

# Arthritis

The first Western disease I was actually familiar with as a little boy was arthritis. My beloved paternal grandmother, Bertha Cooper, suffered from this pathology for quite some time. She had it extremely bad in her wrists and joints. I remember her asking me if I would go to the corner liquor shop on the corner of 101st Street and Avalon Boulevard in Watts, California, and buy her some Dan Gay, a white pharmaceutical anti-inflammatory rubbing lotion. She would stroke Dan Gay on her wrists and joints and her tendons too.



- As a little boy, I failed to understand disease.
- I failed to know how my grandmother developed arthritis.
- All I knew is that she had it (and claimed it too).

However, when the Universe bestowed the Akashic Records of health knowledge after me in the late 1990s, I finally realized why Grandma Sis (Bertha) developed and suffered from arthritis. You see, my grandmother was originally from your To the south, Mississippi to be precise. The ideal supper was "soul food." My grandmother was an outstanding prepare and I never tasted any kind of food back in my deaf, dumb, and blind nights and years that tasted better than my paternal grandmother's food/cooking.

However, although this so-called food, soul food, tasted good, I now understand that taste is not the criterion or measuring stick for what is healthy or dietary. It was Grandma's good tasting heart and soul food that did her together with arthritis and tendonitis. Yes, all that cornbread, collard and mustard greens, salt pork, candied yams, melted hen, lean meats, catfish, pork chops, rock Cornish hen, neck bones, ham, white rice, etc. eventually did her (and the rest of my family members) in. Not to mention eating all that white, enhanced Webber's and Wonder bread, flap jacks (pancakes), syrup and biscuits, bacon, sausages, jelly cake, jelly sandwiches, saltine crackers, Vienna sausages, potted meat, Spam, hog's head cheese, liverwurst, and so forth. And what about all that hot cocoa, java (laced with white sugar and dairy cream), butter milk, pet milk, Kool-Aid, and soda pop which she drunk?

- She didn't smoke cigarettes like your ex five sons, however she would rotate up her very own bud with Prince Albert brand tobacco and ZigZag paper.
- My childhood friends thought my grandmother smoked marijuana.
- It was a little embarrassing until they found out what it was she was really smoking.

*Mentioned all of the above in order to let you all know that my grandmother's arthritis was due to what she ate and drank on a daily basis through ignorance, tradition, and habit.*

- All that meat converted into **uric acid** in my grandmother's joints and ligaments.
- The starches broke down into carbonic acid and also made its way into her joints.
- And so did the lactic acid from the brake down of the dairy products she consumed.
- The smoking also created an over acid situation in my grandmother as well.
- She also had bouts with gout, which is nothing but arthritis in the ankle area.

## You , Arthritis is a Condition of Inflammation of the Joints

That's just about all it is. The Latin word "Arth" signifies "joints," and the English suffix, "itis" means "inflammation." What is inflammation? A burning! What can cause this burning or inflammation? ACID!!! Plain and simple!

*“ Grandma Sis has been lucky, eventually dying from degeneracy (that doctors call natural death). However, her sons (and daughter-in-laws, nephews, nieces, and grandchildren) were not so lucky, dying in the insidious cancer, including my personal father from lung cancer in 1994 and my mother from pancreatic cancer in.*

My family could not, would not, as well as to this very day, still will not believe that what they put into their mouths cause their pathologies and eventually kills them. It was easy to write myself off when I was a Muslim and member of the Nation of Islam in early 1990s, simply declaring "that boy is mad at white folks and the world!" But today as a Nativist, what's their excuse? Nothing but ignorance and also traditional paralysis! Soul food is a tradition, Djehuty! Yes, a tradition that leads to an early grave!

## One of the Greatest Contributors of Arthritis is Collard and Mustard Greens

Sorry Dark folks, Negroes, and spirit food lovers! But this is true! Greens are laced with "oxalic" acid and this oxalic acid is greatly created when you cook the veggies. This is true! And for you rat feces-laced chocolate lovers out there, your precious chocolate also contains oxalic acid.

Now, I don't want a person thinking soul meals are the cause of arthritis, because a lot of white folks, Mexicans/Latinos, and Asians also suffer from arthritis. Like spirit meals, the Standard American Diet will also trigger arthritis. Arthritis is an American disease!

- You understand arthritis, you should understand tendonitis as well as **gout**.
- They are acidic fluid buildup problems in the joints that cause inflammation (pain).

Most modern day suffers of arthritis (and tendonitis and gout) are fighting the symptoms of these inflammatory diseases with pharmaceutical grade drugs. Although God instructed Bible believers to heal themselves with herbs (Revelations 22:2, Ezekiel 47:12, and Psalms 104:14), in their odd obedience to God, they take the enemy's pharmaceutical drugs that extend the osteoarthritis. Why and how? Because pharmaceutical drug grade drugs, though made from alkaloids, eventually break up into ACID especially ascorbic acid, which eats your red bloodstream cells up) in the body, and also acid generates inflammation, so how intelligent is it to take something to target the symptom which eventually lengthens and worsen the initial condition?

