

## Stop Arthritis in its Tracks with This 4-Step Plan



Most doctors will tell you that osteoarthritis, or joint pain, has nothing to do with inflammation. They say it's simply wear and tear of the joints after years of use. There's a break down of cartilage that covers the bone joints, and it leads to pain.

However, I'm here to tell you that they're wrong. Markers for inflammation increase in both the blood and joint fluid of patients with osteoarthritis (OA).

**Arthritis is an INFLAMMATION problem.**

In fact, a study published in *Therapeutic Advances in Musculoskeletal Disease* in 2013 stated that, "The dichotomy between inflammatory and degenerative arthritis is becoming less clear with the recognition of a plethora of ongoing immune processes within the OA joint... and based on this observation, further studies have gone on to implicate joint inflammation and [inflammation of the membrane that lines certain types of joints] in the pathogenesis of OA." It continues, stating that, "**Chronic, low-grade inflammation is a major driver of ongoing joint degeneration.**"

Stanford University School of Medicine agrees. Their researchers state that, "**the development of osteoarthritis is in great part driven by low-grade inflammatory processes.**"

That's all a scientific way to say that the medical community is starting to come around to an awareness that arthritis has its roots in inflammation.

And I'm here to tell you that AGE has NOTHING to do with inflammation. Most people think of someone older, bent over, moving slow, as the typical type. And while you do see this in many older people, guess what...I am seeing this in children as well!

While not as much, research that came out a few years ago showed that 10% of 10-year-olds have arthritis at the L5 Vertebral Level (lower back).

And here's the other thing you need to consider about the myth that age CAUSES arthritis – if I see arthritis in a 80 year old patient, and age truly caused it, then it should go without saying that I should see arthritis in EVERY joint I look at, but this is NEVER the case.

I'll see arthritis really bad in a hip, or the lower neck, or the lower back, but many of the other joints are just fine. So IF age caused it, we would arthritis in EVERY bone and that ceases to exist (alignment is another significant factor, but we'll leave that for another post).

Arthritis is one of the ways in which chronic inflammation initially goes unnoticed because it's happening internally with no visible symptoms... for a while at least, until your joints begin to hurt, or another symptom like IBS or frequent illnesses occur.

It's about time (most of) the allopathic community got the memo. Osteoarthritis affects 27 million Americans, and it's the #1 cause of disability in the US. There's a 50% chance that at some point in your life, you'll experience arthritis symptoms, which include:

- Joint pain in the hands, wrists, knees, hips, spine, or neck
- Trouble moving joints or doing everyday tasks
- Stiffness
- Redness or swelling

If you're between the ages of 45 and 64, there's a 1 in 3 chance you've reported arthritis to your doctor, and the chances increase with age from there.

So what can you do to prevent yourself from becoming one of the many people who suffer from arthritis as they age?



And if you have arthritis already, what can you do to lessen its symptoms and reverse the joint damage?

I've created a 4-step plan to get rid of the underlying inflammation that's causing your joint pain. And here is the good news – over time, you can slow down that big ship and stop the arthritis dead in its tracks!

As you put the plan into place, it's important you continue to treat your arthritis symptoms in consultation with your doctor or health care professional, with the ultimate goal being that you no longer need treatment for pain because it improves as inflammation goes away.

One more quick note before we get started: this information relates to osteoarthritis, not rheumatoid arthritis, an autoimmune disease that usually starts early in life.

## My 4-Step Plan to Stop Arthritis

### Step 1: Start Eating Anti-Inflammatory Foods

Eating the right foods – ones that's rich in nutrients, chlorophyll, alkalinity (read: MINERALS), and healthy fats – is the best way to start bringing down the inflammation that's causing joint pain.

Harvard Medical School's *Women's Health Watch* agrees: "No one food can relieve arthritis, but eating – or avoiding – certain foods can help combat inflammation throughout the body."

One of the main reasons I designed the [Get Off Your Acid](#) plan was to give people an easy way to fight chronic inflammation.

The healing, nourishing foods in the alkaline lifestyle are full of vitamins, minerals, antioxidants, and healthy fats that help diminish inflammation and restore cellular health:

- Dark, leafy greens like spinach, kale, watercress, romaine
- Vegetables like broccoli, carrots, onions, and garlic
- Low-sugar fruits like tomatoes, lemons, limes, and grapefruit
- Healthy fats like avocados, hemp, flax, and chia seeds, raw almonds, macadamia nuts, walnuts, pecans
- Wild-caught salmon, small fish like anchovies, sardines
- Extra virgin olive oil, avocado oil, MCT oil, coconut oil, black cumin seed oil
- Sprouted beans, lentils, chickpeas, and hummus
- Herbs and spices



- **Alkaline water**, green juices, soups, and smoothies, [Boneless Broth](#) for collagen support, and acid-crushing [Detox Tea](#)

These foods should become the basis of your diet. In doing so, you'll naturally start to avoid the foods that make inflammation worse, which brings us to Step 2.

## Step 2: Avoid Inflammatory Foods

Many of the foods common in the Standard America Diet cause inflammation, which is why this diet is so SAD:

- Sugar (especially when it combines with a protein, a process known as *glycation*)
- Gluten and other processed carbohydrates
- Dairy, especially anything with casein protein like cheese, milk, and yogurt
- Beef, unless grass-fed
- Artificial sweeteners like aspartame
- MSG
- Alcohol
- Bad fats, including anything with trans fats like baked goods, fried foods, and margarine, as well as pro-inflammatory omega-6 fats:
  - Chicken and other poultry
  - Soybean oil, corn oil, canola oil
  - Margarine
  - Eggs
  - Safflower, grape seed, and sunflower oils
  - Flax oil



The average American eats 20 times more pro-inflammatory omega-6 fats than anti-inflammatory omega-3 fats! The ideal ratio is equal amounts of the 2 types.

