

Cryotherapy and Other Natural Ways to Prevent or Ease Symptoms of Arthritis

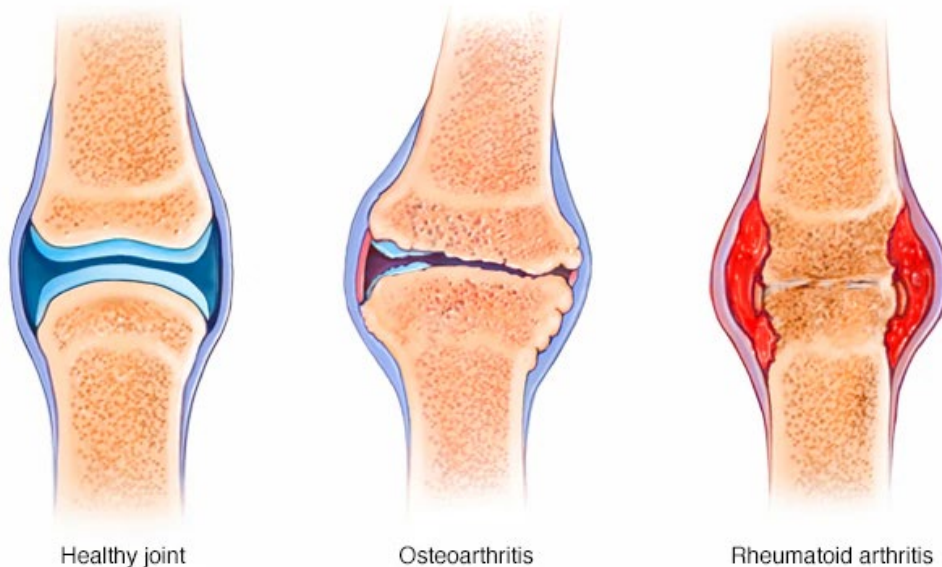
Suggested Treatment Regimen and Remedies for Improvement in Just 4 Weeks

What is Arthritis?

Arthritis is very common but not well understood. It is not a single disease, but an informal way of referring to **joint pain or joint disease**. In fact, there are more than 100 different types of arthritis and related conditions, the most widespread being osteoarthritis (degenerative) and rheumatoid arthritis (inflammatory).

Osteoarthritis occurs when the cartilage – the slick, cushioning surface on the ends of bones – wears away. Bone starts rubbing against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic.

Rheumatoid arthritis is caused by the immune system, mistakenly attacking the joints with uncontrolled inflammation. It can cause joint erosion and may also damage internal organs, eyes and other parts of the body.



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Common arthritis symptoms include swelling, pain, stiffness and decreased range of motion of joints. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin.

The Size of the Problem

People of all ages, sexes and races can and do have arthritis, while it is more common among women and occurs more frequently as people get older.

- **Arthritis is the leading cause of disability among adults in the U.S.**
- By conservative estimates, about 54 million Americans have doctor-diagnosed arthritis. It includes 31 million cases of osteoarthritis.
- The number of affected people is growing and is projected to reach 78 million by 2040.
- Arthritis can also develop early in life - almost 300,000 babies and children in the US have arthritis or a rheumatic condition.
- The problem is much more common among people who have other chronic conditions. It affects 49 % of adults with heart disease, 47 % of adults with diabetes and 31 percent of adults who are obese.

The Risk Factors and Their Management

Predisposition to arthritis can be genetic, but numerous factors usually contribute to developing and worsening the condition, including weight, lifestyle (diet, physical activity, smoking), environmental factors, certain professions that require repetitive movement, as well as injuries.

The risk, as well as the symptoms, while mild, can be managed by:

- Maintaining healthy weight and excluding inflammatory foods from the diet
- Regular physical activity
- Strengthening the muscles around joints for added support
- Avoiding excessive repetitive movements
- Balancing activity with rest
- Using hot and cold therapies

The Importance of Treatment

Arthritis symptoms can be mild or moderate and remain unchanged for a long period of time, but they are likely to progress with age. Severe arthritis can result

in chronic pain and inability to do daily activities. The joint **damage can become permanent**, and other organs can be affected over time, while slowing the disease activity can help minimize or even prevent it.

"I am a strong believer in the **window of opportunity**, which probably spans two years after symptom onset," says Dr. S. Kazi, MD, associate professor of internal medicine and chief of rheumatology at the Dallas VA Medical Center. "If rheumatoid arthritis goes untreated for two years, the majority of people will develop joint erosion, indicating disease progression."

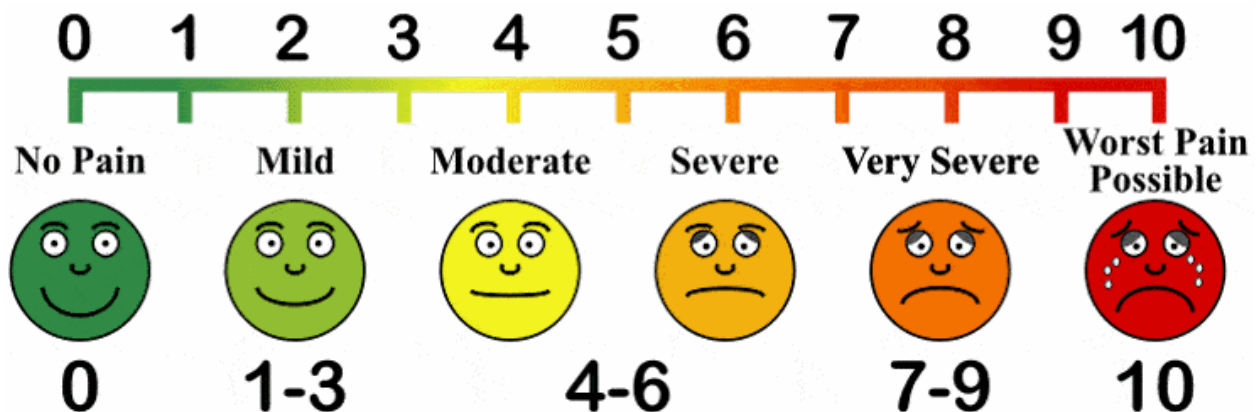
CRYOTHERAPY Treatment Protocol for Arthritis

