



**ARTHRITIS
TREATMENTS
A NATURAL
APPROACH**

WWW.ARGANOILDIRECT.COM



Since we started exporting Argan Oil over 15 years ago we have received many suggestions from customers about natural treatments for Arthritis and degenerative joint problems.



We have built up a list of so many helpful natural treatments that there is too much to include on our web site at **ArganOilDirect.com**.

So we have not put the best of these excellent tips and suggestions into this document.

This eBooklet is divided in **4 sections**:

- 1 ~ Natural Pain Relief - Compresses, Poultices & Salts**
- 2 ~ Food, Diet & Inflammatory Joint Disease**
- 3 ~ The Power of Spices**
- 4 ~ Traditional Herbal Remedies**

All tips are linked with **external references** to detailed studies if you want to read more about any of the suggestions listed.

If you enjoy the article **please share** with anyone you think may also find this information of help.

We hope you enjoy our eBooklet. Please keep in contact by email or sharing through our social websites listed below.

Best Wishes

Malika





**NATURAL PAIN RELIEF USING
COMPRESSES, SALTS &
ESSENTIAL OILS**



#1 Mustard Seed Oil Poultice

The Active Ingredients

Mustard oil has high levels of both alpha-linolenic acid and erucic acid.

How Does it Work?

Mustard oil is widely used for health treatments in North India and some scientific research papers have been produced. The mustard seed oil has anti-bacterial, anti-fungal and most importantly anti-inflammatory effects making it a popular traditional treatment to relieve joint pain.[1]



Suggested Use

The oil is easy to prepare at home and should be prepared from ground or crushed white or brown mustard seeds. Once ground wet the dry seed mix using some vinegar and add a little flour to counteract any irritant compounds and create a paste. Use this paste to make a poultice to place on the skin for 15 to 20 minutes then wash the treated area.

Warnings

Applying a mustard poultice directly to the skin may cause blistering so careful preparation and testing is advised.

Mustard oil is not allowed to be imported or sold in the U.S. for use in cooking, due to its high erucic acid content.

References

[1] Systemic anti-inflammatory effect induced by counter-irritation through a local release of somatostatin from nociceptors. Szolcsányi J1, Pintér E, Helyes Z, Oroszi G, Németh J.

<http://www.ncbi.nlm.nih.gov/pubmed/9831933>





#2 Epsom Salt Baths

The Active Ingredients

Magnesium Sulphate Crystals.

How Does it Work?

Magnesium has anti-inflammatory properties making it of interest in the treatment of Arthritis. Magnesium is coincidentally deficient in the typical western diet and this essential mineral deficient may well be linked to Arthritis.



Epsom salt may be of help in health Arthritis by preventing hardening of the arteries, improving oxygen use, preventing blood clots and reducing muscle pain and inflammation. In fact the Magnesium Sulphate crystals in Epsom salts can be well absorbed in a bath. Researchers at the University of Birmingham, England found that bathing in Epsom salts boosted magnesium levels as much as 35 percent.

Suggested Use

Use 2 to 3 cups three cups of Epsom salts in a warm bath. Soak in the bath for 10 to 20 minutes. It may also be of help to slowly exercise affected joints in the warm water.

Warnings

It is suggested that you can do this treatment up to three times a week to avoid increasing Magnesium levels too much.

If you have **diabetes** note that raised too high a level of magnesium can stimulate the release of insulin.

References

epsomsaltcouncil.org/articles/universal_health_institute_about_epsom_salt.pdf

The use of Epsom salts, historically considered - R. D. Rudolf
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1584988/>





#3 Ginger Compress

The Active Ingredients

Turpinenes & gingerols which are oleo-resin compounds

How Does it Work?

The root and spice Ginger has an anti inflammatory action and also improves circulation, aids digestion, reduces nausea, heartburn, aches and pains and decreases congestion. Studies showed [10] that treating osteoarthritis with external ginger compress for just 1 week produced 40% to 50% reductions in pain, tiredness.



Participants reported satisfaction with their health had changed from an 80% dissatisfaction rating to a 70% satisfied rating. Researchers concluded that “Topical ginger treatment has the potential to relieve symptoms, improve the overall health, and increase independence of people with chronic osteoarthritis.”[10]

Suggested Use

Choose a large container in which to boil water. Get a sieve to fit the container and then grate a pile of ginger about the size of a golf ball. Heat the water just below boiling (around 80C or 180F). Place the grated ginger into the sieve and lower into the water leaving it to soak for about 5 minutes.

Put the ginger into a clean cotton towel, twist to extract the water & apply to

References

[10] Topical Ginger Treatment With a Compress or Patch for Osteoarthritis Symptoms. Therakleson T1. <http://www.ncbi.nlm.nih.gov/pubmed/24305660>

[11] Compresses, Plasters and Packs <http://home.claranet.nl/users/lijndevries/health/messages/ginger.html>





#4 Arnica

The Active Ingredients

Helenalin, which is a “sesquiterpene lactone”

How Does it Work?

Helenalin is a natural compound used in many anti-inflammatory products. [3] Arnica is often used as a pure oil or in gels and in Arthritis creams as well as products for sports injuries. It is used for external massage directly on affected joints.



Suggested Use

Arnica is typically purchase as an oil and is used for external massage directly on affected joints.

