

The Sunshine Sharing Hour

With Steven Horne, DNM, DHS, RH(AHG)

Tuesday, April 23, 2019



Healing Muscles and Joints

Muscle and Joint Pain

- About 54 million Americans have arthritis
- About 30% of all Americans are currently experiencing back pain
- Arthritis statistics include 300 thousand children
- Two-thirds of those suffering from arthritis are adults of working age
- Thus, over half of all adults can't experience pain-free movement



It's All About Inflammation

- Muscle and joint pains typically involve chronic inflammation of the tissues or muscle spasms
- Unlike the inflammation associated with acute injury, the inflammatory process isn't ending and healing is not taking place
- The inflammation is often systemic and causing other health problems as well
- For example, nearly half of all adults with heart disease or diabetes have arthritis as well.



Fixing Root Causes

- Removing mechanical and chemical stress
- Reducing inflammation
- Improving circulation to tissues
- Supplying nutrients for muscle, bone and joint health



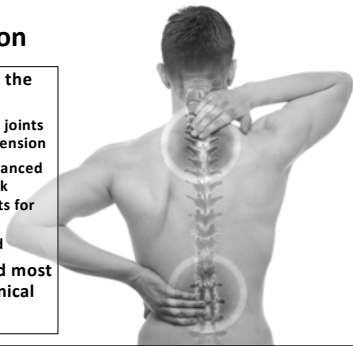
Removing the Source of Irritation

- All injuries result in inflammation
- As the injury heals, the inflammation reverses
- When we have chronic muscle or joint pain the injury done to these tissues isn't healing
- One of the reasons is that the source of injury is ongoing and needs to be removed



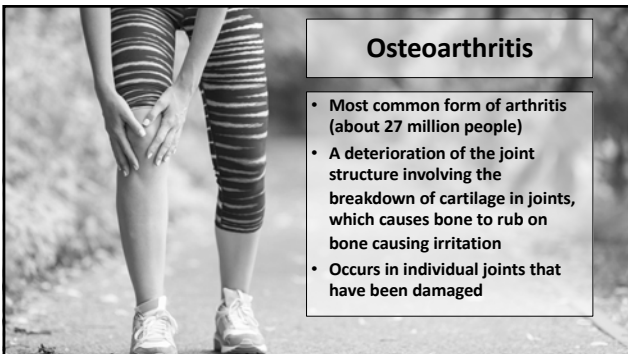
Mechanical Irritation

- Mechanical irritation may be the result of
 - Ongoing stress to muscles and joints from poor posture or muscle tension
 - Repetitive movements not balanced by rest, stretching or bodywork coupled with a lack of nutrients for joint health
 - Injuries that never fully healed
- Osteoarthritis, back pain and most muscle pain is due to mechanical irritation



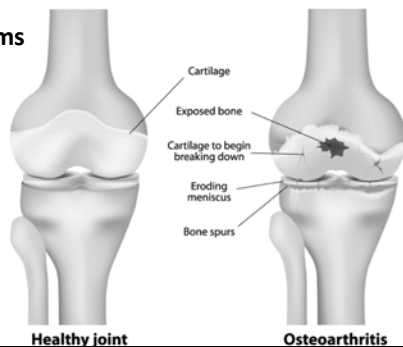
Osteoarthritis

- Most common form of arthritis (about 27 million people)
- A deterioration of the joint structure involving the breakdown of cartilage in joints, which causes bone to rub on bone causing irritation
- Occurs in individual joints that have been damaged



Signs and Symptoms

- Steady or intermittent pain in a joint
- Morning stiffness
- “Crunching feeling” of bone on bone
- Swelling or tenderness in a joint

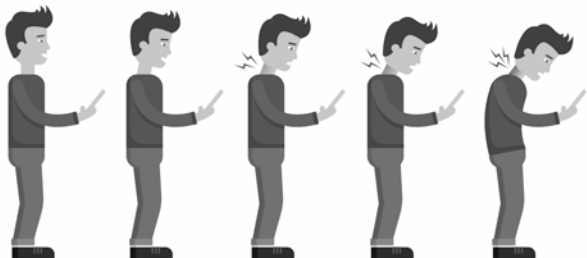


Muscle Pain and Posture

- Good posture is critical to relieving stress on muscles and joints
- The skeletal system is designed to distribute the weight of gravity down the length of the body
- Poor posture creates stress in the muscles of the back, neck, legs and pelvis
- You can also create stress on muscles and joints through repetitive movements



