

# The cause and cure for rheumatoid arthritis

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## Introduction

Current medical science suggests that Rheumatoid Arthritis (Ra) is an Autoimmune Disease, theorizing that white blood cells mistakenly attack healthy joints, tissues and organs causing chronic inflammation and degeneration of the joints and organs (Figure 1).

In contrast and in the reverse, my thirty years of hematological research suggests that any inflammation and/or degeneration of tissues, joints and/or organs is the result of tissue, joint and/or organ acidosis from the retention of dietary, metabolic, respiratory, and environmental acids that have not been properly eliminated or excreted through the four channels of elimination – urination, perspiration, defecation and/or respiration. My own research suggests that acid retention primarily from diet and metabolism breaks down tissues, joints and/or organs that causes the activation of the white blood cells as a janitorial cleansing mechanism rather than a mechanism that attacks and destroys invading microorganisms or mistakenly attacking healthy or unhealthy joints, tissues and/or organs.<sup>1,2</sup>



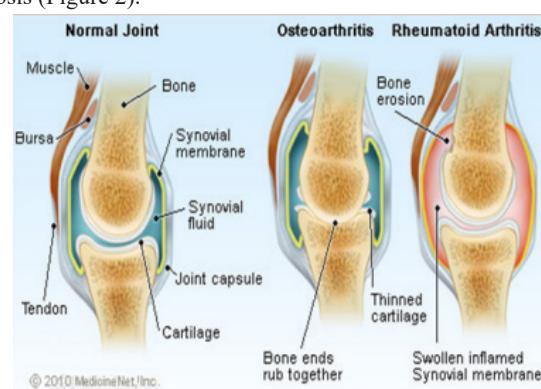
**Figure 1** Chronic inflammation and degeneration of the joints and organs.

The main purpose of white blood cells is to maintain cleanliness of the blood and tissues as the primary janitors of the body fluids in the support of the body's alkaline design. In the thirty plus years of looking at live unstained and unchanged blood I have never witnessed white blood cells attacking healthy tissues, joints or organs.<sup>1,2</sup>

My pH Miracle "New Biology" theory suggests that all sickness and disease, including rheumatoid arthritis is caused by the over-acidification of the blood and then tissues due to an inverted way of living, eating and thinking.<sup>2</sup> I call this retention of acid in the tissues, "Latent Tissue Acidosis." Simply put, inflammation can only exist when acid is present and when acid is present this causes inflammation that leads to tissue and/or organ degeneration. There is no other cause of inflammation than the retention of dietary, metabolic, respiratory and/or environmental acids which have not been properly eliminated through the four channels of elimination. The body will only adsorb

and then absorb dietary and/or metabolic acids when they cannot be properly eliminated. This is the way the body protects the delicate alkaline pH of the blood at 7.365.<sup>1,2</sup> On the other hand, living an alkaline lifestyle and diet which I call the pH Miracle lifestyle and diet can lead to health, energy, vitality and fitness and the prevention of all sickness and disease, including the prevention or the reversal of rheumatoid arthritis.<sup>1,2</sup>

The immune system contains a complex organization of cells and antibodies (acid chelators) designed normally to "collect and eliminate" cellular debris NOT "seek and destroy" some phantom invader (virus, bacteria, yeast, mold) of the body, from the outside world.<sup>1,2</sup> Patients with rheumatoid arthritis create antibodies which are then released to target, bind and neutralize dietary, metabolic, respiratory and/or environmental acids preventing inflammation or acid buildup of the tissues, joints and/or organs. Because acid can affect multiple other organs of the body, rheumatoid arthritis is a systemic acidic retention condition I call "Systemic Latent Tissue Acidosis (Figure 2)."



**Normal and Arthritic Joints**

**Figure 2** Picture of a joint affected by dietary and/or metabolic acid causing rheumatoid arthritis.

While rheumatoid arthritis is a chronic acidic symptomology, meaning it can last for years, patients may experience periods without symptoms. However, rheumatoid arthritis will become a progressive acidic illness as acids buildup in the connective and fatty tissues that has the potential to cause joint destruction and functional disability if the patient continues his/her acidic lifestyle and diet.<sup>1,2</sup>

A joint is where two bones meet to allow movement of body parts. Arthritis means joint inflammation caused by tissue acidosis. The joint inflammation or acids of rheumatoid arthritis causes swelling, pain, stiffness, and redness in the joints. The acid caused inflammation of rheumatoid disease can also occur in tissues around the joints, such as the tendons, ligaments, and muscles when dietary, metabolic, respiratory and/or environmental acids are retained and not properly eliminated due to congestion of the elimination organs, including the bowels, lungs, skin and/or urinary tract system.