References

[3] Arnica | University of Maryland Medical Center <http://umm.edu/health/medical/altmed/herb/arnica#ixzz3ejh4DNSQ>
University of Maryland Medical Center

[4]Can Arnica Gel Help Arthritis?
<http://www.livestrong.com/article/107750-arnica-gel-arthritis/>

[5]Arnica <http://umm.edu/health/medical/altmed/herb/arnica>





#5 Clove Oil

The Active Ingredients

Eugenol

How Does it Work?

Clove oil has been used in traditional medicine for thousands of years and has antibiotic, anti-viral, anti-fungal, and antiseptic effects. The active ingredient Eugenol has been said to reduce joint pain by up to 44%. [161]



It is quite a potent oil which is why it is recommended to mix it with a carrier oil such as Argan Oil [see our Argan Oil Arthritis formula in the next pages] A study carried out with mice found that it lowered the amount of cytokines and prevented inflammatory enzymes from entering joints. [160]

Suggested Use

For use as a massage oil some experimentation with the amount of clove to carrier oil is required.
To make a massage oil typical dosage is around 2 drops of clove in 10ml of carrier oil.

References

[160] Anti-arthritic effect of eugenol on collagen-induced arthritis experimental model. Grespan R1, Paludo M, Lemos Hde P, Barbosa CP, Bersani-Amado CA, Dalalio MM, Cuman RK.

<http://www.ncbi.nlm.nih.gov/pubmed/23037170>

[161] Pramod K1, Ansari SH, Ali J.; "Eugenol: a natural compound with versatile pharmacological actions," Nat Prod Commun. 2010 Dec, PMID: 21299140





ECO-REFILL
SPECIAL OFFER

200ML ORGANIC
ARGAN OIL
+ REFILLABLE
65ML BOTTLE

£24.90 - €38.98

A\$54.23 - US\$44.98

FAST AND FREE DELIVERY

CLICK HERE TO BUY
OR LEARN MORE

Argan + Essential Oils Massage Oil Recipe

Ingredients

Carrier Oil:

Argan Oil

Essential Oils:

Clove Oil

Oregano Oil

Rosemary

Eucalyptus

Essential oils should **not be applied directly onto your skin.**

They should be mixed with a "**carrier oil**" for which Organic Argan Oil is perfect.

To start with **take 100ml of Pure Argan Oil** and add **1ml of each essential oil.**

Over time you can **work this up to around 5ml** of carrier oil per 100ml of Argan Oil.

NATURAL ARTHRITIS TREATMENTS



FOOD AND DIETRY APPROACHES
TO ARTHRITIS TREATMENT

WWW.ARGANOILDIRECT.COM



#1 Culinary Argan Oil

The Active Ingredients

High levels of linoleic acid, antioxidant flavonoids, saponins and tocopherols

How Does it Work?

High levels of linoleic acid in culinary Argan oil are known to increase production of prostaglandins 1 which helps rheumatologic conditions.[1]

The antioxidant flavonoids, saponins and tocopherols found in Argan Oil are involved in many body functions such as promoting good circulation as well as natural pain reducing anti-inflammatory effects.

The oil is also rich in anti-inflammatory Saponins – which include four “Arganine” Saponins recently discovered in Argan Oil.[17] Argan Oil is also rich in Triterpene alcohols which are biologically active substances. Butyrospermol, that makes up 18% of the Argan Oil, is known for its anti-inflammatory action.[1]

Argan Oil has been used for traditional Arthritis treatments. The Cosmetic Argan Oil grade of Argan oil can be used for external massage and Culinary Argan oil is eaten as a nutritional supplement.

In Morocco the culinary, eating form of Argan Oil is recommended for many health issues such as heart disease, hypercholesterolemia or atherosclerosis, reducing cholesterol, treating cardiovascular problems and more.

Studies show that the phenolic nutrients within Argan Oil prevent low-density lipoprotein (LDL) cholesterol oxidation and enhances high-density lipoprotein (HDL) cholesterol levels. [1] [2] In other words, culinary Argan Oil reduces LDL, bad cholesterol, increases HDL, good cholesterol.



[CLICK HERE TO BUY OR LEARN MORE](#)





Culinary Argan Oil Continued

The effectiveness of adding pure, highly nutritional oils to the diet was clearly identified during a study of 60 participants. After three weeks noticeable effects on blood HDL cholesterol levels [13] and harmful triglycerides, linked to cardiovascular problems such as atherosclerosis, in the bloodstream were reduced significantly.



Suggested Use

In most studies 15ml to 25ml (about 1 to 2 tablespoons) of culinary Argan Oil was included in the diet daily for 30 or 50 days.

References

[13] Derouiche A, Cherki M, Drissi A, et al. Nutritional intervention study with argan oil in man: effects on lipids and apolipoproteins. 2005;49:196-201.

[15] Physicochemical characteristics, nutritional properties, and health benefits of argan oil: a review. El Abbassi A1, Khalid N, Zbakh H, Ahmad A.
<http://www.ncbi.nlm.nih.gov/pubmed/24580537>

[16] Cherki M, Derouiche A, Drissi A, et al. Consumption of argan oil may have an antiatherogenic effect by improving paraoxonase activities and antioxidant status: intervention study Nutr Metab Cardiovasc Dis 005;15:352-360.

