Healing by Design

Arthritis

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. **RAW FRUITS, GREENS AND VEGGIES for best results.** If you truly want to get out of pain changing diet is crucial. Avoid all grains, meat, dairy, soda, processed foods, sugars, etc. These foods CAUSE inflammation. All fruits for fastest cleansing. Juicing green drinks and adding powerful anti-inflammatory foods like ginger, turmeric, lemon and cayenne pepper will get amazing results.

2. **Use natural anti-inflammatories** and begin to ditch the pharma drugs because you won't need them. Our most powerful formulas are: **Dodecin by ByPro, Turmerol by North American Herb and Spice, Inflam-eez by North American Herb and Spice, Neprinol by Arthur Andrew Medical.**

3. **Clean up bacteria and infections in the joints.** The best products to kill bacteria and boost the immune system are **Oregabiotic by North American Herb and Spice, Aloe Gold Tablets by Aloe Life and Super Garlic Immune by Dr. Christopher (if you can handle it!).**

4. **Water, hydration and minerals.** Nutrients heal and repair joints while toxins are removed, only through the fluid systems of the body. Avoid coffee, tea, soda and all other beverages besides water. Try hot lemon water. Other herbal infusions are ok also. Add minerals to the water for optimal hydration and also to heal the bones and joints. The best are **Blue Ocean Minerals by Vita Blue and Inner Vitality Plant Minerals by Morningstar.**

5. **Living Green Calcium Bentonite Clay.** This will detox the body and absorb allergens. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. You can also take Bentonite Clay and Baking Soda baths which are incredible for detox. **Liquid or Detox Powder by Living Clay.**

6. **Cleanse. Kidney Cleanse and Tea from Spirit of Health and Kidney/Bladder Tonic formulas from Dr Morse** to open up the kidneys. The kidneys are CRUCIAL for removing waste and acid buildup from the body. This is why millions are on diuretic drugs. Enemas are important to remove large amounts of backed up waste from the body. Coffee, baking soda, lemon and sea salt have all been used for decades to cleanse and remove waste from congested systems. Try the **Spirit of Health IMPLANT-O-RAMA or basic enema kits.**

7. **Keep those joints moving!** Fresh air, sunshine and walking. A big mistake is those who begin developing arthritis stop moving. This makes it worse! You must have circulation, blood flow, water and synovial fluid working through the body and joints for healing to occur.
8. **Heal, repair and cushion the joints.** You can rebuild cartilage and replace the synovial fluid that cushions the joints. The best products for this include *Deer Antler by Royal Velvet or Jing Herbs, Joint Vibrance by Nutrex, Joint Astin by Vibrant Health (our favorite product), Type II Collagen by NeoCell and Collagen/Gelatin formulas by Great Lakes.*

9. **Repair and cleanse scar tissue from joints.** *Neprinol enzymes by Arthur Andrew Medical.* These clean up scar tissue, especially good for Fibromyalgia pain, but helps with all forms of arthritis.

10. **Trust GOD to get you out of pain.** The truth is that your pain is GOD'S LOVE in showing us there is a problem. God is telling us there is a problem so we can correct it and live a longer and healthier life. Covering it up with toxic man-made chemical drugs are ignoring what God is trying to say to us through the human body that HE designed! God has a way out of pain through HIS creations. Praise GOD!