Living a pain-free life -

**Achieving pain-free joints and muscles**

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**Basic Premises**

- God did not make a mistake!
  God did not give us a flawed body
- Mankind has made lots of mistakes!
  - "I have found that many different illnesses will respond to holistic approaches…” And further "It is nearly impossible to treat chronic illness or achieve optimum health without first ensuring that the hormonal system is functioning properly."
  
  Dr. David Brownstein
- So, what to do???
  - What causes chronic pain? Why?
  - What would Jesus eat?
Important! - Don’t be afraid of fat!

- Fat phobia is based on poor research and jumping to wrong conclusions
- Fat phobia has served to fatten the coffers of industry
- Saturated fat does not cause heart disease or cancer!
- Cholesterol is not responsible for clogging arteries!
- Both are essential part of a healthy body!

*Trust Us, We're Experts* -
How Industry Manipulates Science and Gambles with Your Future
See also “The Skinny on Fats” at westonaprice.org

Words of Wisdom from Weston A. Price, DDS

*The writer is fully aware that his message is not orthodox; but since our orthodox theories have not saved us we may have to readjust them to bring them into harmony with Nature's laws. Nature must be obeyed, not orthodoxy.*

*Nutrition and Physical Degeneration, 1939*
Research of Dr. Weston A. Price shows what does make a difference!

- In the 1930’s, Dr. Price, a well-known Cleveland dentist, was concerned because his patients had so many cavities.
- He heard that there were isolated communities around the world who were known for their perfect teeth, and set out to visit them.

These healthy people ate whole foods!

- He documented what they were eating – very nutritious local, unrefined foods, many of them raw, including raw milk and lots of saturated fat
- Their diets were much higher in nutrients than the diets of his patients back home.
Western refined food brought bad teeth and poor health

- Sadly he found that in neighboring communities that had access to Western refined food, tooth decay was rampant
- Poor health, including TB, was common

And crooked teeth in the second generation

- And in the next generation, crooked teeth and poor bone structure were common
- Children were sad and often ill
- Childbirth was difficult
- And now we can add the obesity epidemic.
- Poorer nutrition made a big difference!
Today’s Children & Adults!

Those missing vitamins and minerals make a difference!

Most modern children have thin faces and need braces to straighten their teeth.

What causes chronic pain? And why?

A. Buildup of hard mineral deposits, poor quality joint compounds – Osteoarthritis – wear and tear arthritis

- Some key compounds in joints/cartilage
  - Glucosamine (precursor amino sugar)
  - Chondroitin (important structural component of cartilage)
  - Hyaluronic acid (major component of synovial fluid)

- Lack of key nutrients - Poor food
  - Vitamins A, D, & K2 work together to prevent deposit of calcium in soft tissues

- Water
What causes chronic pain? And why?

B. Soft Tissue injury – tendonitis
   • Can lead to scar tissue, loss of range of motion
   • Often misdiagnosed
   • Drug don’t heal
   • Physical therapy and quality nutrition needed

C. Auto-immune activity – antibodies attacking body tissues - Rheumatoid arthritis, lupus, psoriatic arthritis, fibromyalgia, and other chronic diseases
   • Inflammation -
     • Toxins - heavy metals, foreign chemicals - Body trying to repair itself
     • Weak immune system → Infection
     • Omega-3/omega-6 imbalance in our food system
       (too many vegetable oils)
     • Antigens → Antibodies → Allergies
   • Hormone imbalance
   • Stress
   • Poor digestion
     • Toxins – heavy metals, foreign chemicals, denatured food
     • Poor food → Nutritional deficiencies
     • Impaired gut microflora - antibiotics
     • Leaky gut
What to do about it…

A. Cleansing the body of toxins
   – Excretion through urine, stool, skin – *The Detox Book*
   – Liver support – see liversupport.com, milk thistle

B. Repairing poor digestion
   1. Eliminate toxins
      • Bad fats – trans fats & oxidized fats, damaged unsaturated fats
      • Additives
      • Drugs
      • Synthetic hormones
      • Pesticides
      • Heavy/toxic metals – mercury, aluminum, fluoride, lead
      • Antibiotics
      • Allergens – See GAPS Diet
      • Food intolerances - gluten, pasteurized dairy, nightshade family (potatoes, tomatoes, peppers, & eggplant, and also blueberries, okra, & artichokes) - See Failsafe Diet

Repairing poor digestion

- Avoid nutrient depleted foods
  – White flour
  – Refined sugars, esp. fructose
  – Refined oils

- Eat high quality, real food
  – Food as it comes from the plant or tree
  – Food from pastured animals
  – Food that is properly raised/fertilized

- Proper treatment of grains with soaking/sprouting
  – use organic, traditional grains
  – may need to cut them out.

