

Rheumatoid Arthritis Plan

1. NO trans fat (NO hydrogenated oils), NO margarine, NO red meat, NO white flours, NO pasta, NO wheat (see Avoid list), NO sugar, and NO nightshades (especially tomatoes).
2. Mix lemon with fresh orange. Lemon is okay alone.
3. Milk of Magnesia – take 1 tbsp @ bedtime every other day to keep stools soft (alkalizes bowel).
4. Magnesium Citramate (better absorbed) – 4-6 caps per day. May loosen stool.
5. EAT
 - Initially: Detox Diet – only raw fruits and vegetables.
 - i. Juicing and blending organic vegetables (juice carrot, celery, parsley, cabbage, broccoli)
 - ii. Fruit separate – apples, pears, lemon with or without oranges (no store bought juices), raw apple sauce, lemon water.
 - iii. Greens+
 - iv. Fast for 3 days.
 - Afterwards: Elimination Diet (avoids allergens)
 - i. Brown rice (Lundberg short) - soak overnight or 8-12 hours, 4:1 ratio of water to rice. Cook until soft. Eat with Lecithin Granules, Braggs Liquid Aminos, Celtic Sea Salt, soft beans (pinto, anasazi, black, etc.), peas, lentils.
 - ii. NO soy beans or soymilk. Rice milk and almond milk are okay.
 - iii. Rice bread and Millet bread okay (health food store).
 - iv. Limit oatmeal. Cooked Millet cereal, cooked Quinoa both good.
 - v. All vegetables and fruits.
 - vi. Organic blueberries / red raspberries
 - vii. Protein: Poultry, white fish or wild salmon. Bagged whittings @ Giant cooked lightly in water. Several soft boiled or poached eggs – 4-6 / week.
 - viii. NO peanuts.
6. Cod liver oil (refrigerate) – 1-2 teaspoons (5-10 cc) most days.
7. Flax oil (never heat, store upside down in freezer) - 1 tablespoon per day. May alternate with cod liver oil. Oils are okay during fast.
8. Borage oil (freeze) – 1/2 tsp most days (3-4 times per week).
9. Probiotic (never heat, refrigerate) – 1/2 tsp daily with food or juice.
10. Buffered Vitamin C – Stir up to 1 teaspoon in water/ juice daily. Let bubbles out.
11. Lecithin (freeze) – 1 tablespoon or more daily.
12. Greens+ (freeze) – 1½ tsp every other day or every day initially. Mix in liquid.