

# OSTEOARTHRITIS SHOWS TO BE FOOD ALLERGY



*This article was removed by editors of a website where it has been online for 4 years. The rules have changed.*

*I worked with a doctor, and he had printed this article to let me read it. He did not know I had written it. If a doctor finds the article interesting but editors think it should be censored, then something is really wrong in the Netherlands.*

## **Scientific research is the basis for medical food knowledge**

This article I wrote with all the knowledge in mind about the cause of osteoarthritis and arthritis problems, which is not 100% functioning kidneys. When you think about this, it is understandable that the kidneys must be stimulated in their functioning, when you want to cure from osteoarthritis. Then, more toxins will be removed, including the uric acid that causes osteoarthritis. But which food do we take? Unfortunately, 90% of the items in the supermarket contain toxins. All animal products, many industrial products, sweet products, almost all white flour products, margarine, industrial oils, alcohol drinks, tobacco, and medicines contribute to the development of rheumatic problems like arthritis, osteoarthritis and gout. That is why it is good to fast temporarily, and to use kidney-supporting nutrition permanently.



## Here is the full article:

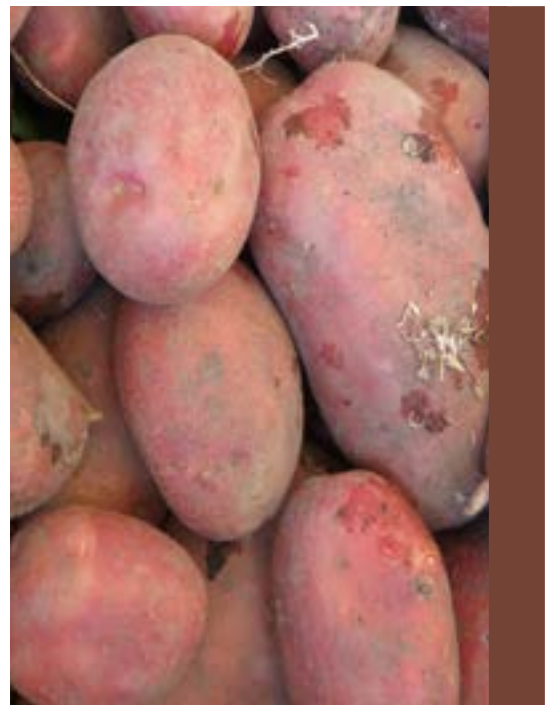
Osteoarthritis is wearing of the bones. At least, that what we have been told for years. However, the pain is not caused by wearing. Osteoarthritis is caused by inflammation. These inflammations occur in different ways. One of those ways is striking. Osteoarthritis appears to be caused by food allergies in the majority of cases. Everyone is allergic to other nutrients, or rather non-nutrients, aka, toxins. Examples of food that people are allergic to are sugar, white flour products, fructose syrup, trans fat, and chocolate.

### The osteoarthritis myth debunked

Osteoarthritis has been given a false cause for decades. Doctors assumed that the pain would be caused by wear and tear. Osteoarthritis is seen a lot in older people with obesity. In their knees, which have to endure a lot, osteoarthritis can occur. But is this a form of wear? You would say so, because the knees have to endure an extra load due to the overweight of the body. However, people from the same category are more likely to suffer from osteoarthritis on their hands as well. Fingers do not endure extra weight because of extra body weight. Therefor, the cause of the pain must be something else.

### Osteoarthritis is an autoimmune disease

Osteoarthritis pain is caused by immune system cells that normally target a pathogenic intruder. In the case of osteoarthritis, the cartilage is targeted, causing an infection and infection pain. Principal investigator of a Stanford's research team from 2011 found that the inflammatory cells were already active before the osteoarthritis pain developed. As a result, the chances are high that osteoarthritis, like arthritis, is an autoimmune disease. That is the reason why osteoarthritis does not occur so much in the elderly; it is also a disease that affects people in their twenties, thirties, and forties.



