



Joint Cleanse

Process

1. In the morning, dissolve a teaspoon (five ml) of honey in about 100 ml of lukewarm water; add to it a dessert spoon (15 ml) of apple cider vinegar. This mixture should be taken thrice daily. For the average built person of 75 kg a daily intake of 45 ml (15 ml x 3 = 45 ml) vinegar is recommended. Do not worry about nausea or vomiting, if it occurs. Do not take a lower dose. However, if your weight is lower, then reduce it proportionately. The quantity of cider vinegar in blood should be sufficient to dissolve the uric acid from joints in six weeks treatment.
2. Take one teaspoon of black molasses, three times-a-day.
3. Take three Epsom salt baths every week.
4. Take a full range of alkaline food that is rich in vitamins, minerals and protein, which might help to burn the acids that have already accumulated in the body.
5. Try to work the joints gently by walking in fresh air. If that is not possible, even slow movement on crutches in a well ventilated room will help. Begin with efforts to move fingers and ultimately move the limbs.
6. On a three times-a-day basis, drink 200 ml per dose of green vegetable juice made from a large handful of spinach, a large handful of parsley, five carrots with tops, three radishes. Start treatment with whatever ingredients you get. Avoid any vegetable if it does not suit your metabolism.

Take this treatment for six weeks.

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Explanation of the Process

Apple Cider Vinegar is made from mature cider apples and is a rich source of minerals, organic matter and acetic acid. Take 10 -15 ml of vinegar in water three times-a-day with or without honey for six weeks. The hard acid deposits connected with arthritis are very similar in substance to the shell of an egg. Apple cider vinegar has the power to dissolve those acid deposits, so they pass out naturally via urine. Try this yourself - place an egg, complete with shell, in a jar or glass. Cover the egg with 'neat' apple cider vinegar and in two days, the shell will have completely dissolved, leaving just the contents in a thin, rubbery membrane. (Curing Arthritis - The Drug-Free Way by Margaret Hills, SRN, Sheldon Press, 36 Causton Street, London SW1P 3ST). You may contact Priya Patankar (see page 82) to get a copy of this book.

When apple cider vinegar is taken, it is absorbed through the gastrointestinal system and it achieves adequate concentration in the blood. This blood which is also carried to the inflamed (painful) joints, carries the vinegar to the joints for a 'local targeted' action. Now under the influence of the cider vinegar, the acids or toxins are detoxified and are removed. They are now excreted through urine.

Arthritics are often overweight, due to the inactivity forced upon them. Their joints are so painful on movement that the natural reaction is to minimize the pain by keeping still. This makes them overweight. Apple cider vinegar is a natural diuretic and thus acts to some extent as a slimming agent.

Many arthritics also suffer from high blood pressure, angina or some form of circulatory disease. Apple cider vinegar helps them all as a blood normalizer. If the blood pressure is high, cider vinegar will bring it down partially. If blood pressure is low, it will raise the blood pressure partially.

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Sometimes ridges appear on the nails, due to a lack of calcium salts in the tissues. This deficiency can also effect the bones, teeth and hair. Cider vinegar encourages the body to make more effective use of the calcium derived from food. For normal people, two teaspoons of cider vinegar taken three times-a-day may even act as a preventive measure for arthritis, as also other disorders likely to come up due to lack of calcium assimilation.

Sometimes in the first-second week of treatment, the pain grows. The pain may be slightly stronger than before and/or it may spread all over the body. The reason is easy to understand. The patients blood has been saturated with cider vinegar, which has set to work on those acid deposits, churning them up and dissolving them away. This process may cause some pain and patients may be forgiven for thinking that the treatment is doing more harm than good. Unfortunately some patients give up treatment at this stage, thus losing its value – when it has started taking effect. When the sufferer experiences this reaction, she should think, “It is the treatment working for me; in a week or two, the pain will go away and I shall get better”.

Honey comes from bees. It is packed with natural vitamins, minerals and traces of many elements. The drawback is that honey is also rich in glucose and fructose, which though in pre-digested form, are still a red alert for diabetics. Honey varies in its composition, along with a change of source flowers and the bees that collect it.

Honey contains among other ingredients:

Acids, amino acids	Lime	Potassium
Calcium	Magnesium	Proteins
Chlorine	Manganese	Silica
Copper	Nitrogen	Sodium
Dextrine	Phosphorus	Sulphur
Iron	Pollen	

The longer one has had arthritis, the longer it will be before any noticeable results are obtained.





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The trace elements given above are essential for the activation and action of enzymes. These enzymes are chemical substances which play multiple roles in the body. They mediate the action of different cells in the body, aid in digestion and also aid in nerve and muscle functions, amongst other activities.

Darker coloured honeys are shown to contain more iron and are more beneficial to arthritics, as they generally suffer from iron deficiency. Many have been taking drugs which have drained the body of iron. Lack of iron in the body can lead to all kinds of blood disorders, especially anaemia. Honey helps them.