[17] Arginine: A New Therapy for Atherosclerosis? John P. Cooke, MD, PhD; Philip S. Tsao, PhD the Stanford (Calif) School of Medicine.
<http://circ.ahajournals.org/content/95/2/311.full>

[18] Cherki M, Derouiche A, Drissi A, et al. Consumption of argan oil may have an antiatherogenic effect by improving paraoxonase activities and antioxidant status: intervention study in healthy men. Nutr Metab Cardiovasc Dis 2005;15:352-360.





#2 Pineapple

The Active Ingredients

Bromelain

How Does it Work?

Bromelain is important as it is a chemical that helps prevent inflammation. Bromelain supplements are said to be of benefits to rheumatoid arthritis (RA) and osteoarthritis sufferers and generally increases mobility. Bromelain is not only an anti-inflammatory but helps to get rid of “immune antigen complex” and digest “fibrin”. Both of these are thought to be connected with Arthritis.[19]



There is also now some evidence to suggest that Bromelain enzymes can have pain-relieving and anti-inflammatory effects comparable to allopathic drugs such as NSAIDs.

References

[19] Bromelain as a Treatment for Osteoarthritis: a Review of Clinical Studies
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC538506/>





#3 Apple Cider Vinegar

The Active Ingredients

calcium, magnesium, potassium, phosphorus,
beta-carotene, acetic acid & Apple Pectin

How Does it Work?

Apple cider vinegar is a brownish vinegar prepared from fermented apples. Despite a note on the arthritisreseachuk.org site and other “big charitable groups” to say there is “no scientific evidence to suggest that cider vinegar and honey is helpful” it is an old and well recognised treatment used for generations.



Apple Cider Vinegar contains calcium, magnesium, potassium and phosphorus that are very essential in relieving the joint pain. It has antioxidant, beta-carotene and acetic acid that can ease arthritis pain. Apple pectin in apple cider vinegar helps move toxins out of the system.

Simple mineral deficiencies can leave joint pain to be worse than might otherwise be. Anti-oxidants can help protect cells and tissues from the damage associated with conditions like arthritis. Natural Apple pectins helps to detoxify the body preventing accumulation of metabolic waste which often gets stored in pain causing connective tissues.

When eaten it starts to work on affected joints to eliminate acid crystal build up found in some forms of degenerative diseases. Finally it is excellent at helping to restore a healthy, Arthritis friendly Alkaline balance.

A study by, Dr Bahram H. Arjmandi, PhD, of Florida State University was made with 160 women between the ages of 45 to 65. For a year long study 50% of the participants were to eat three quarters of a cup of dried apples each day. The other half ate half a cup of prunes.





Apple Cider Vinegar Continued

Testing the Apple eaters after just 6 months of the study showed that the bad LDL cholesterol went down by 23 percent and that the good HDL cholesterol levels had gone up by percent. In addition a blood marker called, "C Reactive Protein" dropped by 32% which is much better for inflammatory diseases such as Arthritis or atherosclerosis,"



Suggested Use

There are many ways to include Apple Cider Vinegar in your diet. It can be made up into drinks with juices, used to create salad dressings, It is commonly mixed with honey and then added to drinks.

Research

[20] Experimental Biology 2011 (EB). 'Apple a Day' Advice Rooted in Science. Accessed at

http://experimentalbiology.org/eb2011archive/content/upload/file/EB_Media/2011/ASN%20Apple%20a%20Day.pdf

[21] Zhao S, DiSilvestro RA. Effects of Apple Products on Plasma LDL Oxidation FASEB J March 17, 2011 25:981.11. Accessed at

http://www.fasebj.org/cgi/content/meeting_abstract/25/1_MeetingAbstracts/981.11?sid=865cadd3-0785-4c33-a228-5e99730bd54a

[22] <http://www.arthritisresearchuk.org/arthritis-information/hints-and-tips/diet/cider-vinegar.aspx>

[23] <http://www.dailymail.co.uk/health/article-1250769/Cider-vinegar-cured-excruciating-arthritis-weeks.html>





#4 Lemon

The Active Ingredients

citric acid

How Does it Work?

Lemon contains citric acid which when eaten is changed by your body and has a beneficial Alkalising effect. Some researchers believe that diseases such as Arthritis or cancer thrive in an acidic body environment. [30]



Whether correct or not a great many people adopting alkaline diet principle find great improvements with a variety of health problems

Suggested Use

Drink fresh-squeezed lemon juice in mineral water regularly.

In addition to Lemon juice use adopt an Alkaline Diet and eat more alkalising foods and drinks – such as (some) vegetable juices.

Suggested Use

½ to 1 Lemon in a large glass of water up to 6 times a day. You can also try adding a pinch of anti inflammatory turmeric to the juice if the taste is ok.

References

[30] The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>





#5 Fatty Fish

The Active Ingredients

Omega-3 fatty acids including EPA and DHA

How Does it Work?

Omega Fatty acids have been shown in many studies to be of help with heart disease and reducing inflammation. [41]



A study by University of Hawaii found that men who ate fish cut their risk of heart disease by 23%. Another 1998 [42] study concluded that “Omega-3 fatty acids are superior with respect to placebo in improving some outcome measures, and decrease the long-term requirements for non steroidal anti inflammatory drugs.”

Omega-3 fatty acids block prostaglandins and cytokines which cause inflammation. Omega-3s are converted to resolvins which are very anti-inflammatory. Studies have found that “fish oil significantly decreased joint tenderness and stiffness in Rheumatoid Arthritis patients and reduced or eliminated NSAID use” [43].