0 degrees 10-12 lbs 15 degrees 27 lbs 30 degrees 40 lbs 45 degrees 49 lbs 60 degrees 60 lbs



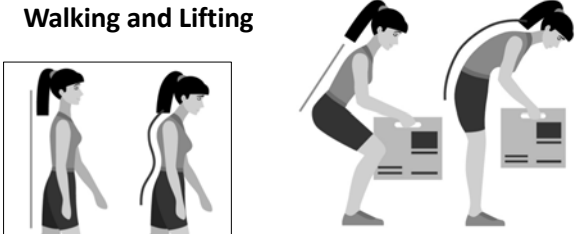
Desk Work

- Many people with back and neck pain work at desk jobs
- It is important to sit up straight while doing desk work



- Put computer monitors at eye level so your head stays erect

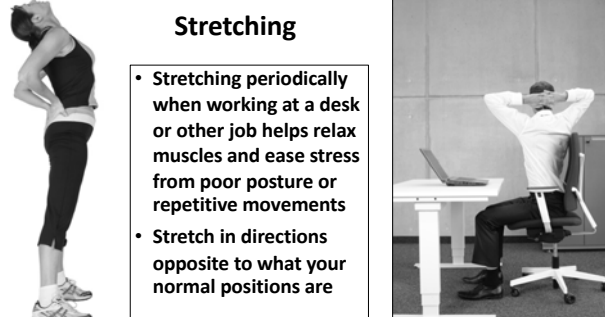
Walking and Lifting



The illustration shows two scenarios. On the left, a woman is walking; one view shows her standing upright with a vertical line indicating her spine, while another view shows her leaning forward. On the right, a woman is lifting a box; one view shows her lifting with a straight back and bent knees, while another shows her leaning forward with a curved back.

- Don't lean forward while walking – stand up straight
- Keep back straight and lift from your legs

Stretching



The illustration is split into two parts. On the left, a woman is standing and stretching her back by leaning forward with her hands on her hips. On the right, a man is sitting at a desk with his hands behind his head, stretching his neck and shoulders.

- Stretching periodically when working at a desk or other job helps relax muscles and ease stress from poor posture or repetitive movements
- Stretch in directions opposite to what your normal positions are

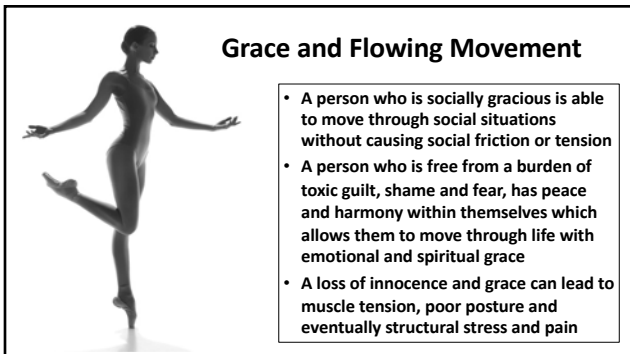
Obesity and Structural Stress

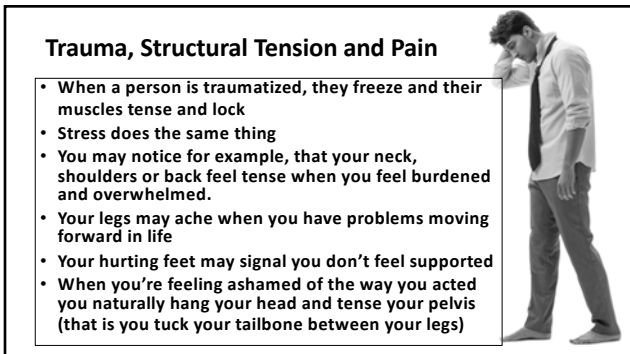


The illustration shows a person with a large belly sitting on a set of stairs, leaning forward with their hands on their knees, illustrating the physical strain of carrying excess weight.