Most of the B complex range of vitamins can be found in honey and they act on the nerves. Most arthritics are in a highly nervous state. They feel pain very acutely, have sleepless nights and become very depressed. Honey is a highly beneficial food for the tired, nervous and highly strung arthritis sufferer. Overweight patients and diabetic patients should take honey with care. Others may use it in large amounts, usually upto 15 ml to be taken three times-a-day. Honey is a source of Vitamin C and heals ulcers and burns. It is a natural disinfectant and hardly anyone is allergic to it.

I have prescribed honey, so that the body gets trace minerals in their predigested form for quick absorption.

Black Molasses are made from raw unsulphured cane sugar. It is a black substance, packed with nutrients and may be taken at any time when it is convenient. For therapeutic use, I usually recommend one teaspoon, taken three times-a-day. Molasses may be taken undiluted but if so taken, should be followed immediately by a drink of warm water, as it has a tendency to discolour teeth. I found one teaspoon of molasses dissolved in 100 ml of warm water to be right for most patients. Taken like this, it is easily assimilated, more digestible and it will not stain teeth. Those with delicate stomachs,

If good health is worth having, then it is worth fighting for.
Inability to cure indicates that the efforts were not enough.



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who may find that a teaspoonful is too much at one time, may take it in smaller, more frequent doses. Molasses is a wonderful blood cleanser for arthritics. Like honey, molasses is also a marvellous external and internal healer. Arthritics are prone to suffering from stomach ulcers, diverticulitis and similar conditions, caused by acids eating away at the stomach and colon walls. Black molasses offers them relief. For external growths, boils, sore and cuts, molasses applied with a little water and applied as a poultice is a wonderful, natural ointment. Black molasses is also a laxative.

Molasses is a rich source of iron and can alleviate that tired feeling from which so many patients suffer. It is a rich source of vitamin B complex which acts on the nerves, relieving spells of deep depression, bouts of painful neuralgia and debilitating attacks of cold and influenza. Molasses also contains copper and magnesium, phosphoric acid and potassium. Anxiety uses up potassium salts in the blood and tissues and can produce a relapse in the treatment of arthritis. Black molasses helps in the treatment of skin disease, e.g. dermatitis, eczema and psoriasis. Very often, patients face a loss of muscle tone due to lack of essential mineral salts in the body. Molasses proves most valuable in these cases, as its salt content helps to reestablish muscle tone.

Black molasses is not commercially produced in India. It is a product available near sugarcane factories during crushing season. This is their waste product while making jaggery (*gur*). This can be used but it cannot be kept for long. For preserved black molasses, see page 18 and 148.

Epsom Salt Bath

Our skin is broadly speaking, a permeable membrane. It provides an excellent medium for the elimination of acid. Use Epsom salt as a drawing agent of toxins that have accumulated between joints.

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Epsom salt can be obtained from chemists. It is also used for constipated cattle and hence it is available with pharmacies which sell veterinary medicine. Epsom salt ($\frac{1}{2}$ kg - cost Rs 50) should be dissolved in a bathtub containing warm water, the temperature being at the tolerance level (patients suffering from angina, high blood pressure etc should avoid water that is too hot). Do not add soap or bath cubes, salts or oils as the alkalinity of these products will fight the acidity of the Epsom salt, thereby minimising its effects. The temperature of water may be maintained at a more or less constant level by the supply of fresh hot water. Exercise the joints within the limits of tolerance. Beginning with the toes, move every joint till the neck is reached. The movement makes the deposits in joints get loose and the Epsom salt draws out the poisonous acids. The heat of the water will open the pores of the skin, enabling the Epsom salt to draw out the toxins. After a bath of about five-ten minutes, dry yourself with a towel and if the weather permits, try to sleep in blankets so as to keep yourself warm and sweating. The object of this is to keep the pores of the skin open all night, to encourage the elimination of acids through sweating. Patients may find that sleeping between blankets will help to absorb the sweat. This bath is a wonderful relaxer and pain-reliever. You will sleep well. Take a bath when you get up to wash away the accumulated acids. After the bath, you may feel some weakness and lethargy. That will go away in one-two hours. After Epsom salt bath, the body must not be exposed to cold or draughts. This could lead to tension in the nerves and muscles, thereby causing temporary pain. Keeping the body warm is most important, as it will prolong the period of elimination.

The use of a tub is not feasible for everyone, nor is it easy for some arthritics to get into a tub. For them, the following method may be adopted.

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Heat water in an ordinary kitchen bowl to a temperature one can tolerate. Add to it, a cupful of Epsom salt and soak your feet in this solution for 10 - 15 minutes, rubbing them gently at the same time. Afterwards, remove the feet from the solution, dry them and keep them covered. Then soak the hands in the same way. Hot water may be added to the mixture from time to time, to keep the temperature at the desired limit. After 10 - 15 minutes, remove and dry them and keep them covered for some time, so as to retain the warmth and make them sweat. The whole process may be repeated twice daily - with some variation of the frequency and soaking time, according to individual requirement and tolerance levels. A similar option, which is also effective is to wrap hot wet towels, for five-ten minutes around each joint, either one at a time or concurrently, by using many towels, to work as a poultice. They should be soaked in Epsom salt. The objective is to open the pores.

