

# Joint Pain or Replacement

This article will address joints that are in danger of needing replacement as opposed to arthritis. I have a lot of people who are asking me about how to avoid knee and hip replacement surgeries.

I highly recommend that you start doing the Liver Cleanse and taking Masaji NOW! The fact that you are having these problems is often an indication that your liver is overworked and/or your body is not assimilating the nutrients that it needs. Both of these things can be easily addressed by making the Liver Cleanse and Masaji a part of your life. (Liver Cleanse in a nutshell: 1 Tablespoon freshly squeezed Lemon Juice, 1 drop of Peppermint Oil (Be Young brand only, suitable for internal use.) and 1 drop of Lemon Oil (Be Young brand only, suitable for internal use.) Mix Lemon juice, Lemon and Peppermint oil in a full glass of water or just down them together in a spoon, following with the water. Best if taken before eating in the morning. Repeat each morning for 28 days then rest for one week and then resume.) The other thing you really want to add right now is the Black Cumin essential oil. Black Cumin has been proven to increase bone marrow production by 250%.

Some things that will increase joint pain:

- Candida (Yeast infection)
- Aspartame
- Insufficient amounts of Vitamin C
- Use of aspirin, NSAIDS, synthetic cortisone
- Overweight (see our Weight Loss handout or class)
- Overworked liver

Basic (you've heard it, but are you using them) recommended joint supplements:

- Glucosamine Chondroitin
- Cod Liver Oil
- Fish Oil
- Shark Cartilage

Essential oils that will help reduce joint pain and inflammation.

- Birch (Eases the pain and helps strengthen bones.)
- Rosemary (Eases muscle and joint aches.)
- Lemongrass and Lavender (equal parts) (To help repair torn, strained, and sprained ligaments and tendons.)
- Physical Touch Blend (Comforts, soothes, and supports the body.)
- Chiro Touch Blend (Helps keep the body in alignment—if you are limping you are not in alignment!)
- Ticaboo Blend (I have had many people tell me this blend brings the swelling down quite quickly. I have used it myself and seen a difference in my pain level.)
- Oregano (This is one that just seems to work for everything. I love the warm feeling it brings to me. My feet will often just hurt in the winter, I apply 1-2 drops of Oregano in a little bit of Carrier oil and it warms them right up and makes it so they don't hurt anymore.)
- Eucalyptus (Not an essential oil that comes to mind first for muscle, nerve, and joint pain, but it works great! Also a good one to use blended with Lavender.)
- Lavender (Great for reducing scar tissue and soothing any aches and pains.)
- Coriander (Mobilizes muscles and joints and increases circulation.)
- Black Cumin (Increases bone marrow production which will provide the joints and the bones with the support they need in order to do their job, if the bones are weak and brittle, the cartilage and tendons can't apply the pressure they need to. You may want to take a drop of this essential oil [Be Young brand only] internally as opposed to the compress method noted below.)

Suggested ways to use these essential oils:

- Put 1-3 drops of the essential oil in some Carrier Oil (1 teaspoon - 1 Tablespoon) and then rub on the affected area. Follow with a warm compress. (See note below).

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- Apply as above, excluding the warm compress, and follow with a warm bath, then re-apply as above (again, without the warm compress).

A special note: often we tell you to apply a warm compress after putting on your essential oils to drive them deep into the body. If the joint is inflamed and painful, you do not want to do this—the heat of the compress will combine with the heat from the inflamed joint to increase the inflammation, which will increase your pain. This is not our goal! Listen to your body, if you flinch away from the thought of applying a warm compress, apply a cold one. Sometimes you may need to apply a cold compress for 5-10 minutes, then a warm one for 5-10 minutes, then a cold one. Your body will tell you which one is best for you at this time.

There are also some “time-honored” remedies that are worth a try. The two that I hear good results from the most often are:

- Apply a poultice made from Bentonite Clay (we recommend Redmond Clay)
- Apply a poultice made from Castor Oil (these are generally found at your local health food store, they are castor oil on thick flannel cotton)

In both cases you generally apply 1-2 times a day (morning and night or just night) for three days and then take three days off and repeat. In most cases if this is going to give you relief you will see results in 6-9 days. I recommend that you add an essential oil to your poultice. Which one? Whichever one feels best to you. Some find that Birch is the one for them, others Physical Touch, still others Lemongrass. Again, listen to your body, it wants to heal and is trying desperately to let you know what it needs.

Some people who use a cane find that if they will switch to a walker their hips get tremendously better. Why? Because they are able to keep their bodies more aligned, i.e. they’re not putting as much stress on one side or the other of their body.

Finally, if you have the replacement surgery, please follow good surgery and post-surgery health practices:

- Masaji is a must! (To provide your body with what it needs in order to be strong for the surgery and to heal afterwards.)
- Use the Defence Blend or the Spice for Life Blend (Before surgery to get your immune system in great working order and after the surgery to assist it in fighting off any germs you may have been exposed to.)
- Use Lavender after the surgery around the surgical site to help the skin heal and to reduce scarring.
- Use Helichrysum after the surgery around the surgical site to help the nerves heal.
- Add the Black Cumin essential oil to your daily regime to help heal and prevent future problems.
- Use whatever essential oils you favor to help deal with the pain of recovery.
- Always remember to take a Probiotic after finishing a round of antibiotics to replace the beneficial bacteria.
- Always leave a 2-hour window between essential oil use and taking prescription medications.

Note: if you have a replacement that involves metal (a metal hip joint, a metal pin, etc) you need to make sure you have the Defence oil blend on hand. L-forms (see our article on “Why Antibiotics Don’t Work”) are drawn to metal and they will congregate there. Many people have pain in replacement joints or where they have had something pinned. If you apply the Defence essential oil (with a carrier, like above) to the area it will often get rid of the pain. This is because it is killing the L-forms that have gathered to the metal and are causing inflammation and infection. You may find that this is an ongoing problem, so it is good to have the Defence oil blend on hand.

**To order, for class information, or if you have questions contact:**

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