- Beware of excess fiber
Repairing poor digestion

- Eat foods that support good digestion
  - Bone broths (homemade) – chicken feet, heads, egg shells esp. rich sources
  - Fermented foods – sauerkraut, kimchi, kombucha, kefir
  - Apple cider vinegar (raw)
  - Digestive enzymes may be needed - proteases, lipases, and amylases, hydrochloric acid
  - Vitalzym

- Restore beneficial gut microflora
  - Living lacto-fermented foods
  - Probiotics (Acidophilus Pearls, BioBeads)

Dealing with GERD/Reflux Esophagitis

What to do:
- Smaller more frequent meals of traditional whole foods
- Avoid trigger foods - fatty or greasy foods, chocolate, caffeine, mints or mint-flavored foods, spicy foods, citrus, and tomato-based foods.
- Don’t lie down after meals
- Raise head of bed
- Stand up straight
- Avoid alcohol & stop smoking
- Work with doc to get off meds
- Supplement acid/enzymes

Causes (weaken LES):
- Overeating
- Poor food choices
- Drugs/medications
- Physical activities
- Hiatal hernia
- Inadequate digestive enzymes or acid
Hiatal Hernia trick

• How to Fix a Hiatal Hernia
drdavidwilliams.com

  • https://www.youtube.com/watch?v=qu2MQqS2ucY
  • http://www.drdavidwilliams.com/how-to-fix-hiatal-hernia-naturally/

New Idea!

• Pepsin is the protein digestive enzyme in the stomach
• Pepsin is activated by acid (HCl) in stomach
• If pepsin refluxes into throat – acid foods can activate the pepsin
• Activated pepsin can cause damage – coughing, sore throat, hoarseness, & many more symptoms

Tx - Avoid acid foods
  (basically processed foods)
• Problem – Sat. fat phobia
• Not WAPF friendly
• Why is pepsin refluxing? Too little acid?

Dr. Koufman's website
www.voiceinstituteofnewyork.com/
Restoring healthy joints

• Eat nutrient dense foods
  – Meat, eggs, cheese, liver – source of fat soluble activators (A, D, K2), valuable building blocks – protein, saturated fats, cholesterol

• Vitamins A, D, & K2 (cod liver oil & butter oil) – work together to prevent calcium deposition in soft tissues & put it where it belongs

• Eat foods that support joint health
  · Bone broths - contain key joint compounds: glucosamine, chondroitin, hyaluronic acid

An Old-Fashioned Remedy for the Modern World!
From back cover of *Nourishing Broth*

“Whether sipped from a mug or used in soups, stews, and sauces, bone broth can be a vastly beneficial addition to any diet. This book explores the science behind its powerhouse components, including gelatin, glycine and collagen. Broth’s unique combination of amino acids, minerals, and cartilage compounds aids in quick recovery from illness and surgery, the healing of pain and inflammation, emotional balance, better digestion, lessening of allergies, and the treatment of many autoimmune disorders. And in addition to helping skin stay supple and bones remain strong, the elements in bone broth can help the symptoms of diseases such as osteoarthritis, osteoporosis, psoriasis and digestive disorders.”

And another new book, the *Heal Your Gut* cookbook, with lots of bone broths recipes.