- Excess weight also puts stress on muscles and joints
- It may also increase systemic inflammation or at least it can be associated with it
- Losing weight may be part of relieving mechanical stress







Be... **Physical Causes**

- S... and joint aches
a... due to
u... and stress
y... look beyond
- P... reflect
d... pain
to... emotions
a... the way




Plant Remedies for Aiding Grace

- Willow, long used for easing arthritis, has also been used as a flower remedy for helping people to let go of the past and forgive, so they can be more emotionally flexible
- Dogwood flower essence helps restore feelings of innocence that are preventing graceful movement
- Vervain, a nervine used for pain, helps intense, hard driven people, to relax and flow with greater ease
- Essential oils that aid grounding and embodiment can also be helpful such as patchouli and sandalwood
- Lavender, ylang ylang and other relaxing essential oils may also help

Chemical Irritation

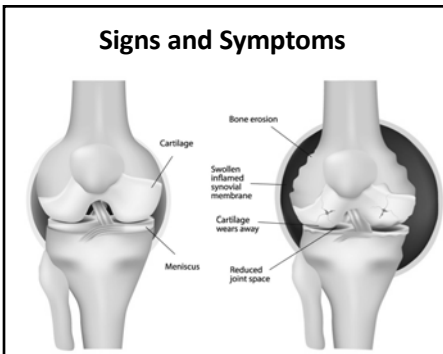
- Chemical Irritation is linked to
 - Food sensitivities and allergies causing autoimmune reactions
 - Overly acid-forming diet
 - Lack of proper hydration
 - Environmental toxicity
- Is usually the problem in rheumatoid, allergic or gouty arthritis, and in some forms of chronic muscle pain





Rheumatoid Arthritis

- Less common form of arthritis
- An autoimmune disease, involving inflammation of the synovia (the thin smooth membrane lining the joints)
- Immune reactions causes damage to surrounding tissues



Signs and Symptoms

- Joint pain or stiffness that comes on gradually
- Symptoms develop in hands, wrists, shoulders, elbows, feet, ankles and knees, generally on both sides of the body
- Symptoms severe in morning and improve through the day
- Fatigue in the early afternoon and difficulty sleeping

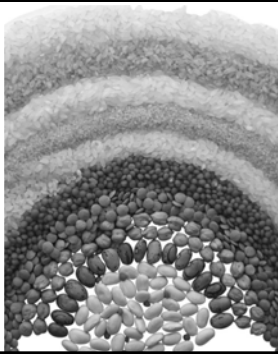
Nightshades

- Foods in the nightshade family can interfere with calcium absorption and are problematic for many people with arthritis
- These foods include:
 - Tomatoes
 - Peppers
 - Potatoes
 - Eggplants
- Increasing intake of fat soluble vitamins (A, D3 and K2) may help to counteract this



Grains and Legumes

- Unless fermented (or at least soaked) grains and legumes can interfere with mineral absorption
- Their high carbohydrate content can also increase inflammation
- It may be wise for arthritis sufferers to reduce or eliminate these foods at least temporarily



Fasting for Determining Food Issues

- If fasting, on either water only or vegetable juices only, eases pain and stiffness you probably have food sensitivities or allergies that are causing chemical irritation and inflammation
- Try eliminating some of the more common food allergens and see if your symptoms improve



Alkalinizing Diet

- Excessive consumption of foods traditionally considered acid-forming may increase stiffness and pain
- These include:
 - Animal proteins
 - Grains
 - Beans
 - Cheese
- Eating a diet with more foods traditionally considered alkaline-forming, primarily fresh fruits and vegetables is often helpful

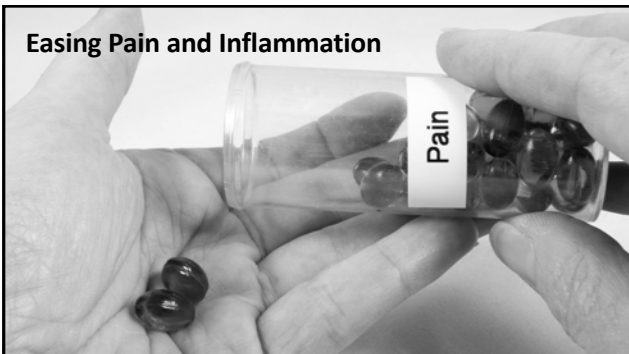


Hydration

- A primary function of the kidneys is to flush acid waste from the body
- Poor kidney function, due to dehydration or kidney weakness, can also make the body stiff and achy and increase arthritic pain
- Try drinking more pure water if you have a lot of pain instead of soda pop, coffee, tea or milk
- Also try taking a *Kidney Chi Tonic*



