



Allergies Linked to Arthritis..

As a Nation-we tend to think of heart and bone health as a major reason to keep physically fit and keep our weight in check. But we need to consider another good reason for keeping fit and healthy-and that is preventing arthritis!

Rheumatoid arthritis is considered an allergic reaction disorder - an allergy to foods, pesticides and chemicals causing chaos for the immune system. Common everyday foods such as chocolate, coffee, rBGH dairy, white and wheat flour, fried, red meat and sugar can be the sweet beginnings of allergies, inflammation and arthritis. Inflammatory foods such as these can be linked with Leaky Gut which can cause an inflamed intestinal lining.

“A widespread syndrome caused by the absence of beneficial flora that normally thickly line the intestinal walls, called "leaky gut," has long been associated with arthritis and allergies as

described by [Mr. Garcia, New York-based nutritionist and author of Look and Feel Fabulous Forever.](#) “When undigested particles begin to pass through the compromised GI lining into the bloodstream, the body may begin to treat such particles as foreign invaders and stage immune responses that can wreak havoc in the form of new allergies, rashes, eruptions as well as more serious auto-immune syndromes.”

Eating inflammatory foods causes the body to be acidic and can disrupt our delicate pH balance. These can leave us with the uncomfortable painful symptoms from arthritis. What the body does in arthritis is store toxic debris (including calcium-urate crystals) within the joints as a life-preserving measure until the can be safely removed.

As we continue on the improved lifestyle and higher quality diet, the body continues this process known as Retracing. The finer nutritive materials consumed are used to clear the body of poorer quality materials, and to improve the body’s structure and functional capacity. For instance, excess bile is purged from the liver and gallbladder and is sent to the intestines for elimination. Plaque and cholesterol are moved out of the arteries, veins and capillaries. Accumulated fecal deposits and bowel masses are removed; arthritic deposits in the joints and calcium deposits in the kidneys and gallbladder are broken down and eliminated. Fat deposits are slowly dissolved. All this continues until the body is rebuilt and purified.

Valuable lifestyle information so you can prevent further damage from arthritis:

1-The first step is to eliminate foods from the diet that create allergies or sensitivities. Eliminating these seven common food allergens, coffee, white & wheat flour, dairy, fried, red meat, sugar and chocolate

can make quite a difference in a person's health. Commit for 30 days, you will notice a big difference in the way you feel!

2- Add Exercise to your day-work out regularly and stay active.

3- Maintain a healthy weight and eat plants first.

4- Choose Organic food- these do not use any harmful chemicals in the production of the products and they are much safer to consume.

5- Allergies, inflammation in the body, autoimmune disorders and even cancer can be caused by an abundance of toxic foods and an everyday toxic lifestyle. Work to get the toxins out.

6- You can eat to alleviate pain. According to [Dr. Mark Stengler](#) the pain of osteoarthritis can be alleviated with adding in Sulphur rich foods. These include Fennel seed - chew or make a tea. Coltsfoot, eyebright, mullein, meadowsweet, plantain leaves, shepherds purse, stinging nettle, watercress and garlic.

There is only one way back to good health. A healthy body seeks to preserve itself with healthy foods and non toxic products. A sick body is an intoxicated body which hurtles toward self-destruction through unhealthy lifestyle behaviors, negative thought patterns, and incoherent actions.

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