In some people with rheumatoid arthritis, the retention of dietary, metabolic, respiratory and/or environmental acids leads to chronic inflammation and the destruction of the cartilage, bone, and ligaments, causing deformity of the joints. Acidic damage to the joints can occur early in the disease and can be progressive as acids buildup in the connective and fatty tissues. Moreover, studies have shown that the progressive acidic damage to the joints does not necessarily correlate with the degree of pain, stiffness, or swelling present in the joints.

Rheumatoid arthritis is a common acidic rheumatic disease, affecting approximately 1.3 million people in the United States, according to current census data. The disease is a symptom of acid retention that is three times more common in women as in men. I would suggest that women tend to ingest higher levels of lactose/lactic acid or rheumatoid disease causing acidic foods such as chocolate, ice cream, yogurt, milk, cheese, and sugar, in all of its forms, including honey, maple syrup, sucrose, maltose, fructose, and glucose.<sup>1,2</sup>

Men and women with rheumatoid arthritis have a high prevalence of preclinical atherosclerosis independent of traditional risk factors, suggesting that chronic acidic inflammation and, possibly, disease severity are atherogenic in this population.<sup>3</sup> Regarding this matter an editorial published at Circulation Journal in 1999 have discussed about the many similarities shared by rheumatoid and atherosclerosis.<sup>4</sup> Researchers have found that the atherosclerotic process begins very early in the course of rheumatoid arthritis with the study revealing a significant increase in intima-media thickness, an indicator of atherosclerosis, in just 18 months.<sup>5</sup> Other scientists have found a rapid increase in myocardial infarction risk following diagnosis of rheumatoid arthritis amongst patients diagnosed between 1995 and 2006.<sup>6</sup>

Having researched the blood of rheumatoid arthritis patients for over thirty years, I have found other studies investigating cardiovascular autonomic dysfunction in rheumatic diseases that validates my own conclusions.<sup>1,2</sup> Although there are few studies in this direction, I have noticed that the sympathetic nervous system activity may be elevated in rheumatic diseases compared with health patients.<sup>7,8</sup> According, my view the sympathetic predominance is the primary factor in the cascade of events leading to increased lactic acid retention from oxygen deprivation, dairy products and high sugar fruit leads to an acidic environment and latent tissue acidosis", generating atherosclerosis.<sup>9,10</sup>

Also, I have discovered a study from the eighties showing high values of lactate/lactic acid in seropositive rheumatic disease and crystal-induced arthritis (the solidification of dietary and/or metabolic lactic acid), with the author suggesting that synovial lactate/lactic

acid measurement could be a reliable indicator for differentiating inflammatory arthritides.<sup>11</sup> In parallel, the amount of lactate/lactic acid released by the myocardium has been shown to be related to the severity of coronary artery disease.<sup>12,13</sup> Going deeper I found additional scientific research validating my own acid retention theory with the following information from a paper published in 1924<sup>14</sup> entitled "The alleged role of lactic acid in arthritis and rheumatoid conditions", that states: "In 1858 Richardson published the results of extensive experiments on dogs in which the injection of large quantities of lactic acid, intraperitoneally, was followed by severe joint involvement. The condition of the joints was similar to that seen in acute arthritis, and Richardson suggested that the arthritic syndrome was due to an accumulation of lactic acid in the body. This theory found further support in 1877, when Foster reported that the administration of lactic acid by mouth to two diabetic patients resulted in painful and swollen joints. The pain and swelling persisted as long as the lactic acid administration was continued and disappeared promptly after the lactic acid was discontinued. These early experiments were apparently never repeated or extended but they have exerted some influence in the formation of hypotheses regarding the disease".

This paper from 1924 strengthens my conviction, placed in the article, "Old experiments with rabbits and dogs," provides powerful evidence of my acid retention theory causing All sickness and disease, including rheumatoid arthritis and atherosclerosis, where it was shown that lactic acid-fed rabbits and dogs may develop atherosclerotic lesions.<sup>15</sup>

## Marthritis, rheumatoid arthritis and alkalinity

A recently published study in the Journal of Clinical Endocrinology and Metabolism<sup>16</sup> has provided further evidence that the consumption of and supplementation with alkaline minerals is essential for good health. The objective of the study was to understand the effect of alkaline minerals (potassium bicarbonate, sodium bicarbonate and potassium chloride) on bone health - specifically, the ability of these alkaline minerals to slow the bone resorption rate and calcium excretion.

