

Rheumatoid Arthritis – Find the Cause!!!

Naturopathic Doctors can give natural alternatives to anti-inflammatory medications and address dietary choices that directly affect the inflammation in the system. The use of natural anti-inflammatory substances such as Methyl Sulfonyl Methane, Fish Oil, Curcumin, Pancreatic Enzymes are just a few that naturally reduce the inflammation in the body. Ultimately we strive to find the underlying cause of inflammation in that individual. (Please consult a Naturopathic doctor before using any of the listed natural anti-inflammatory substances because of contraindications and dangerous interactions these may have with medications you could be taking)

The Human body is a complex array of physical, mental/emotional, spiritual, chemical, and genetic and biochemical makeup. Arthritis can originate from any one or combination of these. An example of poor food choices could be always eating red meat and no fish that ultimately lowers the healthy levels of omega 3 oils required by the body to naturally lower the inflammation in the system. Fast food junkies are also at risk especially because of the “trans” fatty acids that increase inflammation in the system. It can be from suppression of emotional experiences that perhaps the person was not able to work through or just too busy to work through them. These emotions can affect our neurological, endocrine and immune function and can disengage the ability for the body to naturally remove inflammatory chemicals. There could be a physical weakness perhaps from lack of Vitamin D. There are countless ways one could develop arthritis. It is through a thorough case taking and examination that a Naturopathic Doctor can find the underlying cause for the joint inflammation and subsequent deterioration.

The advantage of seeking out a Naturopathic doctor is that some of these doctors are further trained in Intravenous therapy and would be able to deliver nutrients that are deficient and herbs/substances that are effective in reducing pain and inflammation directly to the cells of the body. MSM is one such substance that is an anti-inflammatory and delivering this directly to the cells via blood is an effective way to reduce pain and inflammation.

To find a Naturopathic Doctor near you, visit CAND.ca.