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O S T E O P A T H Y

General advice for osteoarthritic conditions.

Osteoarthritis is where the wear on a joint exceeds the capacity for a person to repair that damage. Repair slows as we get older and collagen (the building block) becomes less strong over time.

To slow this progress and in some cases, halt it or even reverse it the following is suggested: -

Provide the supplies to the tissues that form the cartilage to provide them with all the nutrients they require to build you new cartilage. Take Glucosamine Sulphate with Rosehip (for Vitamin C). Take Daily in the morning.

Some people find adding MSM useful but try this if you get only minimal benefit from the Glucosamine. The way to assess this is given below. Chondroitin is not absorbed through the gut so is of little value.

Ensure the supplies get to the tissue that will generate the cartilage. To do this a rhythmical traction should be applied.

For Hip and Knee - It is suggested that an ankle weight is used during general walking as it adds traction and not compression to the joint and the traction can be applied during normal domestic activities.

For Shoulder a wrist weight similarly will add traction when the arm is swung.
For large toe and thumb joints there is no solution other than to directly pull the digit away from the body and release thus applying the traction.

For spinal joints see the lower back and upper back advice as these exercises will apply what is required.

To add natural anti-inflammatory action try taking –

Turmeric with Black pepper has been shown to have a good anti-inflammatory effect. Some sources suggest only Organic Turmeric to be effective. Dose as given on the product.

Omega 3 oils from any Organic & Cold Pressed source will provide for an anti-inflammatory body chemistry to be produced. This chemistry is prostaglandin 3 series of chemistry. Oils such as Cod Liver Oil, Fish Oil, Flax, Walnut and Pumpkin will provide what is required. Oils should be taken with the evening meal as the digestion is best at this time. Dosage 1-2 teaspoon

Testing if Glucosamine is effective.

In the first 3 months only add the glucosamine and do not assess whether you feel any different. At the end of 3 months stop taking it and assess over the next 10 days any increase in symptoms or loss of mobility or loss of ease of mobility that you experience. This will subjectively inform you of what the product did for you. Whilst it is easy to assess short term detriment, assessing longer term benefit (especially when one still has symptoms) is much more difficult. If you find that you have been helped – re-introduce the supplement and add the other suggestions.



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