

Arthrosis! What now?

Anyone who has been diagnosed with arthrosis knows what it means to experience pain. What does the future hold? Well, painkillers for the rest of your life for sure, and, worst case scenario, a prosthesis.

Or instead ... ! Anyone who knows us knows that for nearly every diagnosis we have beautiful alternatives in store. This is the case also with arthrosis. A lot can be done, and this diagnosis is not the end.

What exactly happens in your body when arthrosis shows up? To keep it simple: the cartilage is worn out. The protective shield between the two parts of the joint is more or less gone. Cartilage is not directly supported by nutrition, but is, instead supported by the surrounding tissues. Because there is no direct access to the cartilage, it's difficult for traditional western medicine to restore and regenerate the cartilage.

Causes of arthrosis

The most common cause of arthrosis is simply the fact of being overweight. Next most common is a joint deformity that leads to irregular wear and tear on the cartilage.

You don't have to have arthrosis as a result of ageing. That's simply not true.

There are several studies that prove that in nearly 100% of all arthrosis patients, fungus was found in the involved joint! Sounds weird, doesn't it? This is where alternative treatment can play a part, working on the fungus in the affected area and supporting the surrounding tissues in the best way possible.

And the treatment works for both humans and animals equally. Our dog, Lui, is a perfect example.

A happy ending for Lui

Only two years old and already Lui had problems! One day, while walking him, he suddenly yelped and couldn't put any weight on his right front leg. The vet diagnosed a severe arthrosis with deformity on the bone of his right elbow.

The vet's proposed treatment was daily painkillers. If the medication didn't help, they would have to stiffen the joint or perform surgery to replace the joint. BAM!

I was sure we could change that. The painkillers did not work at all, so I immediately started with the alternatives we knew about:

1. Turmeric paste: a pain reliever that also fights the inflammation.
2. Frankincense (in capsules). This has a similar effect to cortisone, without the unpleasant side effects.
3. Browntop millet. This contains lots of silicon and B vitamins, which are known to be very beneficial for joints and cartilage.

4. MSM (organic sulfur), another great pain reliever and a most important part of each every cell of our body.
5. Chondroitin and glucosamine: a natural gift for joints.

Finally, of course, I gave my own healing treatments to Lui, which were essential for his recovery. Now Lui is seven years old, and the arthrosis is completely gone, the cartilage is restored.

If you are diagnosed with arthrosis, start with the beautiful things listed above, and you will definitely feel better very soon. Note: If you are buying chondroitin and glucosamine, please try to find a vegan version. The regular product is made using seafood, and lots of people and animals are allergic to that.

If you have questions, feel free to sent a mail, contact us on Facebook or simply give us a call (+49 171 451 88 28).

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