

Chiropractic Treatment of Arthritis and Pain

Dr. Marc S. Gottlieb

Once given the diagnosis of Osteo-arthritis, 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 get caught in a vicious cycle of using the non-steroidal-anti-inflammatory drugs (NSAIDS) such as, aspirin, ibuprofen, or Advil, acetaminophen, or Tylenol to reduce the pain and swelling. Then they are left with further destroyed joints that are more painful, require more drugs and the disease process keeps getting worse. Because NSAID's are so common, you may think of them as harmless and take them every day.

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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 bones to reduce friction. When joints are fixated or are not moving well the joint can't be nourished and cartilage decays. **Chiropractic treatment gets fixated joints moving again, reduces stiffness, pain, muscle spasm and improves coordination.** Instead of using drugs that 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, but once you have arthritis you need extra help. Most people with arthritis are deficient in several vitamins and minerals.

Supplementing proper diet with a good multivitamin is vital. Glucosamine sulfate is a natural treatment for arthritis that in clinical studies has not only relieved the symptoms of osteoarthritis, but actually reverses 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 known side effects.

I don't recommend taking chondroitin which has been popular for arthritis formulas, because it is only 13% absorbed when taken orally compared to the 98% absorption of glucosamine sulfate. Since glucosamine is a building block of chondroitin, it makes better sense to supplement the glucosamine and not the chondroitin which can also have an unpredictable blood thinning effect. The chiropractic approach is the treatment of choice for osteoarthritis. This includes manipulation of the involved joints, therapeutic activities to support the full range of function regained in the joints after adjustments, as well as the promotion of healthy eating habits and adequate vitamin supplementation.

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Dr. Gottlieb recommends:

Glucosamine Sulfate 1000 mg taken 2 times per day

MSM (methylsulfonylmethane) which is an elemental form of sulfur critical for joint health 1000 mg taken 2 times per day to help reduce chronic pain

Multivitamin 2-3 tablets daily

Antioxidants such as Vitamins C, E, Selenium, Alpha Lipoic Acid, and CoQ10 can also have very beneficial results for helping joints heal.

Topical skin lotions, applied directly over affected joints can be beneficial for concentrating the health affects to a local area.

As always, the quality of the nutritional therapy you try makes a big difference in the desired outcome. Seek the highest quality pharmaceutical grade products that have proven to be effective.

Ask your chiropractor to assess any products you may have tried in the past for quality.