Suggested Use

High doses of Omega-3s are required for treating arthritis type conditions. In this case it may be necessary to use fish oil capsules of 2.6 g, twice a day. For better general health keep eating at least two 3-ounce servings of fish a week.

References

[42] Omega-3 fatty acids in rheumatoid arthritis: an overview
<http://www.ncbi.nlm.nih.gov/pubmed/9662755>

[43]Omega-3 fatty acids (fish oil) as an anti-inflammatory: an alternative to non steroidal anti-inflammatory drugs for discogenic pain.
<http://www.ncbi.nlm.nih.gov/pubmed/16531187>





#6 Whole Grains

The Active Ingredients

Fibre, Selenium and B vitamins

How Does it Work?

Whole grains with no added sugars have lots of fibre which reduces C-reactive protein levels in the blood. C-reactive protein levels are an indication of inflammation in the blood. [50]



Low levels of selenium may be a cause in an increase in rheumatoid arthritis, osteoarthritis symptoms and is easy to find in foods such as Brazil nuts. A 10 year study involving 18,709 men and women published in 2000 revealed that low levels of selenium could be connected to rheumatoid arthritis. [52]

Whole-wheat foods are a good source of vital B vitamins. Where B vitamin levels are low an amino acid, Homocysteine, is formed which increases the pain of arthritis. Eating whole grain foods naturally keeps up vitamin B levels and so keeps homocysteine levels, and therefore arthritis pain, down.

Suggested Use

Avoid white flour products. Eat around 3 ounces of whole grain produce.

Warnings

Beware if you have a **gluten intolerance** which can lead to inflammation.

References

[50] <http://www.arthritis.org/living-with-arthritis/arthritis-diet/healthy-eating/osteoarthritis-diet.php>

[52] Serum Selenium, Serum Alpha-Tocopherol, and the Risk of Rheumatoid Arthritis "Epidemiology"; Serum Selenium, Serum Alpha-Tocopherol, and the Risk of Rheumatoid Arthritis; Paul Knekt, et al.; 2000





#7 Dark Leaf Greens

The Active Ingredients

Phytochemicals, Vitamin E and K

How Does it Work?

Research suggests that eating vitamin K-rich vegetables such as broccoli, spinach, kale and cabbage can dramatically reduce C-Reactive protein and therefore inflammation. Bone cells use the vitamin K in the form of K1 and K2 to build stronger bones.



Dark Greens also contain a lot of Iron which helps prevent anaemia a problem which many Arthritis sufferers also have.

A compound, sulforaphane, discovered in broccoli by the University of East Anglia seems to slow down cartilage destruction in joints in test mice and so may well be a key to preventing or slowing the progress of the most common form of osteoarthritis in humans[61]

References

[61] Broccoli could be key in the fight against osteoarthritis
http://www.uea.ac.uk/about/media-room/press-release-archive/-/asset_publisher/a2jEGMiFHPhv/content/broccoli-could-be-key-in-the-fight-against-osteoarthritis





#8 Nut Oils

The Active Ingredients

Fibre, calcium, vitamin E & linolenic acids

How Does it Work?

Omega-3 fats reduce inflammation in the body and since nuts are particularly rich in these Omega-3s they are a great addition to the anti Arthritis diet.



Omega-3 fats have been found to help prevent heart disease, stroke, eczema and inflammatory conditions such as rheumatoid arthritis [70]. Nuts and seeds are also rich in many minerals including selenium, magnesium and potassium which help prevent osteoporosis and type 2 diabetes.

Of course, some nuts are more effective than others. To get a super boost of Omega-3 and minerals try walnuts, flaxseeds or culinary Argan nut oils which are particularly good for inflammatory diseases.

Suggested Use

Around a large handful of nuts or 15ml-20ml of pure culinary Argan Oil per day.

References

[70] Omega-3 Fatty Acids: An Essential Contribution

<http://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>





#9 Tomatoes

The Active Ingredients

Lycopene

How Does it Work?

Tomatoes may help reduce inflammation as they are rich in lycopene which has been shown to reduce inflammation in the lungs and throughout the body.



Researchers now find that lycopene may also reduce inflammation in the lungs and throughout the body as well as cholesterol levels and may therefore be of value in the anti arthritis diet. [81]

Suggested Use

Professor of nutrition and epidemiology at the Harvard School of Public Health, Dr. Edward Giovannucci, suggests that daily intake should be 10,000 micrograms or more of lycopene per day and from a natural food source. [81]

This is not so much when you consider that just one cup of tinned tomato juice can contain around 22,000 micrograms of lycopene.

References

[80] Anti-inflammatory activity of lycopene isolated from *Chlorella marina* on type II collagen induced arthritis in Sprague Dawley rats.

<http://www.ncbi.nlm.nih.gov/pubmed/23237458>

[81] Lycopene-rich tomatoes linked to lower stroke risk

<http://www.health.harvard.edu/blog/lycopene-rich-tomatoes-linked-to-lower-stroke-risk-201210105400>





#10 Beetroot

The Active Ingredients

Vitamin C, Fiber and Betalains

How Does it Work?

Beets and their juice are a powerful mix of folic acid, manganese, antioxidants, anti-inflammatory and fungicidal components.