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**Restoring healthy joints**

- **Eat good fats**
  - Butter (Butter oil from GreenPasture.org) – Wulzen factor and vitamin K2 (protect against calcification), vitamin A, D, & E
  - Coconut oil – short chain saturated fats, lauric acid is antibiotic
  - Omega-3 essential fats – very perishable unless protected by antioxidants
    - Green leafy vegetables (small amounts)
    - Fat of animals on pasture
    - Cod liver oil – also vitamins A & D
    - Wild-caught salmon, sardines
    - Fish oil – high quality
    - Flax seed – very perishable
Restoring healthy joints

Consider some key nutrients:

* **Water** (add trace minerals to purified water)

* **Sulfur** – required for protein synthesis, esp. cartilage
  Sources: meats, fish, poultry, eggs, milk, and legumes, eggs, onions & garlic, cabbage family

* **Antioxidants** – Vitamins A, C, E, selenium
  Selenium sources: Wheat germ, kelp, garlic, seafood, bran, brazil nuts, grass-fed meat. Butter is very rich in selenium.

* **Vitamin B12** – animal products, absorption may decrease with age

More key nutrients:

* **Iodine** – seafood, esp. kelp, food from properly mineralized soil

* **Copper** (bracelets) - www.copperbracelets.com

* **Silicon** - Holds body together, key mineral in collagen – sources: kale, chard, apples, whole grains, horsetail tea – also coffee. See *Silica-The Amazing Gel* by K. Kaufman

* **Strontium** (non-radioactive) – for strong bones - found in persimmon, cabbage, black cherry juice, dandelion greens, asparagus.

* **Boron** – apples, cherries, raisins, almonds, broccoli - often short in soil. Supplements available
Consider some key herbs and foods:

* **Turmeric** (in curry) - mix a heaping tsp in warm milk with blackstrap molasses
* **Ginger** – reduces COX-2 (pain/inflammation causing enzyme)
* **Bromelain**, found in raw pineapple, an enzyme that aids in joint repair by decreasing inflammation and increasing absorption of MSM and glucosamine.
* **Boswellia** – inhibits inflammatory enzymes
* **White willow bark** - reduces COX-2
* **Holy basil** - reduces COX-2

Some common supplements that may be helpful:

* **Glucosamine & Chondroitin sulfate** – good broth is best source. Also:
  * **Great Lakes gelatin** – www.greatlakesgelatin.com
  * **Sea cucumber** - ArthriSea from www.coastsidebio.com
* **B vitamins** – esp niacinamide – sources: beef liver, brewer’s yeast, chicken, halibut, peanuts, pork, salmon, sunflower seeds, swordfish, tuna, turkey, veal.
* **Vitamin D** – esp for autoimmune disease
* **Resveratrol** – from grapes
* **Quercetin** – apple & onion skins
* **Sulfur** sources:
  * DMSO - dimethyl sulfoxide
  * MSM - Methyl Sulphonyl Methane
  * SAMe - S-Adenosyl-Methionine

Liver is best cooked rare with lots of onions and bacon!
New/Old-Fermented Skate Liver Oil

- Bottom feeding fish with very large liver
- AKA Rat fish
- Oil is deep rich orange color
- Used in 18th & 19th centuries
- Contains vitamins A, D, E, K2, Essential omega-3 and 6 fats, condroitin
- Compliments fermented cod liver oil

- Carrie’s MIL – her long standing polio knee pain went away!
- Video - Fermented Skate Liver Oil – “Best Antioxidant known to Man”

Specific Products that may be helpful:

* Super Osteo Gold (joint formula) www.stopagingnow.com - glucosamine, chondroitin, hyaluronic acid, MSM, plus anti-inflammatory blend
* Perque Joint Guard (www.perque.com) - glucosamine KCl, glucosamine sulfate, and chondroitin sulfate, plus the collagen-building flavanols and molybdenum. Also Perque Repair Guard - antioxidant & anti-inflammatory
* AOX/PLX - Advanced Antioxidant Enzymes (biotecfoods.com)
* Low dose naltrexone – boosts immune system (www.lowdosenaltrexone.org)
More products that may be helpful:

* SynerFlex from Northstar Nutritionals - rec. by Allan Speen, MD - with hyaluronic acid, boswellia, hops extract & boron.
* Soothanol X2 from Northstar Nutritionals - rec. by Wm Douglass, MD - with DMSO, emu oil, limonene oil, olive oil, cayenne, menthol, St. John's wort, MSM, arnica
* ArthriPain Relief from Northstar Nutritionals - rec. by Wm Douglass, MD with Ceylon (cinnamon extract), wintergreen, eucalyptus oil, menthol, jojoba, grapeseed oil

The Raisin Remedy!