Easing Pain and Inflammation



NSAIDs Non-steroid anti-inflammatory drugs

- Most common prescribed medications
- Used for inflammatory conditions of the structural system like arthritis
- Include aspirin, ibuprofen, and naproxen



- Side Effects
 - 9,000 people die every year from gastrointestinal bleeding
 - Central nervous system symptoms such as headaches, insomnia, dizziness, confusion, weakness, loss of visual acuity, blurred or double vision; itching, rashes, hives, photosensitivity
 - Cardiovascular effects such as edema, palpitations & increased heartbeat
 - Genitourinary problems

Salicylates (Natural Aspirin)

- Inhibit prostaglandin production
- Useful for:
 - Headaches
 - Arthritis
 - Fever
- May be contraindicated in:
asthma, peptic ulcers, diabetes,
gout, kidney or liver disease



Herbs with Salicylates

- Willow Bark
- Black Cohosh
- Wintergreen
- Meadowsweet
- Poplars (Cottonwood, Aspen)
- Sweet birch
- Wintergreen and birch essential oils contains methyl salicylate which easily penetrates the skin



Boswellia

- Anti-inflammatory, analgesic and immune stimulant
- Helps to prevent cartilage deterioration
- Clinical trials in both India and Germany noted significant improvements in pain and stiffness in patients suffering from rheumatoid arthritis who used it
- It has also used been for osteoarthritis, bursitis and tendonitis



Turmeric and Curcumin

- Turmeric contains curcumin and other anti-inflammatory compounds
- Curcumin is a potent anti-inflammatory that can help to reverse inflammation and relieve pain
- It inhibits activity of the transcription factor NF-kB, a pro-inflammatory messenger
- Clinical research suggests it can be a valuable remedy in treating rheumatoid arthritis, osteoarthritis and other inflammatory conditions

Photo from Wiki



Turmeric - Curcumin Effects

- Turmeric not only helps to reduce inflammation, it also helps damaged joints to repair
- It encourages flexibility in tendons, joints and ligaments, which aids movement in people suffering from arthritis.
- It stimulates the healing of tissue, this is helpful to lessen scarring and as post-operative treatment.



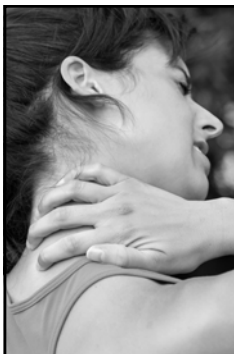
Corticoids

- The adrenal hormone cortisol reduces inflammation
- Corticosteroid drugs mimic cortisol
- They relieve pain but have both short term and long term side effects
- Alternative remedies that have a cortisol-like action include:
 - Yucca
 - Licorice
 - Wild Yam



Essential Fatty Acids (EFAs)

- EFAs produce chemical messengers that mediate inflammation and pain
- Omega-3 EFAs are well known for their ability to help the body produce more anti-inflammatory messengers
- They are especially helpful when there are signs of systemic inflammation



Tension, Cramps & Spasms

- Back, neck pain and other muscle pain may be due to cramping or tension
- Helpful remedies include:
 - Magnesium — symptoms of magnesium deficiency include muscle tension or cramps, insomnia, nervousness, tics and twitches, frequent headaches, fatigue and constipation.
 - Antispasmodic herbs – lobelia, black cohosh, wild yam

Circulation

- Circulation to the tissues is impaired when tissues are inflamed
- Stagnant fluid accumulates in the inflamed areas
- Removing this fluid reduces inflammation and promotes healing
- It also helps ensure that the nutrients will reach the areas where they are needed
- Enhancing circulation is an essential part of healing
 - Nitric oxide enhancers
 - Circulatory stimulants
 - Mild exercise and self-massage

Self-Massage

- Self-massaging painful areas will improve blood and lymph flow
- It works best when you apply topical analgesics (and possibly antispasmodics) while doing the massage and you massage the tissue several times a day
- Remedies to apply include
 - Wintergreen
 - Camphor
 - Clove
 - Menthol
 - Lobelia and capsicum
 - MSM





