

ARTHRITIS/RHEUMATISM

Arthritis is a condition characterized by inflammation of the joints, usually accompanied by pain. There are numerous types of arthritis and many causes.

Rheumatism is characterized by inflammation, soreness and stiffness of the muscles, and pain in the joints.

Homeopathics

* **Arthritis HP™**- high potency formula for joint inflammation and swelling.**

Bone Repair HP™- high potency formula indicated for symptoms of chronic inflammation of the back and for bone injury.**

Bryonia- single homeopathic remedy indicated for pain and stiffness in the muscles or joints, especially associated with an intense thirst.**

Calc Fluor- single homeopathic remedy indicated for swollen joints, particularly with nodules.**

Inflammation Miasm- miasmatic formula for temporary relief of symptoms associated with general inflammation including arthritis, swelling, joint pain, allergies, and irritation of eyes.**

* **Joint Pain & Stiffness Relief**- this topical spray may temporarily relieve pain due to sprains, minor joint inflammation, and trauma.**

Ligapar™- glandular homeopathic indicated for lower back pain with burning, sprains, general soreness or aching of tendons, ligaments, and bones.**

Osteopar™- glandular homeopathic for bone support, indicated for burning pain in the lower back, soreness in the sacroiliac area, and pain in the joints and bones.**

Osteotone™- tonifier for osteoarthritis and osteoporosis, indicated for pain in the joints and bones and low back pain.**

Parathyropar™- glandular homeopathic for parathyroid dysfunction and balancing calcium metabolism, indicated for weakness of extremities, cramps in the calves, swelling in joints, sensitivity to cold, and symptoms worse in the winter.**

* **Rheumatism HP™**- high potency formula indicated for joint aches and pains, swelling, and gout.**

Rheumatone™- tonifier for rheumatism, indicated for pains in the shoulder, arm, fingers, and small joints, swelling and tenderness of the fingers and toes, and inflammation.**

Rhus Tox- single homeopathic remedy indicated for stiff and painful joints, especially from first moving after resting.**

Sciatica HP™- high potency formula indicated for sharp pain in the lower back or down the back of the legs, and bursitis.**

Shark Cartilage Cord- homeopathic cord from shark cartilage powder that is indicated for inflammatory conditions.**

**Denotes primary remedies*

THERAPEUTIC GUIDE

ARTHRITIS/RHEUMATISM (CONTINUED)

Herbals

Anacom A.M.TM or Anacom P.M.TM- pain reliever and fortifier for the central nervous system.

* **ArthricomTM**- fortifier for joints, indicated for arthritis and rheumatism.

BarleycomTM- fortifier for those with arthritis and mineral deficiencies.

BurdocomTM- fortifier and detoxifier for smooth muscles, skin and liver, indicated for arthritis and rheumatism.

Feverfew- single herb recommended for inflammation, pain, and soreness.

GencomTM- general system cleanser, indicated for persons with arthritis.

GinkgocomTM- fortifier for the circulatory system, indicated for rheumatism.

Nutritionals

Digestizyme- digestive enzymes that aid digestion, help with the breakdown of foods, and may help prevent inflammatory conditions.

* **EnerviminTM Joint Focus**- full spectrum vitamin and mineral supplement formulated for persons with arthritis.

EnerviminTM Digestion Focus- full spectrum vitamin and mineral supplement for those with digestive disorders, which are common in individuals with inflammation.

* **G.L.A. Borage**- essential fatty acids that may reduce inflammation and joint stiffness.

L-Histidine- amino acid indicated for joint health and rheumatism, may support detoxification and appropriate immune function.

Life Choice- Energique's "green nutrition" capsules are formulated to aid in removing toxins and boosting one's immunity.

Mineral Magic Concentrate- highly concentrated natural source of minerals and colloidal trace mineral

Additional Considerations

Consider eliminating the following foods from the diet: milk and dairy products, red meat, sugars, nightshade plants, tobacco, and salt. Iron supplements, in some individuals, may contribute to pain, swelling, and joint aggravation. Iron should be consumed naturally in one's food supply. Your patient should drink plenty of purified water (between meals; not with meals as it may dilute digestive enzymes, increasing the probability of inflammation), eat several small meals daily instead of large ones, and include extra fiber in the diet.

Daily exercise, hot baths, and massage are beneficial. Many recommend hot castor oil packs for relief.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

***Denotes primary remedies**