Joe and Terry Graedon from The People’s Pharmacy have a natural solution. Discover on the video below how to use *gin-soaked raisins* for delicious, blessed relief from those aches and pains.

*(Make sure you watch this brief, three-minute video for details — it’s not quite as simple as throwing a few raisins in a shot glass of gin!)*

http://tinyurl.com/raisinremedy22 - the secret: juniper berries
Quick rundown of tonight’s samples

• Banana Nut muffins – gluten-free
  – mashed bananas
  – beaten eggs
  – honey
  – melted coconut oil/butter
  – Himalayan pink salt
  – cinnamon
  – hazelnut flour
  – coconut flour, sifted
  – baking soda
  – baking powder
  – chopped, crispy walnuts

• Carrot Soup
  – Carrots
  – Delicata squash from freezer
  – fresh ginger
  – onion
  – turkey bone broth
  – turkey
  – coconut cream concentrate
  – red curry paste
  – Celtic sea salt

• Apple Salad
  – Goldrush apples
  – Gogi berries
  – Jerusalem artichokes
  – sunflower seeds
  – kale (blanched & frozen)
  – red wine vinegar, olive oil, honey
  – Herbamare, herb pepper, ginger

• Ambrosia
  – Coconut cream conc./manna
  – plain full fat yogurt
  – Stevia & maple syrup
  – nutmeg
  – banana & raspberries
  – pecans
  – 2nd run fresh ginger

References and Resources - Living a pain-free life

If you run into information recommending avoiding saturated fat, cholesterol, red meat, dairy, please remember that although this is the conventional recommendation, it is not based on sound science, saturated fats and cholesterol are essential nutrients, and meat and dairy from pastured animals has been eaten by healthy societies for thousands of years. Also going ‘low fat’ will get you away from bad fats, but you need the good fats – a low fat diet is not recommended.

Nourishing Traditions, The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, by Sally Fallon & Dr. Mary Enig
www.WestonAPriceFoundation.org

Performance without Pain, A Step-by-Step Nutritional Program for Healing Pain, Inflammation and Chronic ailments in Musicians, Athletes, Dancers… and Everyone Else
By Kathryne Pirtle, clarinetist, with Sally Fallon

Overcoming Arthritis - See How Holistic Treatments Can Cure Arthritis, Fibromyalgia, Chronic Fatigue Syndrome and Other Conditions, by David Brownstein, M.D.

Your Body’s Many Cries for Water, by F. Batmanghelidj, M.D.

The Fourfold Path to Healing - Working with the Laws of Nutrition, Therapeutics, Movement and Meditation in the Art of Medicine, by Tomas S. Cowen, M.D. www.FourFoldHealing.com
Conquering Arthritis: What Doctors Don’t Tell You Because They Don’t Know: 9 Secrets I Learned the Hard Way, by Barbara Allan www.conqueringarthritis.com

The Detox Book, by Bruce Fife

The Complete Book of Enzyme Therapy: A Complete and Up-to-Date Reference to Effective Remedies by Anthony J. Cichoke


Some health newsletter and websites that can be helpful:
- Dr. Joseph Mercola - www.mercola.com
- Dr. Jonathan Wright at http://www.tahoma-clinic.com/arthritis.shtml
- Dr. David Williams - http://www.drdavidwilliams.com/ - much on medicinal herbs & spices
- Dr. Julian Whitaker – Health & Healing www.drwhitaker.com
- and also his book, Exitotoxins, the Taste that Kills
- Gloria Gilbere, ND, on nightshades & inflammation – www.gloriagilbere.com
- Failsafe Diet http://failsafediet.wordpress.com, aimed at food chemical intolerances, see esp. "Essential Sugars and Plant Lectins"

Local naturopathic health professionals:
- Carol Bolin, ND, Bowling Green, 419-966-4901, www.naturopathicwellness.net
- Maleigha White, ND, 723 Phillips Ave Bldg C, Toledo, (with Dumas Chiropractic) 419-376-6104 www.toledonaturopathic.com
- Linda Ott, ND, CNHP, 5600 Monroe, Street, A-106, Sylvania, 419-517-8810

Wishing you the best!
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