A 2014 study was conducted of short-term use of Beetroot concentrate in individuals with knee pain. After just 10 days there was found to be a much improved joint function and reduction in discomfort. [90]

Suggested Use

1 cupful of beetroot juice a day.

References

[90] Betalain-rich red beet concentrate improves reduced knee discomfort and joint function: a double blind, placebo-controlled pilot clinical study
<http://www.dovepress.com/betalain-rich-red-beet-concentrate-improves-reduced-knee-discomfort-an-peer-reviewed-article-NDS>





#11 Celery

The Active Ingredients

Rich in minerals -Potassium, Magnesium, Vitamin K
+ Wide Range of Anti-Inflammatory compounds.

How Does it Work?

Raw or cooked seeds or larger amounts of the plant is a traditional herbal treatment for Rheumatism.



The celery plant contains more than 25 different anti-inflammatory compounds including pentosan, aspin, fat, asparagine, aerial oil, tyrosine, phytosterols, mannitol and over 340 mg of potassium per cup.

Many of these compounds were reported to reduce inflammation in arthritis in animal tests.[91]

Suggested Use

Put 1 teaspoon of seeds in a cup of boiling water. Cover and leave to stand for about 15 minutes. Strain out the seeds and take as a drink.
Typically drink 3 cups of juice per day for an arthritis attack.

References

[101] The Anti-inflammatory Activity of Celery *Apium graveolens* L. (Fam. Umbelliferae) 1985, Vol. 23, No. 1 , Pages 27-32 doi:10.3109/13880208509070685)
David A. Lewis, Saleh M. Tharib, and G. Bryan A. Veitch



NATURAL ARTHRITIS TREATMENTS



THE POWER OF SPICES

WWW.ARGANOILDIRECT.COM



#1 Cinnamon

The Active Ingredients

Cinnamaldehyde, cinnamyl alcohol, cinnamyl acetate.

How Does it Work?

For centuries people have combined cinnamon with honey to treat a range of conditions.



Research has now uncovered that cinnamon extract can significantly reduce compounds in the body that can lead to inflammation.

The active compounds, cinnamaldehyde, cinnamyl alcohol and cinnamyl acetate, prevent blood platelet and so stops production of arachidonic acid which can cause inflammation .[100]

Suggested Use

To a cup of hot water add two teaspoons of honey and a small teaspoon (2 to 4g) of cinnamon.

Take 2 times a day.

References

[100] Aldehydic components of cinnamon bark extract suppresses RANKL-induced osteoclastogenesis through NFATc1 downregulation. Tsuji-Naito K1. <http://www.ncbi.nlm.nih.gov/pubmed/18823786>





#2 Cayenne

The Active Ingredients

Capsaicin

How Does it Work?

Externally applied creams that contain capsaicin work because they can actually reduce the levels of a compound called “substance P”.



Substance P works as a pain transmitter and inflammatory and so by reducing the level the pain and inflammation levels are also reduced.[110] [111]

Suggested Use

To a cup of hot water add two teaspoons of honey and a small teaspoon (2 to Creams are used as required and is very safe but may take up to 7 days to become effective.

A suggested usage would be 3 to 4 times a day using a cream with 0.025% or 0.075% capsaicin gel.

References

[110] The effectiveness of topically applied capsaicin
<http://www.osteoplan.com/media/pdf/Capsaicin%20Study.pdf>

[111] Efficacy of symptomatic control of knee osteoarthritis with 0.0125% of capsaicin versus placebo.

[112] Kosuwon W1, Sirichatiwapee W, Wisanuyotin T, Jeeravipoolvarn P, Laupattarakasem W.
<http://www.ncbi.nlm.nih.gov/pubmed/20973322>





#3 Oregano

The Active Ingredients

carvacrol and thymol

How Does it Work?

Several studies have been conducted into the effects of internal and external use of Oregano oil on Arthritis and inflammation.



It appears to have a wide range of health benefits such as anti bacterial and anti fungal effects as well as reducing pain and increasing joint flexibility. [120]

Studies of the component carvacol have discovered that it stimulates your bodies own anti inflammatory defences known as “heat shock proteins”.

Suggested Use

There are a number of sources for Oregano Oil so be sure to check that you are buying wild oregano plant or *Origanum vulgare* to get the correct effects.

External: Add 1 drop of Oregano to another carrier oil – such as cosmetic Argan Oil and massage in.

Internal Use: Oregano Oil has a very strong flavour and can also cause some irritation so start with smaller amounts. A 2 week course of a few drops of oil with water or a fruit juice would be a good starting point.

Warnings

Oregano Oil is not thought to be safe for internal use when pregnant or nursing or for children & under. It may also cause allergic reactions common in plants of the Lamiaceae family.

May also lower blood sugar levels so **Diabetics** should use with caution.





#3 Oregano continued

References

[120] Tolerogenic dendritic cells that inhibit autoimmune arthritis can be induced by a combination of carvacrol and thermal stress. Spiering R1, van der Zee R, Wagenaar J, Kapetis D, Zolezzi F, van Eden W, Broere
<http://www.ncbi.nlm.nih.gov/pubmed/23050016>



http://www.phytotherapyjournal.com/File_Folder/7-15.pdf

[121]. Exarchou V, Nenadis N, Tsimidou M, Gerothanassis IP, Troganis A, Boskou D. Antioxidant activities and phenolic composition of extracts from Greek oregano, Greek sage and summer savory. *Journal of Agricultural and Food Chemistry*, 50, 2002, 5294-5299.