Nutrients for Tissue Repair




Minerals

- Bone is largely made of minerals, primarily calcium, laid down in a protein matrix
- Muscles and joints also require minerals for health
- Although many people supplement with calcium, structural weakness is rarely a deficiency of calcium
- Calcium can't be utilized without other minerals like magnesium, zinc, boron, selenium and silica, which are also used in muscles and joints


- Silica is an overlooked nutrient that helps make joints more flexible and resilient, so they are less susceptible to damage from repetitive movement
- Silica also helps tissues to be more flexible and less brittle
- If your fingernails break easily or you have frayed hair, you should consider taking a *Silica Supplement* containing the silica-rich herbs horsetail and dulse

Silica



- One also can't utilize calcium without vitamin D3, which is a major nutrient deficiency in 90% of the population
- Vitamin D3 is essential for affixing calcium into bones and teeth
- Vitamin A, vitamin C and several of the B-complex vitamins are also critical to the utilization of minerals and the health of bones and joints

Vitamins

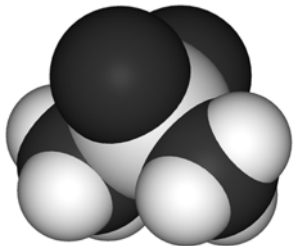


Chondroitin and Glucosamine

Chondroitin	Glucosamine
<ul style="list-style-type: none"> • Chain of alternating sugar molecules • Structural component of cartilage • Helps joints resist compression • Deficiency contributes to osteoarthritis • Halts breakdown of cartilage and stimulates cartilage production • Can help repair damage and relieve pain 	<ul style="list-style-type: none"> • Made from glucose and glutamine • Building block for water-holding, gel-like matrix found in all connective tissue & mucous membranes • Helps cartilage metabolism • Clinical trials show it controls pain and inflammation as well as NSAIDs • Deficiency can lead to osteoarthritis • Enhances the reconstruction & self-healing of joint cartilage

MSM

- MSM (Methylsulfonylmethane) is a metabolite of DMSO
- It supplies organic sulfur, which can aid in liver detoxification
- It has anti-inflammatory properties and some studies suggest it may be helpful in osteoarthritis




Legal Break




Upcoming Education

- **Upcoming Member Webinars**
 - **Sunshine Product Training**
 - Tuesday May 7, 6:00 MT: Respiratory System Products
 - **Sunshine Sharing Hour**
 - Tuesday, May 27, 6:00 MT: Energy Medicine & pH Balancing
- **Other Classes and Events**
 - **Preconvention Class – Las Vegas, NV, Sept 4**
 - <http://treeelite.com/proddetail.php?prod=lc-812>
 - **2019 Healthy Perspective Webinar Series**
 - <https://events.eenndi.com/channel/healthyperspective>
 - **2019 Seeking Light and Truth**
 - <https://events.eenndi.com/channel/seekinglight>




IF Relief

- **Andrographis Paniculata Whole Plant**
- **Boswellia Gum**
- **Mangosteen Pericarp**
- **Turmeric Root**
- **White Willow Bark**



HSN-W

- **Horsetail Stems and Strobilius**
- **Dulse Fronds**
- **Rosemary Leaves**
- **Sage Leaves**



Everflex

- **Glucosamine Hydrochloride**
- **Methylsulfonylmethane (MSM)**
- **Devil's Claw Root**
- **Chondroitin Sulfate**
- **Hyaluronic Acid**

Joint Support

- Bromelain
- Hydrangea
- Horsetail
- Celery seed
- Alfalfa
- Black cohosh
- Catnip
- Yarrow
- Capsicum
- Slippery Elm
- Valerian
- Yucca
- White Willow Bark
- Burdock
- Sarsaparilla



Skeletal Strength

- Calcium (*amino acid chelate, dicalcium phosphate, citrate*) 300 mg
- Magnesium (*oxide, amino acid chelate*) 300 mg
- Iron
- Phosphorus
- Zinc
- Copper
- Manganese
- Potassium
- Boron

- Vitamin A
- Vitamin C
- Vitamin D3
- Vitamin B-6
- Vitamin B-12



Comments, Questions and Answers

- Type your questions about tonight's topic into the chat box
- Product presentation to follow this Q&A