And that's only the average – I have seen 50:1, and even 88:1 in my practice, and this is a ticking time-bomb waiting to happen.

**[GET YOUR INFLAMMATION LEVELS TESTED HERE WITH OUR AT-HOME OMEGA-3 ACID INFLAMMATION TEST KIT!](#)**

**And we wonder why we have a chronic inflammation problem in this country!**

**By removing or minimizing foods like these, you're taking the inflammatory foods out of your diet, making room for more anti-inflammatory foods, and your joints will feel the difference.**

## Step 3: Get Active in Ways That Feel Good

Unfortunately, one thing that often happens when people experience arthritis is that they minimize movements that exacerbate pain. But by not moving as much, they're taking away one of their best tools for improving how their joints feel.

Research shows that exercise is one of the most important ways to prevent joint damage by keeping bones, joints, and muscles strong, increasing circulation, and extending the range of motion. Plus, it helps prevent obesity, which is a risk factor for arthritis.



With that said, it's important you choose to exercise in ways that don't make pain and swelling worse. Swimming, walking, stretching, yoga, aerobics, and rebounding are some of the best forms of exercise for arthritis sufferers.

You also might find that reflexology, massage, acupuncture, chiropractic adjustments, or infrared sauna help lessen symptoms.

Even using WBV (Whole Body Vibration) is great, as it's a way to exercise your cells without any movement or stress to your joints. In NYC, we call it the No-Work Workout 😊.

## Step 4: Take Supplements That Stop Inflammation

Because arthritis is caused by underlying inflammation, it's essential that you supplement your diet with nutrients that will bring down the swelling, redness, and inflammation. Diet alone will go a long way, but not all the way, so I recommend you add 2 supplements if you haven't already.

**Black Cumin Seed Oil** – this rare oil is the most powerful, natural anti-inflammatory to help you get off your acid and reduce the inflammation in your body.



Science tells us that to get the ideal therapeutic benefit, you need 500mg per day, so that's exactly what we put in each capsule of [Daily Cumin3X](#). Some brands have more, some have less, but more is not necessarily better. You want exactly 500mg daily.

With other brands, even if they contain exactly 500mg, it's hard to know what you're really getting. You see, we made the capsule different and better than anything else out there.

It looks black, but it's actually very dark green. That's because it contains chlorophyll – the same plant energy that is found in green foods like spinach and celery – making it much easier to breakdown and digest, even if you have digestion issues, so the bioavailability sky

rockets above other leading brands, which will in turn aid digestion.

Our cutting-edge capsule is also 100% vegan, and unlike most vegetarian capsules, this technology uses:

- NO toxic ingredients
- NO processed, refined oils
- NO artificial ingredients
- NO inflammatory, acidic fats

I wanted to bring you the absolute BEST quality black cumin seed oil supplement available on the PLANET! My search brought me to Israel. Because of the climate there, the result is a super seed. And unlike oil that comes from India, where it's often cut with cheaper inflammatory oils, this is pure oil of the highest quality.

That's why ours is 3 times more potent than any other black cumin seed oil, measured by *thymoquinone*. Our leading competitor has 1% of this active ingredient, and Daily Cumin3X has 3%. That's where the 3 in 3X comes from!



All it takes is **1 little capsule** each day to harness the antioxidant compound *thymoquinone*, which is clinically proven to reduce inflammation, boost the immune system, and protect against diseases from arthritis to diabetes to cancer.

If you've experienced any precursors to heart disease like high blood pressure or high cholesterol, or any signs or symptoms of chronic inflammation, you've got to try this incredible tool for your health and wellness!

[Try Daily Cumin3X now. Or Subscribe & Save 15%!](#)

**Omega-3 Fatty Acids** – It's very difficult to eat a diet rich enough in healthy omega-3 fats, and unless you eat salmon 3 meals a day, you are deficient without a supplement (which you don't want to do, as the tradeoff would be mercury poisoning and dioxins).

If you're suffering from arthritis, it's especially critical that you take a full 3,000mg of omega-3 fish oil every single day. That's far more than you're likely getting from a standard fish oil supplement. It will help you balance your ratio of pro-inflammatory to anti-inflammatory fats.

While I am a plant-based guy, here is one exception to the rule. Plant-based sources of good fats like chia seeds do NOT convert well to the DHA and EPA that you need. Research shows that the most they will convert is 1% – this is why it is very hard for vegetarians to beat inflammation.



This is why, even if you are a vegetarian or vegan, I really want you to start taking fish oil, and if you are using another brand, finish what you have, then make the switch to [Alkamind Daily Omega-3](#) because it is the BEST fish oil you will find!

What's our secret to being the best? **Our supplement is TRIPLE organically purified (most companies do this only once) to eliminate every heavy metal and over 400 contaminants. In doing so, our fish oil is also concentrated, so you TAKE LESS to GET MORE.**

Most fish oils, you would have to consume 8-12 softgels to get the 3,000mg I recommend you take daily. With Alkamind, you only need to take 3.

Plus, we formulated our fish oil to provide the **ideal 2:1 ratio of EPA to DHA** to fight inflammation and optimize brain health. **We are the ONLY fish oil in the world to do both!** [Subscribe & Save 15%](#) today!

*GET OFF YOUR ACID!*

Dr. Daryl