

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 14:

JOINT AND SPINAL PAIN 2 – focusing on the joints

Today's topic is the joints. The last time we spoke about the spine and partly about the joints; today we will devote ourselves exclusively to the joints. Joint disease – this is an extremely common problem. We can say that, over the course of their lives, only certain lucky individuals will avoid it. With age, the joints undergo wear and tear, and they suffer and make the person's life difficult. We actually recognize three types of diseases. Common pain is caused by **arthritis** – joint inflammation. This disease affects the fibrous structures of the joint, meaning the joint capsule and certain other fibrous structure which are connected to it. We are also familiar with **arthrosis**, which is degeneration of the articular cartilage. The articular cartilage covers the entire head of the joint, and must be nicely smooth, and able to slide and absorb shocks. However, this is in an ideal world. It is usually bumpy and uneven, and causes inflammations inside the joint. The third, least known disease is called **synovitis**. The synovium is a membrane which covers the inside of the joint. People are familiar with this type of disease if they suffer from water in the joints, or joint or knee effusion, because it is this membrane – the synovium – that produces the fluid which then fills the joint.

Each of these joint diseases requires a slightly different approach. Each one has slightly different causes, and we can say that, at present, the most effective measure to relieve a person of joint pain is the so-called endoprosthesis. Today, practically all the joints in the human body can be replaced with artificial ones, which last a relatively long time, but I have also read that these operations are performed at increasingly lower ages, whereas formerly they were reserved for older people. Other than that, any treatment in this case is truly problematic because, as you surely know, you will be given a painkiller or an anti-inflammatory, such as ibuprofen or a similar medicine, but the cause itself is obviously not treated, because the real cause is essentially unknown.

People help themselves any way they can, which is why joint preparations, which are based on two principles, have become popular. One principle is so-called collagen preparations. They use collagen, which is actually fibrous tissue. Women know that if they have enough quality collagen in the skin, then the skin is flexible, but if the collagen is old and no longer

OK, the skin weakens. Collagen also forms the largest part of these fibrous structures in the joint. That is one type of preparation. The other type of preparation is based on substances which are called glucosamine sulfate and chondroitin sulfate. These are substances which act as nutrition for the joint cartilage. Experiments were carried out with this cartilage nutrition, and the cartilage reacted by increasing its volume, so the two types of preparations gained great popularity. However, their effectiveness is not so overwhelming – we may be adding substances which the joint needs, which it creates and works with, but we cannot just imagine that we will add these substances to the gastrointestinal tract, and they will seek out the joint and start building in it. That really is quite illusory. So these preparations have actually stayed at the level of popular or alternative medicine, and were never included in medical practice.

Various procedures, which we have known for hundreds of years, also persist. They were essentially very sensible and rational. People treated joints by packing them, and by coating them with and applying substances which caused vascular congestion. You will surely remember mustard pancakes, i.e. ground mustard seed with flour, and horseradish pancakes being used long ago. After all, even the good soldier Švejk rubbed opodeldoc, which is a kind of camphoric ointment, on his legs. The so-called “French ointment” (Spiritus Vini Gallici) a menthol ointment which also causes vascular congestion in the joint, is still enormously popular today. The purpose of this vascular congestion was to wash away the salts which settled in the joint area, thereby causing inflammations and degeneration of the joint cartilage. The blood also carried immune cells into the joint, which could then battle with the cause of the joint inflammation. Mild anti-inflammatory medicines, actually herbs which we cannot classify as medicines, were also applied. For example, these included cabbage leaves, or a person suffering from joint disease would bury their whole body in a pile of decaying leaves and let the heat work on them. After all, we are familiar with mud and peat from spa treatments; they contain various anti-inflammatory substances, which is why these tools are still used today, particularly in the spa industry.

These methods were certainly effective, but they had to be performed for the person's entire life. In this way, people took long-term care of their joints, because their ability to work depended on them, so they did not regret the time spent caring for their joints, and packed, coated, treated and massaged them so that they would basically last all their lives.

It may seem that there is no particular need for diagnosis, that it is simply joint disease, that there is no need for any specialized knowledge. But it's not that simple, because there are various structures around the joint about which people actually know nothing. For example, does bursa ring a bell? Anyone? Bursas are sacs that function as pulleys across which tendons run. These bursas are found in the joint area, and can also become inflamed and be a source of considerable pain. People are probably most familiar with the so-called Baker's cyst, under the knee, which is caused by these bursas. The so-called fascia is also found around the joints. It is a system of fibrous membranes which wrap all of the muscle bundles into a certain shape.

There is also a disease called fibromyalgia, formerly known as muscular rheumatism. It means that the muscles and fascia are attacked by inflammation. The person's entire body is then sore, and it is difficult to distinguish this problem from a joint problem. Thus, it is not always clear at first sight, and one must take care of all the structures which are used for the person's movement.

Probably the greatest problem is with so-called spinal nerves. Thirty two pairs of spinal nerves run from the spine to the tips of the fingers and toes, around the back, around the ribs etc. The best known of these, the sciatic nerve, runs all the way to the big toe. Along this nerve we can feel pain, and if this pain is close to a joint, it is difficult for us to distinguish nerve pain from joint pain. And that is where most mistakes are made, because the treatment of these two problems must be completely different.

During inflammation of the joints, during arthritis, we can encounter a form of so-called rheumatoid arthritis. People are familiar with rheumatism – it is a reaction to a streptococcal toxin, i.e. a special type of inflammation.

With our preparations, we try to eliminate the cause of this disease. Here, the cause is hidden infections, i.e. microbial deposits, which we have already discussed. They can contain all sorts of microorganisms, from viruses to Borrelia, Yersinia, streptococci and staphylococci; in short, a whole galaxy of microorganisms. These enter the fibrous structures and joints, where they cause permanent chronic inflammation.

Arthritis tends to be caused by deposits. People are familiar with the salts in uric acid which cause gout; this is one of the forms of salt which damage the joints. And there is a whole range of these salts. The decisive preparations, which we will use against joint pain, are the preparations **ArtiDren** and **Biosalz**. However, with the preparation **Biosalz** I would be quite careful, particularly for people who suffer from more severe arthritis, because this preparation can temporarily even worsen the entire development, and we would certainly not like that. This, we consider the preparation **ArtiDren** to be fundamental. After that, we will use preparations which are slightly more difficult to understand; for example the preparation **Non-grata**. That is because the microorganisms which chronically appear in the joints also bring other problems with them, which are called antigens and immunocomplexes (these are very technical terms); these can then imitate any infection or any microorganism and, most importantly, they are pro-inflammatory, i.e. they cause inflammations in the articular system.

We could keep talking about the joints, but I think that if people use the preparation **ArtiDren**, they will achieve great success with milder forms of inflammation. With Biosalz, they can also tackle milder forms of arthritis, and if they take to heart all of the experience which I have fleetingly mentioned here, they will be able to take care of their joints just as well as our ancestors did.

Source : <https://www.youtube.com/watch?v=Q2aljYGNp-w>

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