

Arthritis, Constipation and Guanidine

Does it make sense to take antacids for your heartburn, pain killers and cortisone for your arthritis, and laxatives for your constipation? Most doctors think so! Don't be fooled. Get at the root of the problem, make the necessary dietary changes, and allow enough time for resolution of the problem.

Have you ever had the pleasure to watch Jack LaLanne on TV. Over 50 years ago Jack was making truthful, amazing (for the time), and profound statements. He was talking about posture, exercise, personal grooming, a positive attitude, dead foods, and alive foods full of vitamins and minerals. His information was all so perfect – clearly showing that, without any special degrees, he was a “physical scientist.” And he proved once again that truth is timeless.

At about the same time as Jack, two other nutritional scientists were also putting some profound truths before the public. They are Dr. D.C. Jarvis, who wrote the book, *Folk Medicine*, and Dr. Royal Lee, dentist, inventor, engineer, and founder of Standard Process. Both discussed the importance of not allowing the body to become too *alkaline*. This is particularly ironic today since all manner of “experts” have been telling everyone that they are too *acid*, and that they need alkaline supplements to bring them back into balance.

Both Jarvis and Lee discussed at length the toxic end product of metabolism, and one of the most alkaline of substances, *guanidine*. Guanidine is a fatigue and tissue toxin (poison) produced by metabolism and diet. It is normally excreted from the body with the aid of the thyroid gland. However, guanidine poisoning is not uncommon – producing fatigue and symptoms of alkalosis (a too-alkaline system).

Symptoms of alkalosis include calcium depletion with muscle twitching, cramps, neuritic and arthritic pains, and allergies. A diet of too much grains, processed and cooked foods can create guanidine overload. And as guanidine builds up, the subsequent alkalosis allows calcium to accumulate in your joints – producing pain and arthritis.

Constipation and the use of antacids greatly increase guanidine in the body. Constipation is often a symptom of a sluggish thyroid. And guanidine is eliminated from the body by your thyroid gland. So it is easy to see how a sluggish thyroid can induce constipation, allow for a buildup of guanidine, and slowly but surely cause chronic fatigue, arthritis, pain, exhaustion, and more.

A Timeless Remedy

Both Jarvis and Lee both had great respect for acidifying the body with the use of apple cider vinegar or cal amo. The acetic acid in vinegar is an organic acid. It can

correct a systemic alkalosis by reacting with the toxic guanidine and transforming it into harmless creatine.

Apple Cider Vinegar can also aid in weight loss, and will slowly help with aches and pains if they are caused by alkalosis and excess guanidine. And best yet, apple cider vinegar (2 teaspoons in water per meal) can be a tremendous aid to diabetics. There is no doubt that this “old time” remedy is helpful in keeping blood sugar normal.

Naturally, if you have a sluggish thyroid you need to address this problem. Generally speaking, two products from standard process can help the average thyroid patient recover: Thyrophin (3 daily) and Prolamine Iodine (minimum of 4 Daily). Thyrophin is a thyroid gland protomorphogen (extract).

Of course, the whole arthritis, constipation, exhaustion cure also includes eating whole foods. A diet of refined foods with little nutrient dense raw food encourages guanidine buildup. Make sure to have a good source of pure water, do not use antacids, eat healthfully, and take your fish oil every day.

Side Effects

Some of the side effects of apple cider vinegar and thyroid therapy include better glucose control for diabetics, better flora in the bowel (as guanidine encourages abnormal bacterial growth in the gut), less constipation and better bowel function in general, increased energy, slow and steady weight loss, and less aches and pains.

And in contrast to side effects from years of antacids, these are the kinds of side effects I like. So help yourself to “old time medicine.” If your physician does not agree and calls this quackery, simply be smarter. Few physicians will understand any of this – opting for antacids, steroidal drugs, and laxatives. But don’t let that bother you. After all, you understand that health is truly timeless.