### No wear

Through a complicated process it appears that the cartilage in the joints is affected. This process is called Membrane Appearance Complex or MAC. During a MAC, proteins are bound to cartilage cells. In addition, more enzymes are found around the cartilage. As a result, the cartilage is broken down at an accelerated rate. These processes have nothing to do with wearing of the joints. The medical community must fully adjust its view on osteoarthritis, when it wants to cure this disease..

### Osteoarthritis is curable

The Stanford research has great consequences for thinking about osteoarthritis. Regular doctors still believe that osteoarthritis is incurable. That is not true. A paradigm shift with

respect to osteoarthritis should take place. Inflammation can be cured effectively. This can be done in a number of ways. Firstly, it is important to eliminate the causes of inflammation and secondly, it is important to take anti-inflammatory medicinal plants. Pineapple is an example of this because it contains bromelain. This substance reduces the swelling caused by inflammation. Actually, all fruits and most vegetables contain antioxidants that fight inflammations, but some do contain better components to fight a specific type of inflammation.

## Allergen table

Here is a table of nutrition that can cause inflammation. They are so-called allergens; these are substances that can cause allergic reactions. The elimination of these types of food means that in most cases no osteoarthritis pain is observed after three or four weeks. The cartilage gets the chance to recover. This will remove the pain.

<b>Milk</b>	<b>Dairy Products</b>	<b>Soy Products</b>	<b>Sugar</b>	<b>Nightshade Vegetables</b>
<b>Wheat</b>	<b>Chocolate</b>	<b>Eggs</b>	<b>Beef</b>	<b>Coffee</b>
<b>Corn</b>	<b>Oranges</b>	<b>Pork</b>	<b>Yeast</b>	<b>Black tea</b>

In addition to nutrition, performing body exercises can help fighting osteoarthritis. Body exercise means you are making more enzymes and hormones, therefore your digestion will be improved. With exercise, you don't have to think about buying a nice tracksuit and running shoes. Two hours a day of walking, cycling or swimming is enough. Actually, heavy sport exercises causes more free radicals in the body so we want to avoid that.

## Why do just some people suffer from these kinds of foods?

These allergenic foods contain toxins. Normally we do not uptake these toxins. There are circumstances in which we do digest these poisons. One is an increased permeability of the intestines. This means that the intestines allow more non-nutrients or toxins to pass through. These toxins (poisons) accumulate in, for example, the cartilage and cause inflammation. This can cause osteoarthritis pains. Increased permeability of the intestines is also related to food allergies and food intolerance.

## Why is milk so bad?

Milk used to be very healthy. Probably, raw milk is still healthy, but hardly available. The industry lowers the quality of cow's milk down to a point where there is an excess of calcium, which causes the body to protest. The body will turn in a state of removal of calcium, which it finds mainly in bones. The bone structure will weaken due to high calcium intake. This weakening of bone structure is called osteoporosis. Milk leads to osteoporosis, bone fractures and arteriosclerosis. Osteoarthritis is only one of the possible consequences of



drinking cow's milk. Grownups do not really need a substance supposed to feed calves. Dairy products contain toxins, like beef and pork. These are called bio-amines. A certain group of bio-amines can be found in wheat. That is why wheat is unhealthy for some people. In the end, the bio-amines are the non-nutrients which are able to cause inflammatory diseases.

## **Obesity leads to higher osteoarthritis risk**

Toxins in food are a contributory cause of osteoarthritis. Cytokines, chemokines, and adipokines are stored in adipose tissue. These substances promote the development of inflammations. People who suffer from obesity own more of these inflammatory promoters in their tissues. It is a protective way of storing toxins, till the kidneys function well enough to detoxify the body.

The immune system cannot send all toxins to fat tissues. As a result, different diseases like osteoarthritis can be triggered in obese people more easily. This is the main reason why osteoarthritis is more common in people who suffer from obesity. In fact, fat tissue is a storage place for all sorts of toxins.