## Mother Nature Has Provided Recovery for Arthritis and Other Inflammatory Diseases

To heal from joint disease, all one needs to consume is certain herbs. Herbal remedies that are anti-inflammatory anyway are the best to recover from arthritis. These herbal treatments include Meadowsweet, Peppermint, Wintergreen, Birch, White and Black Willow Bark and Balm of Gilead.

## However, Other Certain Herbs Work Synergistically With the Herbs Supra

Personally, no healing from arthritis can take place efficiently without the following herbs: Devil's Claw, Boswellia Frankincense), Uva Ursi, Mullein leaves, Saffron, Cayenne pepper, Feverfew, and Guaiac wood.

*“ Acute Gout Attack Treatment - The very best Gout Therapy Tips For Totally free Severe Gout pain Assault Treatment -- The Best Gout Treatment Tips for Totally free Probably you visited the doctor as well as learned that you are in the 1st phase of severe gout and now you are searching for a severe gout pain assault...*



- Devil's Claw, Boswellia, Uva Ursi, and also Mullein are the paramount arthritis herbal treatments.
- They greatly counteract mucus, which is the consequence of acid, that causes inflammation.
- Organic sulfur, commonly called MSM Sulfur, can be great in healing arthritis.
- So is Noni juice!

*You can make your own recovery salve as well from a base butter or oil such as shea or cocoa butter, coconut, olive, or almond oil (or any good oil) and add in a few drops (10-15 drops) of the following essential oils: Peppermint, Clove, Wintergreen, Eucalyptus, Birch, and/or Spearmint.*

- You can rub this salve directly on your joints or other problems area.
- It is very soothing and healing.

And of course, as an herbalist, I have formulated my own Joint Formula that consists of all the herbs mentioned above that is a powerful little formula that works well wonders for me when my wrists start to damage from excessive typing (typing up all that legal pleading).

- Can not forget about magnet treatment as well for arthritis.
- Magnets make a problem or injured area alkaline and also enhances circulation to the problem area so that healing can begin.



Gout Cherry Juice Uric Acid Uric

My good friend and brother, Mark Lomax, a musician and performer, healed himself from serious bouts of gout, another acid condition. It's been a few years now since he had gout. Exactly what did he do? First, he detoxified his body on our Full Body Cleanse. Then, he did a daily regimen of our Electric Greens Cell Food (pure alkalinity), Important joints Formula and Black **Cherry Juice** Concentrate. Would you recognize this brother if you knew him 3 years ago. He also lost over 70 lbs on these types of herbs. This man is a walking illustration of healing!

- Should also mention the importance of pineapple enzymes called Bromelain for the healing of arthritis and other acid conditions.
- Bromelain or pineapple enzymes are anti-inflammatory in nature as well as effect and for that reason provide healing for arthritis.
- They taste just like candy and are chewable and you can gnaw as much as you like, although 3-6 tablets after dinner ought to get the job done.
- You can find Bromelain for the most part great health food stores.

*Soaking inflamed body parts in hot water and essential oils of Peppermint and Eucalyptus is also very therapeutic for arthritis.*

## But Most Importantly in Fighting Arthritis is Modified Diet

Cut out or cut down on meat and dairy products. These are two of the biggest culprits in causing arthritis. A vegetable cocktail consisting of celery, parsley, apple and/or carrot (for sweetness and also base) 3-4 times weekly will greatly get rid of acid accumulation in the joint parts. By all means, avoid all acidic liquids beer, soda pop, milk, orange juice, wine, coffee, etc.).

## Man, Life is So Wonderful When You Know How to Heal and Forestall Disease

The understanding of diseases is just as important. Sometimes I'm full of grief and sorrow from my knowledge and knowing that people suffer from a lack of knowledge (and insanity too). Notice Ecclesiastes 1:18 and Hosea 4:6

However, the children of the future, including my son, Asim, and daughter, Layla, and other Conscious Minds offspring - Nadya, Najee, Elijah, Asar, Sunshine and the newest edition from Melia and Obea, and the others (out here about the West Coast in Los Angeles) will all benefit from this profound familiarity with proper diet as well as from my personal suffering and grief, as well as their parents. I'm also quite sure that many children around the nation will also benefit from their parents' reading and applying this kind of health information and knowledge that is readily distributed.

As much as I loved soul food and my relative's cooking back in my death (Negro) days, you could not put a gun to my head and compel me to eat a piece of chicken or pork today, and I mean that! I really like myself too much to harm my temple of The almighty. My children are beautiful (and highly astute and precocious) because of what their parents ate just before and while conceiving them. It can be done too!

- Make the change people!
- Style is not the criterion for what is healthy.
- Nutritional content is!

## Peace as Well as Like, Readership!

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*“ Domenic Golden*  
*Domenic is a head marketing specialist at muscledstress.com, a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*



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