



Let it Heal

TIP SHEET

ARTHRITIS

1. Avoid Nightshade vegetables: Tomatoes, potatoes, eggplants, ground cherries, peppers (sweet and hot – including cayenne pepper, paprika and sauces containing hot peppers), pimentos, pepinos, tamarillos, tomatillos, huckleberries, naranjillas and tobacco. Please keep in mind that it may take several months of avoiding these vegetables before noticing a difference, and 1 in 3 arthritics has noted substantial relief from avoiding these foods.
2. Movement Matters – Aquafit classes or swimming will allow your body the movement it needs, without impact to your joints. The weightlessness of floating in the water will be a great relief for those achy joints.
3. Enjoy a soak – Epsom salts baths are not only relaxing, they will actually draw the acids and toxins out of your joints through the pores in your skin.
4. Apple Cider Vinegar – taken internally, organic apple cider vinegar has certain health benefits, but it can also be used as a compress on a swollen or achy joint.
5. Australian Washing Soda – difficult to purchase in Canada, but worth the hunt! Look for a brand called “Lectric Soda Crystals”. These natural crystals can draw up to half a cup of fluid from a swollen joint overnight! The results are temporary, but the relief it can bring is amazing, even if only for a day or so.
6. Detoxify. A toxic body is generally very acidic, creating an environment that encourages inflammation. The ionic detox footbaths at Let it Heal are a fast, relaxing method to detoxify and alkalize your body without restricting your diet or cutting out medications.
7. Consider a supplement such as glucosamine or chondroitin. Any health food store will recommend this type of supplement for achy joints. Always consult your doctor prior to adding any type of supplement to your diet.
8. Enjoy Gelatin-based deserts. Like the glucosamine and chondroitin, gelatin is also a type I collagen, which can revitalize joints and support healthy cartilage formation.
9. Try the East Indian ointment, “Iodex”. Available at any Indian grocers, this special ointment can not only relieve the pain, it can be used on a prolonged basis combined with Epsom salts soaks to break down the built up calcium in your joints.
10. The Bowen technique has a protocol for each and every joint in your body, releasing muscle stress and enhancing joint function. No bones are forced into position – instead, the muscles are reset so that they stop pulling them out of their proper placement.

Advanced Bowen Therapy



www.letitheal.com
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Detox Ion Spa Footbath

