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*Members Library of Modern,
Underground Medicine*

Volume IV

**Overcoming
Arthritis**

*Hidden Causes and
Permanent Solutions*

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By identifying and eliminating your trigger foods (everyone's are different), you can reduce or even eliminate your arthritis symptoms, as well as other unexplained symptoms like those mentioned above.

How does food allergy lead to arthritis?

When you have a sensitivity to a certain food, your body is unable to completely digest and process the nutrients it contains. As a result, incompletely digested food particles pass through the digestive tract walls and into your bloodstream. They are eventually deposited in tissue, where the white blood cells mistake them for foreign bodies.

The immune system then mounts an attack, just as it would against a virus, bacteria, or even a cancer cell. Your system is flooded with histamines, prostaglandins, and other immune chemicals. These chemicals are extremely irritating to your tissues, causing pain and inflammation. (This is also why a bout with the flu leaves you so stiff and sore.) If the condition is left untreated, permanent damage to the joint tissue can occur.

The biggest problem with food sensitivities, though, is that the vast majority go undiagnosed and untreated. The constant irritation of the joints and other tissues by inflammatory immune chemicals can cause permanent damage. Over time, the continuing strain on your immune system can contribute to adrenal exhaustion and may even open the door to immune disorders like rheumatoid arthritis.

Eliminating your sensitivities

It's extremely difficult (if not impossible) to identify your trigger foods by simply observing your reactions to the foods you eat, since symptoms can occur within hours or even days after you eat the food. Symptoms can also drag on for up to four days, making it even harder to pinpoint the source.

When Dr. Randolph pioneered the study of food sensitivities, the only method available was a laborious and complicated "elimination diet," which required following a severely restricted diet plan for months—and still the results were basically guesswork.

Conventional food-allergy tests, such as a skin prick, are also of limited value. One session of skin-prick testing usually targets 20 to 40 possible allergens at a cost of about \$4 apiece. For a thorough evaluation of a hundred or more possible allergens, you'll pay at least \$400, and that doesn't include the cost of multiple office visits.

More importantly, these types of tests can only detect a full-blown antibody response to a substance—they cannot detect the subtle immune-cell responses typical of hidden food sensitivities. But there are better, more accurate tools to pinpoint the source of the problem.

Sophisticated blood tests like the ALCAT test can identify much more than just the antibodies in your blood. In the laboratory, the ALCAT test mimics what happens to the blood

cells when a food or other substance is actually ingested—detecting specific, subtle changes in your white blood cells that indicate sensitivity.

State-of-the-art testing available without a prescription

You can order your own ALCAT test direct from AMTL Laboratories. (See the source directory on page 43 for contact information.) AMTL can send a licensed, professional technician to your home or workplace at your convenience to take a blood sample. The sample is shipped overnight to the specialized laboratory, where your blood will be examined for 130 possible allergens, including food extracts, additives, colorings, and molds. The results will be sent to you within one week.

You'll receive not only a detailed report listing all the foods and chemicals you're sensitive to, but also a complete step-by-step program you can use to help you regain tolerance for your "reactive" foods.

Though you'll initially need to eliminate these foods completely, this program will show you how you can, in many cases, eat the reactive foods again. By following a couple of simple guidelines provided for you in your complete report, you should eventually be able to resume eating a full range of all of your favorite foods without inciting the inflammatory process that contributes to arthritis.

Eliminating their food sensitivities helps my patients in terms of their joint pain in the majority of cases...It's easy for people to become 'medicine cripples' who are scared to go off their arthritis medications or even try an alternative method. But eliminating the foods they test positive for usually makes their joint pain go away within two weeks. I see this so often now that I almost take it for granted that the ALCAT test helps with arthritis.

—Dr. Rudy Rivera, M.D., Plano, TX

We've seen the dramatic improvement possible when sensitivities are accurately determined and the appropriate modification to a patient's diet is instituted. Using the ALCAT test unquestionably resulted in health benefits for the majority of our patients.

—Dr. Christian Geldenjuys, Johannesburg, South Africa

Recent studies have confirmed the value of the ALCAT test for patients suffering from arthritis:

In a South African study, patients were tested for food sensitivities and instructed on how to eliminate the foods and additives for which they tested positive. After three to six months, 77 percent of arthritis patients reported improvement in their arthritis symptoms.

A second study, this one in the United States, found that 65 percent of patients with arthritis noted improvement after only four to six weeks of following the ALCAT plan. Dr. Barbara Solomon, author of the study, noted that while eliminating typical arthritis-aggravating foods like nightshade plants (see box) could be of some value, identifying and eliminating a patient's individual trigger foods with the ALCAT test is "much superior because it is specific to the patient."

See page 43 for information on how you can request your own ALCAT test.

Foods to avoid if you have arthritis

Hidden food sensitivities are as individual as you are—everyone has his or her own unique trigger foods. But no matter what your trigger foods are, certain foods are known to exacerbate the symptoms of arthritis and should be avoided:

- Reduce your intake of alcoholic beverages, since alcohol can interfere with proper liver function, possibly resulting in cartilage destruction.
- Eliminate fatty meats, egg yolks, margarine, shortening, coffee, chocolate, dairy products, and sugars, all potential contributors to arthritis.
- Avoid caffeine, citrus fruits, paprika, salt, and tobacco, all of which can aggravate arthritis symptoms.
- Avoid "nightshade" vegetables, including peppers, eggplant, tomatoes, and white potatoes. They contain solanine, which people suffering from arthritis may be highly sensitive to.