There are many patients, who suffered from severe arthritis for many years and now after taking the treatment, have not only regained the free movement of their joints but gone on to become good badminton players.

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Frequently Asked Questions Joint Cleanse

Q.111	Does this cleansing therapy cure all types of arthritis?
A. 111	I feel that arthritis is a difficult ailment but at least one major cause of every type of arthritis is the accumulation of toxins in the joints of the body. Do a kidney cleanse, parasite cleanse, then take green vegetable juices for a week, followed by a liver cleanse. Afterwards, start the arthritis treatment and continue for six weeks. I aim for about 50% reduction in pain levels on a permanent basis, in all arthritis patients who complete this course.
Q.112	Why should we stop treatment after six weeks? Can we continue with this?
A. 112	After this period, the incremental benefits of continued treatment are likely to be marginal. Second, I want you to lead a medicine free life. However, if you feel better with continued treatment, you may persist. It does not cause any harm.
Q.113	Are there any restrictions on food during the treatment?
A. 113	Eating less of acidic food and more of green vegetables and their juices helps in the elimination of toxins.
Q.114	Why do you suggest for kidney cleanse, acidity cleanse, parasite cleanse and liver cleanse for arthritic patients?
A. 114	The cleansed body gives a much better response in the process of expelling the accumulated acidic toxins from the joints. It is a difficult task to cleanse joints. Hence, I advise you to take support from all the other four cleanses also.

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Q.115	Is there any benefit in the case of spondylitis, gout, joint pains?
A. 115	Yes, in the same way as in the case of arthritis.
Q.116	I do not have much pain. I am sure I do not have arthritis. Can I still take this treatment?
A. 116	You should still take the treatment. After doing it for six weeks, you will definitely notice a difference. Your joints will move more freely. Second, apple cider vinegar is good for weight loss and lustre of skin. I took this treatment three years ago. Till now, I feel no need to repeat this.
Q.117	Which are the different brands of apple cider vinegar?
A. 117	There are three-four brands of apple cider vinegar but two are commonly available in India: American Garden vinegar of USA (cost Rs 250/- for one litre bottle, Rs 180/- for 500 ml) and Heinz vinegar of USA or UK, costing the same. All give similar effect. A patient needs about two bottles of one litre each.
Q.118	Should we take apple cider vinegar on an empty stomach or after food?
A. 118	Initially, take it after food and observe the effects. After a week, take it on an empty stomach for best results. Empty stomach is the state when the system has digested all the ingested food. In the morning, the stomach is empty because everything has been digested during the night. If the breakfast consists of only fruits and a glass of milk, then it is completely digested in 45 minutes. So we confirm that after such light breakfast, you have an empty stomach after 45 minutes. If you eat fried mutton or deep fried paneer that take around six hours or more to get digested, then you have an empty stomach after that period and so on.

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Q.119	Can I use any type of honey?
A. 119	Honey has a limited role in the treatment of arthritis. You can use any type. Apple cider vinegar is the main ingredient that is used in the treatment.
Q.120	Where do we get apple cider vinegar and black molasses?
A. 120	Please refer to A.16, page 23.
Q.121	Can the use of zapper increase the pain if it is used near the joints?
A. 121	No. If at all the pain increases then it will be very temporary and the patient will get good benefit in the long run.
Q.122	I took apple cider vinegar for a week. However, it has increased my pain. Should I stop it?
A. 122	Do not stop the treatment unless the pain becomes unbearable. The increase in pain level is because your blood has become saturated with the apple cider vinegar, which has set to work on all those acid deposits, churning them up and dissolving them away. This process will inevitably cause some pain. So rest assured that the treatment is working for you. You may take some painkiller for immediate relief. If you wish, you may stop the treatment for a week and restart subsequently.
Q.123	We, patients of arthritis, have been taught the familiar refrain - "You have arthritis and must learn to live with it." How can you talk about cure in such a difficult scenario?
A. 123	You do not have to mutely bear anything. Even if you have a difficult ailment such as arthritis, gear yourself up to fight it and win. Remember, the war is not lost until you stop trying. More so, 'You have arthritis and you must learn to live with it' is the final opinion of your doctor and his therapy. You have a right to differ with his opinion and try this

"You have arthritis and you must learn to live with it" is the final opinion of your doctor and his therapy. You have a right to differ with him and try this therapy for your benefit.





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	cleansing therapy for your benefit.
Q.124	I took your treatment and my bone condition has improved (osteoarthritis has been alleviated). My joints pain has reduced to half. My calcium levels have improved, my hair has gained lustre, my skin has better tone. Is this due to the apple cider vinegar?
A. 124	Yes, it is the effect of using of apple cider vinegar and black molasses. If you have systematically undertaken all the five cleanses, write to me and I shall discuss with you the further course of action for more improvement.

Your war with pain is not lost until you stop trying.
 You do not have to mutely bear anything.
 Gear yourself up to fight it and win.