## **What you should not eat**

In general, it is important for an osteoarthritis patient to keep away from fried food, processed food, white sugar, and carbohydrates. In addition, it is wise to eat only fresh vegetables, except for the night shades. Of course, you can still boil your veggies, but not longer than 10 minutes. Other types of food that can lead to problems are pork, beef, dairy and wheat products. Even chicken and fish contain toxins, but less than beef and pork. You might consider to live as a vegetarian for a few weeks. This will improve chances of healing a lot.

## **The Mediterranean diet**

Some people call this the Mediterranean diet. Fresh vegetables that are briefly steamed or blanched, have a lot more health benefits than fried vegetables, especially when these vegetables are fried in sunflower oil, peanut oil or rapeseed oil from the supermarket. If you still want to bake vegetables, use real butter or coconut oil. These are two baking products where no anti-inflammatory substances are produced. When you fry with real butter, don't make it too hot. Coconut oil can be really hot. You can fry till 180 degrees, making it more hot means that the oil starts to become unhealthy and will lose its benefits.

## **Too few omega 3**

The oils from the supermarket contain too little omega 3 and too much omega 6. Omega 3 is anti-inflammatory. The type of omega 6 in supermarket oil, has an inflammatory effect. That is because it is not real omega 6 which you find in nuts and seeds. These industrial oils have been filtered and refined. As a result, the oils contain only a fraction of the nutrients of what could have been present. Inflammation does not only cause osteoarthritis. Inflammations at cellular level or low-grade inflammations can also cause obesity, cancer, Alzheimer's disease, cardiovascular disease, diabetes and mental diseases. Scientists know since the beginning of the new millennium that the root cause of all main diseases lie in low-grade inflammations. That is a wonderful finding, because since inflammations are curable, it seems that it would

not take long to find a cure to any disease with medicinal food. That is food that supplies lots of antioxidants.

### **NSAIDs provide inflammation.**

Sometimes substances that cause inflammation come from an unexpected angle. NSAID is an analgesic and anti-inflammatory drug. But does it function well? The studies of manufacturers show that it functions very well. There are also independent researchers to NSAID, such Gotsche published a study showing that pharmaceutical manufacturers have manipulated the results of their research. NSAIDs have many side effects such as gastric bleeding. The intestinal flora, a living organ, is seriously disrupted by these substances. The bad thing about this is that this is causing inflammations in the long run. So, the pain signal get disabled by NSAIDs but the inflammation is getting worse.

### **Nightshade causes osteoarthritis**

Nightshade vegetables such as aubergine, potato, tomato, paprika and red pepper are an important inflammatory factor for osteoarthritis. Research among 434 people shows that osteoarthritis can be solved in 68% of cases by removing nightshade vegetables from the diet. In nightshade vegetables, many alkaloids have unhealthy effects. For example, there is solanin in potato and tomatin in tomato. In this connection it is useful to note that most smokers in the long run suffer from osteoarthritis. Tobacco is also a nightshade plant. Tobacco can not only lead to osteoarthritis but also to arthritis.

### **Next issue: anti-osteoarthritis diet**

So far the original article. This article deals with the cause of osteoarthritis in the food field. There is another aspect of food that causes osteoarthritis. At the very beginning, inflammation-causing substances are discharged via the kidneys and the bladder. If something goes wrong with these channels, more toxins will be stored in the body. A cause of many chronic disorders, such as osteoarthritis in this case, is the reduced functioning of the kidneys and sometimes also of the bladder. There are foods that specifically stimulate the bladder and others that stimulate the kidneys.

In the next issue we will focus on foods that provide strong anti-inflammatory effect against arthritis. I will lift the veil a little bit for you now. A few scientific studies will be discussed in which 75% of the people experience no arthritis pain, after 3 weeks of consuming 1 gram of cinnamon powder with oat meal every morning. Also, we will tell why celeriac is good against arthritis and osteoarthritis. And we will present studies that show vegetarians suffer less rheumatic diseases.



Become a subscriber of VegaTales.  
Read articles about Medicinal Food.  
Follow scientific discussions.  
Prepare medicinal meals.  
Get informed about new studies.  
Study traditional medicines,  
**confirmed by science.**

