

EDITORIAL

IS THERE AN EFFECTIVE TREATMENT FOR ARTHRITIS?

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Arthritis is a hereditary disease characterized by an inflammation and/or pain in the small and big joints, often accompanied by pain. The usually affected joints are upper back, lower back, mid-back (all the vertebral joints), knees, shoulders, fingers, toes, ankles, wrists, elbows, hips, temporomandibular joints, (TMJ) and neck. Since arthritis is so common among living beings, probably humans suffered from arthritis since life began on earth and then this would make it as one of the oldest diseases in the universe.

According to historians, arthritis was first discovered in human beings in 4500 BC¹. It was seen in the skeletal remains of Native Americans of Tennessee and parts of modern-day Olathe, Kansas, USA. In fact, arthritis was evidenced in ancient Ötzi, a mummy in 3000 BC. Ötzi was the name given to a mummy, popularly known as the iceman, who crossed the Alps near the border of Italy and Austria. Though he wasn't successful in his venture, the mummified remains of his body does, with the pouch of medicinal herbs that he carried with him, and his arthritic joints, which provide valuable information even 5000 years³ after he died.

According to a report released from CDC, *arthritis is the nation's most common cause of Disability. An estimated 46 million U.S. adults (about 1 in 5) reported doctor-diagnosed arthritis, according to annual estimates from combined 2003–2005 data. As the U.S. population ages, these*

numbers are likely to increase sharply. Nearly 19 million U.S. adults reported activity limitations because of arthritis each year during 2003–2005. Among adults of working age (18–64 years), work limitations attributable to arthritis affect about 1 in 20 adults in the general population and one-third of those with arthritis. Each year, arthritis results in 750,000 hospitalizations and 36 million outpatient visits.

In 2003, the total cost of arthritis was \$128 billion—nearly \$81 billion in direct costs and \$47 billion in indirect costs, equal to 1.2% of the 2003 U.S. gross domestic product. Arthritis is not just an old person's disease. Nearly two-thirds of people with arthritis are younger than 65. Although arthritis affects children and people of all racial and ethnic groups, it is more common among women and older adults.

There are different forms of arthritis; each has a different cause. Many forms of arthritis are differentiated by the symptomatology, the causative agents, the area of the affected tissue, and the manner in which it is affected. Pain is the first complaint one would notice in any type of arthritis. Pain patterns may differ depending on the type of arthritis and the location. Symptoms of arthritis vary from person to person, depending upon many factors, such as the status of the immune system, degree of involvement of the organs and systems, age and degree of inheritance. The most common symptoms

presented by people suffering from any joint disorders include:

- Joint pain
- Joint swelling
- Stiffness, especially in the morning
- Warmth around a joint
- Redness of the skin around a joint
- Reduced ability to move the joint

Some forms of arthritis, such as rheumatoid arthritis and lupus, can affect multiple organs and cause widespread symptoms.

Many arthritic diseases are considered to be autoimmune disorders, most of which are allergy-based. Symptoms of allergies also vary from person to person, depending upon many factors, such as the status of the immune system, degree of involvement of the organs and systems, age and degree of inheritance. When you are allergic to things within you (e.g., foods, drinks, clothes, etc.), around you (fabrics, chemicals, furniture, bacteria, virus, etc.), if your body has a sensitivity towards such substances, if your joints are the weakest areas in your body, your body begins to demonstrate its displeasure by giving rise to various aches, pains, and discomforts at the weakest tissue of your body-joints. Depending on the characteristics of the symptoms of the allergic reactions and tissue involvement, these symptoms are classified by certain medical names like osteoarthritis, rheumatoid arthritis, psoriatic arthritis, lupus arthritis, Fibromyalgia, gout, Sjogren's syndrome, etc. If we can trace the allergen(s) involved in these conditions, allergies can be eliminated with NAET® and health can be restored. More information on NAET® can be found at: www.naet.com.

There are effective ways to reduce symptoms, improve physical function, and improve the quality of life for people with arthritis. For information on CDC's Leadership in Arthritis Prevention and Control, please contact:

(www.cdc.gov/arthritis/intervention)

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