

Healthy Living

Fact Sheet



Back Pain and Arthritis

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What is arthritis?

Back pain and arthritis are the result of the breakdown of the tissues that support joints. These tissues include cartilage, ligaments, tendons and joint capsules. The result is pain, inflammation, and a decrease in the range of motion of the back or joints.

What causes back pain and arthritis?

The pain and degeneration associated with back pain and arthritis are the result of tissue breakdown and inflammation. Tissue breakdown and joint degeneration happen when the body is unable to keep up with the wear and tear of daily living and unable to recover from traumas/injuries. Not having adequate blood supply to the tissues is the most frequent cause for failure of the body to repair and recuperate.

What is the cause of poor blood supply to the joints?

The most common cause of poor blood supply to the joints is a diet high in refined foods, especially fats (cooking oils, butter, margarine, lard, etc) and sugars (cane sugar, fructose, refined grains, etc), and fermented foods (vinegar, cheese, wine, etc.).

Encouragement

*“But they that wait upon the
LORD shall renew their
strength; they shall mount up
with wings as eagles; they
shall run, and not be weary;
and they shall walk, and
not faint.”*

Isaiah 40:31



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Healthy lifestyle approach

Dietary Considerations

Foods known to be most helpful in the prevention and treatment of back pain and arthritis include: fresh fruits (especially pineapple, cherries, berries, kiwi, etc), fresh vegetables (especially spinach, kale, cabbage, beets, carrots), nuts and seeds, beans and whole grains.

Exercise

Outdoor walking is one of the best exercises for back pain and arthritis. Initially the pain may increase as the stiffness is worked out, but in time the health of the joint will improve. Swimming is also a good alternative.

Water

The back and joints are especially dependent on abundant hydration (water supply). A minimum of three litres of water a day is recommended for arthritis and back pain; one when you arise in the morning, one mid-morning and one mid-afternoon.



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Mind–Body Connection

Stress can be a pain!

For various reasons stress exacerbates pain levels when you have a physical injury or a disorder such as arthritis that causes pain. Stress activates the adrenals so you have an overload of adrenaline and cortisol, which is okay in the short term, but not when it's prolonged. Too much adrenaline and cortisol over time causes muscle tension, cellular inflammation, an acidic system, and toxicity, all related to pain disorders - not to mention that stress also causes poor digestion, eating problems, weakened immune system, hypertension, and high blood pressure. Stress and high pain levels can also result in bad health habits such as a sedentary lifestyle, isolation, turning to comfort food and self-medicating. It's a vicious cycle. For example if you have back pain or arthritis your muscle tension increases with stress and you take the path of least resistance to try and decrease the pain. Hence you sit or lie down, don't exercise enough, the joints become stiff and you lose motivation to want to have a healthier lifestyle. So what's the answer? First of all you need to manage your stress levels and might need some help to do this. Go to a physiotherapist to work out an exercise routine or see a dietitian to help work on a healthy diet. Some foods can cause inflammation so do your own research to eliminate these. Drinking plenty of water and staying hydrated is also important to keep the joints lubricated and treat pain. Change is good so pick at least one thing you can do to reduce your stress levels and your body will benefit.

Encouragement

"He will wipe away every tear from their eyes, and death will not exist any more—or mourning, or crying, or pain, for the former things have ceased to exist."

Revelation 21:4 (NET)

Miraculous magnesium

When it comes to pain a lack of magnesium can be a major problem as it relaxes the nerves and muscles, transports calcium into the bones, and is a natural anti-inflammatory. It's an important nutrient lacking in many people's body today. Did you know that magnesium is called the 'youth element' because it helps stop the aging process and can keep you much healthier, and arthritis is often associated with aging. Every cell of your body needs magnesium and the body doesn't make it; we have to get it from external sources. It really is a miracle worker and an overlooked essential mineral that we all need. It works to keep the cells and organs in the body young and healthy. Research shows that 80% of people in our community are in a magnesium drought. This is because stress rapidly drains magnesium levels with research showing that we can lose up to 5 times the daily dose that we need to keep the body in good working order. It is a contributor to many mental, emotional, and physical health problems. We can get magnesium from our food but we really need fresh organic produce, which most people don't have. Nuts, seeds and greens are high in magnesium. Remember, stress inhibits absorption and only 30% of a tablet is absorbed. But, there is a wonderful abundance of magnesium in nature that is very absorbable. It is Magnesium Chloride Oil (not a true oil but absorbs like one). It is harvested from the seabed and can be sprayed or rubbed onto the body. 100% goes directly into the cells. How good is that! Nobody needs to be magnesium-deficient these days.

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Pain Relief Tool Kit

Pain Relief Tips

1. **Managing stress: Prevention is better than cure**

Identify and monitor stress symptoms such as an increase in physical pain, rapid heartbeat, muscle tension, sweaty palms, rapid shallow breathing, holding your breath, as well as an acid stomach. Then use your stress management tool kit to put the brake on your Autonomic Nervous System to slow down the adrenals, calm your heart, and focus your brain. You can build the following stress busters into your lifestyle. Start taking a few slow deep breaths on a regular basis, go for a walk (10 minutes is better than no walk), have a sunbath for at least 10 minutes a day if you can, have a relaxing footbath with magnesium salts and lavender oil, use relaxation herbal teas (there's plenty to choose from), put lavender oil on your forehead and temples, play with your pet, as well as having a spiritual focus using prayer and meditation. Work out some quick relaxation strategies and build them into your day.

2. **Increasing your magnesium levels**

As many foods now are nutrient-deficient and stress rapidly reduces your magnesium levels, you can use a nutritional supplement such as magnesium chloride oil on a daily basis. First of all reduce your stress levels, then work on increasing your magnesium levels. Have an abundance of magnesium-rich foods such as leafy greens, dried fruit and nuts, avocados and Bananas. Don't forget to rub Magnesium Chloride Oil on your pain or arthritic areas daily. You can source this product and information on the internet, as well as from buy it from markets and Health Food outlets.

3. **Exercise: Motivation to move**

When you suffer from pain it's hard to be motivated to exercise. However motivation takes action. If you do nothing then you will procrastinate, lose energy, become lethargic, feel depressed and your pain levels will increase. You need to apply your will and choose to take action (don't think about it just do it) and motivation will follow. Regular stretching exercises can help relax the tense muscles contributing to pain. However research has found that walking is one of the best exercises to help circulation and work out your muscles and joints. If you want to go for a walk don't set too high a goal. For example start walking 2-3 times a week. Preparation is important. Get your walking clothes and shoes ready to put on when you get up, and organize a simple breakfast including fruit and wholegrains (remember your blood sugars are low when you get up). Upon rising, focus your attention on the action of getting ready to go for that walk then you are more likely to do it and maintain it.

Disclaimer: This fact sheet presents principles designed to promote good health and is not intended to take the place of personalised professional care. The opinions and ideas expressed are those of the writers. Readers are encouraged to draw their own conclusions about the information presented.