<http://www.ncbi.nlm.nih.gov/pubmed/12207464>

[122] Oregano Oil and Autoimmune Arthritis Arthritis Rheum. Wieten L, van der Zee R, Spiering R, Wagenaar-Hilbers J, van Kooten P, Broere F, van Eden W. 2014

[123] Oregano Oil as a Pain Killer Phytotherapy Research Süleyman Aydn, Yusuf Öztürk, Rana





#4 Ginger

The Active Ingredients

Gingerol , Shogol, Zingerone, 1-Dehydro-(10) gingerdione

How Does it Work?

For thousands of years ginger has been used in herbal medicine for a range of health problems.



A large number of studies now confirm the reported effects of ginger through examining the bio-chemical pathways that connect inflammatory disease with compounds found in ginger.

A study undertaken by the University of Miami, in the USA, found conclusive evidence that patients given concentrated ginger extract had reduced pain symptoms.

Although quite a lot of raw / powdered ginger is required for the best therapeutic effects a beneficial amount can be incorporated into your diet.

At research level the effects of ginger were tested using the equivalent of 250 to 300mg of ginger taken in capsule form twice a day.

The properties of ginger are similar to ibuprofen and COX-2 (an NSAID that targets cyclooxygenase-2 an enzyme that causes pain and inflammation). In addition to normal anti inflammatory effects ginger suppresses inflammatory compounds in the body and turns off certain inflammatory genes.





#4 Ginger continued

Suggested Use

By Food: Indian herbalists are said to use around 3 grams or more of powdered ginger a day in treatments. Adding powdered or grated root ginger to your food may produce an anti inflammatory effect but for a full therapeutic effect it is recommended to use capsules. |



Capsules: Use capsules produced using the “super critical extraction method for the purest quality supplement. Take 100 to 200mg of ginger every day for four to six weeks.

Warnings

Avoid ginger therapy if you are using blood thinning medication.

Research

[120] Active ingredients of ginger as potential candidates in the prevention and treatment of diseases via modulation of biological activities Arshad H Rahmani, Fahad M Al shabrmi, and Salah M Al
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4106649/>

[121] Ginger--an herbal medicinal product with broad anti-inflammatory actions. Grzanna R, Lindmark L, Frondoza CG.
<http://www.ncbi.nlm.nih.gov/pubmed/16117603>

[122] Topical Ginger Treatment With a Compress or Patch for Osteoarthritis Symptoms.
<http://www.ncbi.nlm.nih.gov/pubmed/11710709>

[123] Effects of a ginger extract on knee pain in patients with osteoarthritis. Altman RD , Marcussen KC.
<http://www.ncbi.nlm.nih.gov/pubmed/24305660>





#5 Turmeric

The Active Ingredients

Curcumin

How Does it Work?

Curcumin is the pigmentation element of the spice Turmeric. It has been used traditionally for Osteoarthritis and Rheumatoid Arthritis as it is reported to both reduce pain and inflammation.



A report was published in 2012 of a study into the effectiveness of curcumin verses the drug diclofenac and the drug in combination with Curcumin. All patients showed a significant improvement in the condition but most interestingly the curcumin only group showed significantly better results than the other groups.

Furthermore, Curcumin has none of the side effects associated with most drug treatments. [130] Other studies concluded that in some cases Curcumin can be as effective as the drugs cortisone and phenylbutazone. [132]

Curcumin has many and complex properties as it already know to influence the activity of over 700 genes. It has been clearly identified as helping to slow synthesis of known inflammatory enzymes such as COX-2 and 5-LOX.

Suggested Use

Capsules or pure organic spice. Is suggested it is beneficial to Pineapple extract Bromelain.

Since Turmeric spice only contains about 5 percent Curcumin it may be better for a theraputic treatment to use a standardised souce.



Osteoarthritis:

By Capsule: 400 mg to 600 mg taken three times per day

Spice: Half to 1 gram of powder of Turmeric maximum of 3 grams per day.





#5 Turmeric continued

Rheumatoid Arthritis

By Capsule: 500 mg twice a day.

Spice: Third to two thirds of a gram powdered Turmeric to a maximum of 2 grams per day.

Research

[130] A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. Chandran B, <http://www.ncbi.nlm.nih.gov/pubmed/22407780>

[131] Efficacy and safety of Curcuma domestica extracts compared with ibuprofen in patients with knee osteoarthritis: a multicenter study. 2014 3/20

[132] A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis - Binu Chandran and Ajay Goel - 2012
<http://onlinelibrary.wiley.com/doi/10.1002/ptr.4639/abstract>

[133] Efficacy and mechanism of action of turmeric supplements in the treatment of experimental arthritis - 2006
<http://onlinelibrary.wiley.com/doi/10.1002/art.22180/abstract>





#6 Cloves

The Active Ingredients

Eugenol

How Does it Work?

The active ingredient, Eugenol, in clove oil is active in lowering levels of inflammation inducing enzymes in the joints and preventing inflammatory enzymes from infiltrating joints. [140] Results of a 2012 study testing *Syzygium aromaticum* clove oil against a collagen induced arthritis suggested that Eugenol could be a useful in the treatment of inflammatory conditions such as arthritis. Additional studies into Eugenol and Ginger also found that over a 26 day period that Eugenol combined with Ginger Oil achieved a “significant suppression” of swelling.