Cryotherapy was initially developed to ease arthritis pain, and it has been used for this purpose ever since, although many other applications have emerged.

With the different types of arthritis, pain can be experienced along a large continuum. Some people experience minor, episodic pain to a small number of joints or even a single joint, while others can have debilitating, crippling and lasting pain effecting many areas.

Unfortunately, most medical treatments for pain are not adequately effective or carry substantial long-term side effects. Whole body cryotherapy has proven to be one of the best adjuncts for those with chronic arthritis due to its lack of harmful side effects and quick timeframe for relief.

Subjective pain scales like this one are useful to predict duration and response to treatments:



The following treatment protocols have been recommended by Dr. Alan Christianson, NMD, one of the first adopters of whole body cryotherapy in the United States:

Arthritis Treatment Protocol A

This protocol is best for those with long-standing chronic arthritis involving multiple joints and with higher average pain scores:

- Pain scores of 6 or over
- Those with pain over multiple joints
- Duration of symptoms greater than 2 years

Minimum number of treatments: 20

Recommended frequency of treatments: Five days per week (weekdays)

Duration of treatments: at least 4 weeks

Arthritis Treatment Protocol B

This protocol will serve those with more recent onset arthritis involving fewer joints and with lower average pain scores:

- Pain scores of 5 or under
- Pain over single joints
- Duration of symptoms less than 2 years

Minimum number of treatments: 10

Best frequency of treatments: Five days per week (weekdays)

Duration of treatments: 2 weeks

Other Recommendations for More Noticeable Results:

COMPLETELY EXCLUDE the 5 foods that have proven to increase the risk and worsen the symptoms of arthritis by as much as 300%. Numerous studies have demonstrated that eating any of these in ANY amounts can completely offset the effects of treatments and medications that lessen inflammation and pain (sources: NaturalHealthReports.Net, Mayo Clinic and Arthritis Foundation):

#1 Artificial trans fats (common in butter replacement products like margarine, frozen biscuits, microwaveable popcorn, etc.)

#2 Refined carbohydrates (the starches and sugars that do not exist in nature)

#3 Sugary sodas (proven to be directly linked with arthritis and increasing the risk of developing the disorder by 63%)

#4 Blackened (grilled) foods that are rich in unhealthy and highly inflammatory advanced glycation end products (or AGE-s)

#5 High fructose corn syrup (extremely widespread in salad dressings, relishes, ketchup, apple sauce, canned foods, etc.)

ADD collagen to your diet, from home-made bone broth to bone broth protein shakes and collagen supplements, available in many different forms and natural flavors.

EMBRACE herbs and spices, especially ginger, turmeric (both available fresh, in teas, and as supplements), cayenne pepper and wasabi.

SEEK natural remedies (two, in particular, have demonstrated leading to better joint function and up to 80% less pain – bromelain present in pineapples and papain found in raw papaya) and painkillers that focus on breaking up muscle adhesions and trigger points, along with pain-fighting essential oils.

Numerous products have become widely available (CBD oils, for example), in line with recipes for DIY lotions and rubs like this one from Dr. Axe:

Homemade Muscle Rub for Natural Pain Relief

Total Time
20-30 minutes

INGREDIENTS:
1/2 cup coconut oil
1/4 cup grated beeswax
2 teaspoons cayenne powder
2 teaspoons ginger or turmeric powder
15 drops peppermint essential oil
15 drops lavender essential oil
Glass jar

DIRECTIONS:
Pour all oils (except essential oils) into a jar. Place a saucepan with two inches of water over medium low heat.

Place jar in saucepan and allow contents to melt. Stir to combine. Add the cayenne and ginger/turmeric.

Once combined, allow to cool slightly and then add in essential oils. Mix well.

Pour mixture into metal tins or storage containers and allow to set.

Best for:
• Post-workout muscle pain relief
• Reducing headache pain & tension



Dr. Axe
FOOD IS MEDICINE

Prescription and over-the-counter painkillers can help relieve pain short-term but come with a whole bunch of side effects. Even common remedies like Aspirin can cause stomach ulcers and breathing problems, while prescription painkillers are blamed for an increasing amount of overdose deaths.

Last, but not least, **MOVE** the achy joints to improve blood circulation to them. Even though it might seem like the last thing to do when in pain, even mild physical activity can strengthen the muscles that support the painful joints, preserve and increase joint range of motion. It also improves sleep quality that is extremely important in managing inflammation.

Disclaimer: This guide is a summary of some well-known practices that have proven to be effective in reducing inflammation and managing arthritis pain. If followed promptly, it may help achieve improvement in as little as 4 weeks. At the same time, every condition is different, and the result depends on many factors. By no means should this document serve as a success guarantee or as a replacement for medical advice.