

## Chiropractic treatment of arthritis and pain

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Once given the diagnosis of Osteoarthritis, many people feel doomed to a life of pain and suffering. Osteoarthritis is a condition in which joints (where two bones meet and provide movement) deteriorate or undergo degeneration from wear and tear. Actually there are many causes of Osteoarthritis, but many have mistakenly accepted it as "part of getting old." Most associate arthritis with pain and stiffness in the hands and fingers, but it can affect any joint in the body and can be particularly painful in the spine.

Medical treatment of arthritis consists primarily of managing the pain and symptoms of the disease. Unfortunately, drug treatment for arthritis causes the joints to degenerate or wear out faster. While the drugs help temporarily with pain, the chemicals interfere with the body's ability to nourish and heal the cartilage cells in the joints. This causes further destruction of the joints, and therefore, more pain.

People become caught in a vicious cycle of using the non-steroidal-anti-inflammatory drugs (NSAID's), such as aspirin, Ibuprofen, Advil, acetaminophen or Tylenol to reduce the pain and swelling. Then they are left with further-destroyed joints that are more painful and require more drugs; and the disease process keeps getting worse. Because NSAID's are so common, we tend to think of them as harmless and take them every day.

Each year 41,000 people are hospitalized from taking too many NSAID's. Chiropractic treatment of arthritis is concerned with

decreasing the pain and symptoms; but more importantly, chiropractic treatment reverses the disease process.

The cartilage cells in healthy joints receive nourishment each time the joint or body part is moved. The nutrient lubricating fluid within the joint bathes the moving bones to reduce friction. When a joint is fixated or not moving well, the joint cannot nourish itself and degenerates.

Chiropractic treatment gets fixated joints moving again; reduces stiffness, pain and muscle spasm; and improves coordination. Instead of using drugs, which destroy joints and cause stomach and intestinal bleeding ulcers, chiropractic employs proper nutrition. Most arthritis sufferers get less than the recommended daily allowance of vitamins in their diet. Eating well is a good start; however, once you have arthritis, you need extra help.

There is a new natural treatment for arthritis. In clinical studies, it not only relieved the symptoms of Osteoarthritis, but actually reversed the disease. This remarkable substance is a naturally occurring compound in the body that helps keep cartilage strong and flexible. It helps repair damaged cartilage and has no side effects. The chiropractic approach is the treatment choice for Osteoarthritis. ■

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