Suggested Use

No current recommendations were found for internal use of clove oil but it is recommended for external use as a massage oil.

Warnings

Large amounts of cloves can cause stomach irritation and other gastrointestinal disorders.

Avoid eating cloves during pregnancy.

References

[140] Anti-arthritic effect of eugenol on collagen-induced arthritis experimental model. Grespa P, Barbosa CP, Bersani-Amado CA, Dalalio MM, Cuman F
<http://www.ncbi.nlm.nih.gov/pubmed/23037170>

[141] Suppressive Effects of Eugenol and Ginger Oil on Arthritic Rats Sharma J.N. · Srivastava K.C. · Gan E.K.

<http://www.karger.com/Article/Fulltext/179248>



NATURAL ARTHRITIS TREATMENTS



TRADITIONAL HERBAL MEDICINE

WWW.ARGANOILDIRECT.COM



#1 Angelica

The Active Ingredients

pinene and cymene; valerianic acid;
coumarins; iridoids; resin; tannins

How Does it Work?

Angelica is an herb that has been used to treat arthritis. Angelica has 12 anti-inflammatory constituents, ten antispasmodic constituents, and five pain-relieving.



There are a number of strains of Angelica. Korean Angelica gigas Nakai in particular has high levels of unique phytochemicals decursin and decursinol which can relieve conditions such as arthritis. [130]

Suggested Use

This herb is used in a tea taken for two to three weeks with a seven to ten day break

Warnings

Pregnancy and breast-feeding. Angelica may not be safe when taken by mouth during pregnancy as it may cause uterine contractions.[131]

Research

[130] Intersection of Inflammation and Herbal Medicine in the Treatment of Osteoarthritis

Ali Mobasher, corresponding author

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3481054/>

[131] <http://www.webmd.com/vitamins-supplements/ingredientmono-281-angelica.aspx?activeingredientid=281&activeingredientname=angelica>





#2 Aloe Vera

The Active Ingredients

Vitamins, Minerals, Sugars, Enzymes, Lignins, Amino Acids, Anthraquinones, Saponins, Fatty Acids, Salicylic Acid



What Does it Do?

The active nutrients in Aloe vera are said to inhibit the “cyclooxygenase (COX) pathway” Inhibiting COX has been shown to provide relief from the symptoms of inflammation and pain as experienced in inflammatory joint conditions such as Arthritis and is the mechanism used by mainstream drugs such as NSAIDS. In addition it reduces prostaglandin E2 production from arachidonic acid a lipid that connected with inflammation. C-glucosyl chromone is anti-inflammatory in gel extracts. [150]

A 1994 study published in the Journal of the American Podiatric Medical Association also confirmed the effect of aloe vera on inflamed joints. [151]

Suggested Use

Aloe gel can be applied to joints externally to help swelling and pain. The juice or capsules can be taken and work internally on inflammation. It is also of help in reducing stomach pain due to the side effects of NSAIDs. Use only a high quality aloe vera juice (or gel dissolved). Start with small amounts (2 to 3 oz) once a day. Work up to a 2 to 3oz dose taken around 30 minutes before breakfast, lunch, and before going to bed.

Research

[150] ALOE VERA: A SHORT REVIEW Amar Surjushe, Resham Vasani, and D G Saple <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2763764/>

[151] Anti-inflammatory and wound healing activity of a growth substance in Aloe vera. Davis RH1, Donato JJ, Hartman GM, Haas RC. <http://www.ncbi.nlm.nih.gov/pubmed/8169808>





#3 Devils Claw

The Active Ingredients

harpagoside, iridoid glycosides

What Does it Do?

Recommended for Osteoarthritis in particular it can be taken alone or alongside NSAIDs. It may also lower the amount of NSAIDs that are needed to manage an Arthritis condition. [162] [163]



Harpagoside, the active ingredient in devil's claw, appears to reduce pain and inflammation in joints. Some studies suggest stomach acid may counteract benefits, so take the supplement between meals when less stomach acid is released.

A 2002 study of 227 people with non-specific low back pain or osteoarthritis took 60mg per day for 8 weeks with 50 to 70 percent of people reported improvement in pain, mobility and flexibility. [164]

Suggested Use

Suggested doses vary however an adult dose, as used in research, is 600 to 1,200 mg three times a day. Use a standardized extract with 50 to 100 mg of harpagoside,

A 16 week study used powdered devil's claw root product Harpadol by Arkopharma. This has 9.5 mg/capsule and 14.5mg total iridoid glycosides per capsule. [162]





#3 Devils Claw Continued

Warnings

Devils Claw can have a strong biological effect.

Possible side effects include nausea, vomiting, abdominal pain, headaches, ringing in the ears, loss of appetite, and loss of taste. It can also cause allergic skin reactions, menstrual problems, and changes in blood pressure.



Do not take devil's claw if you are **pregnant, have gallstones or ulcers, or are taking an antacid or blood thinners**. It can affect heart rate and may interfere with **cardiac, blood-thinning and diabetes medication**. It may also cause diarrhea.[160]

Research

[160] <http://www.webmd.com/vitamins-supplements/ingredientmono-984-devil%20claw.aspx?activeingredientid=984&activeingredientname=devil%27s%20claw>

[162] Effectiveness of devil's claw for osteoarthritis
S. Chrubasik, S. Pollak and A. Black 1
<http://rheumatology.oxfordjournals.org/content/41/11/1332.full>

[163] Long L, Soeken K, Ernst E. Herbal medicines for the treatment of osteoarthritis: a systematic review. *Rheumatology*2001;40:770-93.