The participants who were taking the bicarbonate supplements had significant reductions in urinary N-telopeptide and calcium excretion when compared to the control group. This means that when taking the alkaline minerals, bones remained stronger and healthier.<sup>16</sup>

In the Journal of Orthomolecular Medicine, Joseph Campbell provides a thorough review of the scientific literature surrounding minerals and disease and highlights that the alkaline minerals, magnesium and calcium, are critical to the prevention of cardiovascular disease (CVD). He also highlights that "Excessive consumption of acid producing foods, results in metabolic acidosis. When this occurs, the parathyroid hormone stimulates the removal of calcium from the bones and teeth (osteolysis), to buffer or neutralize the excess acidity, including lactate and lactic acid. After many years, such calcium loss results in depleted bone, bone weakness and structure".<sup>17</sup>

## Alkaline mineral supplementation decreases pain in rheumatoid arthritis patients

This incredible study from Institute for Prevention and Nutrition (Germany) provides clear and unquestionable evidence that using an alkaline mineral supplementation (30g daily) reduces pain and increased movement in patients with moderately active Rheumatoid Arthritis over a 12-week period.<sup>18</sup>

## Alkaline food mineral sources in the prevention or cure of rheumatoid arthritis

- a. **Potassium:** Avocado, Spinach, Soy sprouts, Lentils Swiss Chard, Tomatos, Broccoli Cucumber, Beetroot, Greens and Carrots
- b. **Magnesium:** Pumpkin Seeds, Spinach, Soy sprouts, Swiss Chard, Broccoli, Cucumber, Sunflower Seed sprouts, Pumpkin seeds, Tomatoes Celery, Quinoa, Almonds
- c. **Calcium:** Basil, Turnip, Thyme, Spinach, Greens, Broccoli, Swiss Chard/Silverbeet, Romaine Lettuce,Kale, Celery, Cabbage, Green Beans, Asparagus Brussel Sprouts, Garlic
- d. **sodium:** Avocado, Carrots, Cabbage, Cauliflower, Kale, Lettuce, Greens, Parsley, Peppers, Radish, Sunflower Seed, sprouts, Turnip

**Note on Sodium:** The source of sodium can also come from non-processed sea or lake salts, not processed table salt or the salt added to refined foods.

## Sodium and table salt

Today's common table salt is made up of chemicals that pollute the body fluids and wreak havoc on the alkaline design of the body. Table salt is 97.5% sodium chloride and 2.5% chemicals, such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health challenges in your body. For more details on the importance of sodium chloride/salt in the diet read my article: "Salt That Heals and Salt That Kills" - <http://articlesofhealth.blogspot.com/2006/10/salt-that-kills-and-salt-that-heals.html> Sodium is the most important essential alkalizing element in the body, and the above listed alkaline vegetables will provide the body with a good, clean alkaline source of this important mineral.

## Conclusion

Sufficient alkaline minerals is essential to good health and the prevention or cure of arthritis or rheumatoid arthritis. To stay alkaline and healthy and free from all sickness and disease, including free from arthritis and rheumatoid arthritis, the body needs support by minimizing dietary acids and focusing on the ingestion of alkalizing green fruit, vegetables and drinking 9.5pH alkaline water. When you over-consume acidic foods and drinks, the body will be forced to use its alkaline reserves (calcium from bones, for example) to neutralize these dietary acids which in turn may then lead to joint, tissue and organ inflammation and degeneration. The body can only make alkaline buffers from base minerals, including sodium, magnesium, potassium and calcium. By giving the body an abundance of alkalinity or base minerals through diet and mineral supplementation will not only ease the acid burden from diet and/or metabolism but also give the body the tools it needs to function optimally.<sup>1</sup> The four main alkaline minerals are sodium, magnesium, potassium and calcium (clean, not refined table salt). These are abundant in fresh green fruit and vegetables. I recommend ingesting at least 12 servings each day based upon a body weighing 70 kg or 154 pounds!<sup>1</sup>

I also suggest two alkalizing mineral supplements - pH Miracle pH our Salts and pH Miracle pH lavor salts ([www.phmiracle.com](http://www.phmiracle.com)) for preventing and reversing joint, tissue and organ inflammation, including Arthritis, Rheumatoid Arthritis, Osteoporosis, CVC, and more. In the short-medium term these two alkalizing mineral supplements will help undo any previous acidic damage and assist in detoxifying the body of dietary, metabolic, respiratory and environmental acids. In

the long-term will help to maintain the alkaline design of the bodily fluids, giving you a daily safety net to protect the body joints, tissues, and organs from the acidic waste products of diet and metabolism that cause ALL sickness and disease, including arthritis and rheumatoid arthritis.<sup>1,2</sup>

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## Conflicts of interest

None.

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