Salt to taste

Chopped up greens with stems and all. Add adequate water and bring to a boil for 5-10 minutes.

BUCKWHEATY

1 c. Buckwheat
3 c. Water
1 t. Sea Salt
1 t. Garlic powder
1 T. Onion powder
½ t. Basil
1/8 t. Celery seed
2 T. more of Coconut milk

Cook first 3 ingredients, when the grain is done add the rest of the ingredients. Let simmer for 20 minutes on low, and then serve.

ITALIAN MEATBALLS 2

½ c. Pecans (ground)
2 ¼ c. Boiling Water
1 - 2 t. Sea Salt
¼ c. Brewer's Yeast Flakes
2 ½ t. Onion Powder
1 T. Italian seasoning
1 ½ t. Sage
1 T. Dill seed
2 ¼ c. Oats

Mix all ingredients together and let sit for 20 minutes then form into patties of your desired size. Bake on a sprayed pan for 40 minutes at 350° turning over halfway.

MILLET CASSEROLE

2 c. Cooked Millet
3 T. Onion Powder
1 ½ T. garlic powder
1 ½ t. sea salt
1 t. basil
½ c. olives
1 t Cumin
1 t Coriander
1 c. onions diced
4 c. tomato juice or sauce

Sauté veggies in water. Then mix all ingredients and bake in deck pan for 30 minutes at 350°. Serve with garlic bread and peas or your choice.

GARBANZO SOUP

2 C garbanzo beans

1 large diced onion

1 zucchini diced

2 ½ c. water

2 T. yeast flakes

3 T. onion powder

1 T garlic powder

2-3 T. whole wheat flour

1 T sea salt

1 Bunch of Parsley, chopped

1 Bunch of Cilantro, chopped

Cook all except for flour until hot then add flour and stir until thicken. Serve over rice, biscuits, whole grain noodles or savory waffles.

Courtney's M & O Special Burger

6 Cups (Cooked Millet & Steel Cut Oats 2:1 1/2 ratio) use regular salt ratios for this portion

1 C Sunflower Seeds, crushed

1 1/2 C Walnuts, crushed

2 T Garlic Granules

2 T Whole Wheat Flour

1 tsp Salt (to taste)

1 Onion diced

2 Stems of Celery

1 Fresh Bunch of Cilantro

1 Fresh Bunch of Parsley

2 T Cumin

2 T Coriander

1 T Paprika

Cooked the Millet & Steel Cut Oats first. Separately cook the onions with the parsley & cilantro also add Cumin, Coriander, Paprika. Combine all ingredients form into patties and Bake at 350° for 30 minutes then turn over and cook for another 30 minutes.

LENTILS/Beans

2 1/2 Cups Lentils (soaked for 6-8 hours)

1 Zucchini

1 1/2 T Sea Salt

1 Red Onion

8 Cloves of Garlic

4 Stems of Celery

Place all the ingredients in a pot add water. Serve with Brown Rice, Diced Avocados, Lindsay Homestyle Green Olives with your choice of chopped Fresh Parsley or Cilantro.

*For variation substitute a different Bean and Vegetable. With Black, Pinto or add Cumin and Coriander seasoning. With Kidney and Garbanzo beans add Italian seasoning.

*Serve with Fresh Chopped Cilantro or Parsley and Lindsay Homestyle Green Olives and diced Avocados on top to your liking.

*Add Brewer's Nutritional Yeast for additional nutrients(B vitamins and flavor).

ALMOND MILK

1 c. blanched almonds

4 c. water

2 t. lemon rind

1 t. sea salt

1/3 c. maple syrup

In a small pot of boiling water put a cup of raw almonds for about 1 1-1/2 minutes. Afterward, cool with cold water, and then take the skin off of the almonds. Blend all ingredients into 2 c. of water until smooth, and then add the remaining water. Use for cereals.

Courtney's Granola Special

6 Cups Organic Rolled Oats

2 1/2 Cups Organic Martinelli's Apple Juice

3/4 Organic Whole Wheat Flour

1 Cup Raw Spanish Peanuts

1/2 Cup Walnuts

1/2 Broken Cashews

3/4 tsp Sea Salt

2 Cups Raisins

Mix all the dry ingredients except the Raisins. Then slowly pour on the Apple Juice thoroughly mixing as you add to get an even distribution and moisture. Bake at 300° stirring every 10 minutes. Bake for 45 minutes to 1 hour then turn off oven and allow to cool and dry.