

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 FrequenSea 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 FrequenSea a part of your life. (Liver Cleanse in a nutshell: 1 Tablespoon freshly squeezed Lemon Juice, 1 drop of Peppermint Oil (ForeverYoung brand only, suitable for internal use.) and 1 drop of Lemon Oil (ForeverYoung brand only, suitable for internal use.) Mix Lemon juice, Lemon and Peppermint oil in a full glass of water. Best if taken before eating in the morning. Repeat each morning for 28 days then rest for one week and then resume.)

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, 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.)
- Fysical Thera P Blend (Comforts, soothes, and supports the body.)
- Cairo Care Blend (Helps keep the body in alignment—if you are limping you are not in alignment!)
- Mistletoe 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 Message 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.)

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).
- 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 Thera P, 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:

- FrequenSea, FrequenSea, FrequenSea (To provide your body with what it needs in order to be strong for the surgery and to heal afterwards.)
- Use the Defense Blend or the Spice of 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.
- Use whatever essential oils you favor to help deal with the pain of recovery.
- Always remember to take our Probiotic Plus Capsules 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.

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

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