[164] Chantre P, Cappelaere A, Leblan D, Guedon D, Vandermander J, Fournie B. Efficacy and tolerability of Harpagophytum procumbens versus diacerhein in treatment of osteoarthritis. *Phytomedicine*2000;7:177-83.
MedlineWeb of Science





#4 Stinging Nettle

The Active Ingredients

Potassium, calcium, magnesium, boron.

What Does it Do?

Stinging Nettle has an antimicrobial, antioxidant, analgesic and anti-ulcer properties of stinging nettle have been studied in Germany, UK and Turkey.

It is high in Three milligrams of boron a day is reported to be helpful in treating osteoarthritis and RA. [171]



Another constituent, HOX alpha, is an extract of stinging nettle leaf that contains an substance that suppressed several cytokines in inflammatory joint diseases.

A UK study with 27 Arthritis sufferers was carried out at the University of Plymouth and proved scientifically that external stinging nettle therapy for pain reduction does works. In this experiment nettle leaves were applied to the joint on the hands every day for 1 week.

Researchers discovered that stinging nettles significantly reduced pain and that the level of that pain stayed lower through most of the treatment. [170]

Suggested Use

Nettle leaf and extract can be taken as a Tea, capsule, tincture, whole leaf.

Capsules: Up to 1,300 mg per day

Nettle Tea: 1 cup, three times a day

Tinctures: 1 ml to 4 ml three times a day

External Pain Relief: Apply Fresh Nettle Leaves directly to the skin.

Research

[170] Nettles 'ease arthritis suffering' <http://news.bbc.co.uk/2/hi/health/771563.stm>

[171] Stinging Nettle <http://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/stinging-nettle.php>





#5 *Boswellia serrata*

The Active Ingredients

Boswellic acid

What Does it Do?

Boswellic acids are the active components in *Boswellia* and have strong anti-inflammatory and analgesic effect. In addition their use may help prevent cartilage loss and inhibit the autoimmune process,

The research looked into the effects of *Boswellia* extract for knee joint inflammation by following 50 osteoarthritic patients for 8 weeks. Results stated that subjects applying *Boswellia* extract to the skin had up to 70% improved mobility in their knee joints.

There was also a 50 to 60 per cent decrease in knee-joint swelling and frequency of inflammations. [181]

Suggested Use

Boswellia can be used as a supplement for rheumatoid arthritis treatment in doses of 400 mg-800 mg in capsule form three times daily. You can also prepare a tea from *Boswellia* which can even be found in tea bags.

Warnings:

One potential side effect may include an upset stomach.

Research

[180] A double blind, randomized, placebo controlled study of the efficacy and safety of 5-Loxin for treatment of osteoarthritis of the knee.

Sengupta K1, Alluri KV, Satish AR, Mishra S, Golakoti T, Sarma KV, Dey D, Raychaudhuri SP. <http://www.ncbi.nlm.nih.gov/pubmed/18667054>

[181] <http://www.dailymail.co.uk/health/article-204154/How-frankincense-cures-arthritis.html>





#6 Oregano

The Active Ingredients

carvacrol and thymol

How Does it Work?

Several studies have been conducted into the effects of internal and external use of Oregano oil on Arthritis and inflammation.



It appears to have a wide range of health benefits such as anti bacterial and anti fungal effects as well as reducing pain and increasing joint flexibility. [120]

Studies of the component carvacrol have discovered that it stimulates your bodies own anti inflammatory defences known as “heat shock proteins”.

Suggested Use

There are a number of sources for Oregano Oil so be sure to check that you are buying wild oregano plant or *Origanum vulgare* to get the correct effects.

External: Add 1 drop of Oregano to another carrier oil – such as cosmetic Argan Oil and massage in.

Internal Use: Oregano Oil has a very strong flavour and can also cause some irritation so start with smaller amounts. A 2 week course of a few drops of oil with water or a fruit juice would be a good starting point.

Warnings

Oregano Oil is not thought to be safe for internal use when pregnant or nursing or for children & under. It may also cause allergic reactions common in plants of the Lamiaceae family.

May also lower blood sugar levels so **Diabetics** should use with caution.





#7 Rosemary

The Active Ingredients

Rosmarinic Acid

How Does it Work?

Rosemary contains many active phytochemicals. Rosmarinic acid, camphor, caffeic acid, ursolic acid, betulinic acid plus antioxidants carnosic acid and carnosol.

However, it is thought that it is the Rosmarinic acid in rosemary that gives benefits for the treatment of Arthritis.

A 2003 study in the “Journal of Rheumatology” reported that rosmarinic acid slowed progression of arthritis in animal test and external use of Rosemary Oil has also been recently been approved as an arthritis treatment in Germany.

Suggested Use

Rosemary oil is has a pain reducing effect when used for external massage.

For arthritic pain caused by rheumatoid arthritis, add 6 – 8 drops of rosemary oil to 30ml of a carrier oil such as Argan Oil.

Massage into the affected joints.

Research

<https://umm.edu/health/medical/altmed/herb/rosemary>

