

Crucial Information About Living With Arthritis

Arthritis

Arthritis is a term that applies to any condition of an inflammatory nature leading to painful or stiffness of the joints.

Description

Arthritis is not just one condition, it is a category under which well over 100 actual conditions are listed. Some of the most commonly known and prevalent conditions include osteoarthritis, rheumatoid arthritis and gout. Arthritis occurs when a part of the joint becomes inflamed and/or swollen, causing pain stiffness and difficulty in movement.

What happens to our joints?

A joint is the 'junction' where 2 or more bones meet. It is the point where they join together to form bendable parts of the skeleton. Examples are the hip, knee and elbow, knuckles and toes. These bone 'junctions' are covered by cartilage - a smooth, spongy material that protects the bones and allows flexible, pain-free movement.

The cartilage is covered by synovial fluid – produced by the synovium, a further outer covering that protects the joint. The synovial fluid transports nourishment to the joint and acts like oil in a car's engine – easing friction and aiding movement. Symptoms of arthritis can vary depending on the type, but they all cause some degree of inflammation and pain to one or more of the joints and their surrounding area.

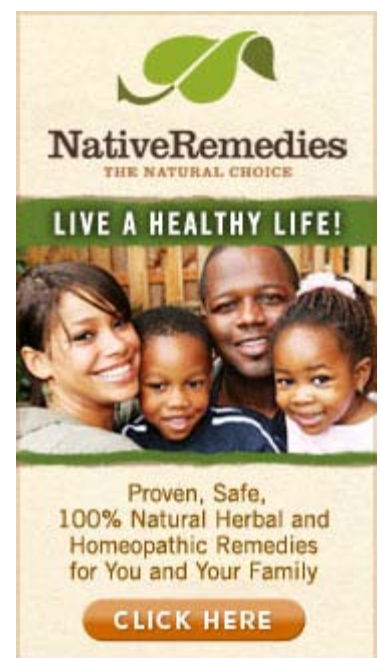
The condition can be acute or chronic, but more usually becomes chronic when untreated or treated insufficiently. Some types of arthritis, e.g. infectious arthritis and systemic lupus erythematosus, not only affect the joints but also produce other symptoms such as skin rashes, aches, chills and fever, as well as having effects on major internal organs, such as on the heart by complicating already present heart conditions.

Statistics



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



- **Chronic joint symptoms affect around 70 million Americans.**
- Musculoskeletal disease and osteoarthritis currently affect over 4.5 million Australians, where arthritis and related conditions are currently the 4th most common reasons for work absence.

Arthritic conditions are not limited to the western world however. They are widespread throughout Asia and the Middle East too.

Causes

The prime cause of most forms of arthritis is usually nutritional. For example, excess [free radicals](#), [glycation](#), [methylation](#) and [inflammation](#) all which are impacted by nutrition all contribute to causing arthritis. – work factors can also contribute – where repetitive movements and constant lifting has been shown to increase joint stress and potential injury leading to chronic weakness and vulnerability. Most importantly however are nutritional deficiencies and a generally insufficient diet.

Lack of essential fatty acids, fish oils, antioxidants, vitamins and minerals also increase the risk of infection and lessens your body's ability to repair damage. Chronological age is of little consequence with arthritis but, lifestyles along with nutrition can have a significant impact on the development and severity of arthritis.

Obesity is another factor, adding undue stress and pressure to weight-bearing joints.

Diagnosis

Diagnosis is usually through physical examination and a symptomatic description. Confirmation is usually via techniques such as x-rays or an MRI scan (Magnetic Resonance Imaging). Further laboratory tests on blood, urine and synovial fluid can also help determine causes and rule out alternative diseases.

Signs & Symptoms

For example, osteoarthritis only causes problems around the joint itself, whereas other forms of arthritis may cause general symptoms such as fatigue, fever and rashes. When arthritis affects your joints your tendons and the capsule around your joints become inflamed (red and hot to the touch).

You may notice:

- **Difficulty moving your joint after being still for a period**

Great Health Sites

[Natural Holistic Health Blog](#)

[Respiratory Disease & Infection Guide](#)

[PetAlive Natural Pet Remedies](#)

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of time

- Pain on moving your joint
- **Swelling and inflammation around the joint site**
- Tenderness and warmth

These are all indications that you may have a problem requiring further investigation.

Conventional Treatments

Under conventional medicine drug therapy and physiotherapy are usually recommended to try to retain levels of mobility in the joints. They all carry risks.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) e.g. Aspirin - Ibuprofen.

Oral steroids such as Prednisone and Hydrocortisone are also common, with powerful painkillers like Codeine and synthetic narcotics such as Vicodin also prescribed.

NSAIDs are the normal drugs of choice for arthritis, rheumatoid arthritis and osteoarthritis. Side effects include possible kidney failure with prolonged use, as well as fluid retention, potential liver failure, ulcers and prolonged bleeding.

COX-2 inhibitors e.g. Vioxx - Celebrex - Bextra.

COX-2 inhibitors are improved NSAIDs that block the COX-2 enzyme at the site of inflammation.

The COX-2 enzyme however creates protective fatty acids in the body. By blocking this enzyme with a COX-2 inhibitor the patient is left without these protective fatty acids, increasing their risk of heart attacks and other cardiovascular problems.

Important Note: Pharmaceuticals such as VIOXX, Bextra and Celebrex (arthritic painkillers), and other widely used COX-2 inhibitors, have been investigated following studies into their negative cardiovascular side effects. VIOXX alone has been linked to around 140,000 cases of coronary heart disease in the US since 1999, and reportedly 103 deaths from heart attack and stroke in the UK.

Drugs from different classes will often be used together. All of these drugs have potentially toxic side effects however and are only ever treating the symptoms, suppressing them, rather than getting to the



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actual root cause of the pain.

Other treatments conventional medicine has integrated to help ease symptoms include ultrasound, heat therapy, surgery to 'clean up' the ends of the bones, keyhole surgery to examine and repair tissues, joint replacement, bone grafting and spinal fusions.

All of these surgical procedures require the problem to be of a significant level to justify intervention.

Recommended Products

Option 1:

If your arthritic symptoms are mild such as sore knuckles, general stiffness and possible inflammation you may get the results you are looking for just from our GLM-Omega 3 DHA fish oil. This is your lowest cost option. For even better results you can combine this product with any of the versions of Total Balance.

Product	Quantity per day	You need
Omega 3 DHA Fish Oil	2 soft gels	1 bottle per month

Option 2:

If you are in pain and your symptoms are severe then your best possible solution would be to try our Xtend-Life Arthrit-Eze in conjunction with GLM-Omega 3 Plus. Arthrit-Eze is a very potent natural formula and uses the latest in scientific and technological breakthroughs to help correct the underlying causes of discomfort.

For more information about the ingredients in Arthrit-Eze and GLM-Omega 3 Plus please go to the respective product pages and click on the ingredients of interest. You may also add Total Balance to this regime if you wish as it will help your overall health in the long term.

Product	Quantity per day	You need
Arthrit-Eze	6 tablets per day (2 x 3) for 2 months. Can then be reduced to 3 tablets per day thereafter	2 bottles per month
Green Lipped Mussel Powder	3 soft gels per day	1 bottle per month

<p><u>Total Balance</u> (helps prevent cell degeneration)</p>	<p>Variable</p>	<p>Variable</p>
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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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