**Arthritis Pain  
Natural Cures**



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RESEARCH SHOWS NATURAL CURES REALLY WORK!

If you have arthritis, you may have shied away from natural medicine in the past because you didn’t think that it would relieve your pain. After all, there is no rigorous scientific evidence to back up these remedies, right?

**Wrong**.

Now: While it’s true that many nondrug approaches for pain relief have been based primarily on their thousands of years of use by Asian, Indian and other traditional cultures, there is now an impressive body of scientific evidence that makes natural medicine a smarter choice than ever before for many arthritis sufferers. (These therapies have been studied most often for osteoarthritis but may also relieve pain due to rheumatoid arthritis.)

PAIN RELIEF WITH LESS RISK

Millions of Americans depend on high-dose pain relievers that cause side effects, including gastrointestinal upset or bleeding, in up to 60% of patients. Many are told to use Tylenol for safe pain relief, except that there is one problem with this advice – Tylenol will reduce your pain in the short term while it causes the root cause of your pain to become worse. Nothing like keeping your company in business.

What you may not realize is that some natural therapies, which are far less likely to cause side effects, work just as well as the powerful pain-relieving drugs that are so commonly used for arthritis.

Many Americans take glucosamine (a dietary supplement that stimulates production of key components in cartilage) to help fight arthritis. However, arthritis pain symptoms improve only slightly or moderately in some patients—even when they take glucosamine sulfate, the most widely studied form of this supplement. (Research currently indicates that adding chondroitin, a supplement derived from shark or bovine cartilage or produced synthetically, isn’t necessarily helpful for arthritis).

At LifeRegeneration we will suggest the following regimens (with or without glucosamine) to relieve arthritis pain—the typical arthritis patient might start with curcumin and fish oil (pain relief should begin within one week to a month). Ginger can be added if more pain relief is needed…\*

**Curcumin**. A chemical compound in the spice turmeric, it helps inhibit inflammatory enzymes and reduces joint pain without the gastrointestinal side effects that often occur with aspirin and related drugs.

**Scientific evidence:** A study published in The Journal of Alternative and Complementary Medicine found that curcumin reduced arthritis pain and improved knee function about as well as ibuprofen (Motrin).

**How to use curcumin:** To obtain a concentrated dose of the active ingredient, try curcumin supplement capsules with a standardized curcuminoid complex (rather than kitchen turmeric, which would be difficult to consume in therapeutic amounts). Follow the label instructions—typically taking it three times daily during flare-ups. Between arthritis episodes, you can take half this amount to prevent inflammation. Caution: Curcumin can inhibit the ability of blood to clot. Use this supplement only under a doctor’s supervision, particularly if you’re also taking a blood-thinning medication such as warfarin (Coumadin) or aspirin.

**Fish oil.** The omega-3 fatty acids in fish oil supplements increase the body’s production of inhibitory prostaglandins, substances that prevent inflammation.

**Scientific evidence:** A study published in Arthritis & Rheumatism discovered that some arthritis patients who took fish oil improved so much that they were able to discontinue their use of conventional painkillers.

**How to use fish oil:** The amount of omega-3s found in dietary sources is insufficient for pain relief. Use a fish oil supplement—doses range from about 2,000 mg to 6,000 mg daily. Start with the lower dose, then gradually increase it until you notice improvement in pain and stiffness (the rate at which the dose is increased depends on the patient). We suggest Cod Liver Oil, making sure you obtain cold-pressed, virgin cod liver that is non GMO (very important). One source is: <https://www.amazon.com/dp/B00014D08Y?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1> The lemon flavoring will not reduce the effect in the least and it will enable you to easily take up to one (1) Tablespoon each day easily versus dreading the process.

**Ginger**. This spice has compounds that inhibit the effects of cyclooxygenase, an inflammatory enzyme.

**Scientific evidence:** A study that looked at 261 patients with knee arthritis discovered that those who took ginger supplements had less pain—and required fewer painkillers—than those taking placebos.

**How to use ginger:** Ginger spice will not provide enough of the active ingredient, so use a ginger supplement. The standard dose is 250 mg taken four times daily. Talk to your doctor before trying ginger—especially if it’s used with a blood-thinning drug, curcumin and/or fish oil. Ginger can increase the risk for bleeding in some patients.

**Castor Oil**. Can be used both topically and internally for many issues besides arthritis pain. Just make sure you obtain a quality brand (not just off the shelf at your local grocery). One such is: <https://www.amazon.com/dp/B06XBJLJH5?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1> rubbing cod liver oil on the skin over painful arthritis areas will often help to relieve your pain and also begin to heal the cause of it.

The following approaches can accelerate and increase the pain-relieving effects offered by the supplements described earlier…

**Meditation**. Be aware I’m not advising just any meditation, especially not Eastern, mind-emptying, oooming mediation. Mediation as defined in the Life Manual – Scripture – is the only one to use.

Meditation works in part by lowering levels of stress hormones. This decreases inflammation as well as the perception of pain. Patients who do meditation may still have pain, but it won’t bother them as much as it did before, until they resolve it completely by dealing with the etiology/root cause(s) using the LifeRegeneration tools you can learn.

Scientific evidence: In a study reported at an American College of Rheumatology meeting, arthritis patients who did meditation for 45 minutes a day, habitually for six months had an 11% decrease in symptoms, a 46% decrease in inflammation, and a 33% reduction in psychological stress.

How meditation is used: Meditate on God’s Word for at least five to 10 minutes, once or twice a day—even during symptom-free periods.

Helpful: LRMT (LifeRegeneration Meridian Techniques) while using the meditation outlined on our website has been especially helpful for arthritis patients.

**Relaxing Exercise**. Any form of exercise is helpful for arthritis as long as it doesn’t put excessive pressure on the joints. Exercise that gently stretches and strengthens the muscles is particularly beneficial as it increases the movement of synovial (lubricating) fluid across bone surfaces.

Scientific evidence: Researchers have found that patients with knee osteoarthritis who did weekly stretching had improvements in pain and mobility after just eight weeks.

Start with easy, light stretching designed to treat specific medical conditions.

As usual with any malady you can consult your doctor but be aware that he/she is merely a resource for you to listen to, consider, and then make your choices for healthy healing avenues, since you are the one dealing with the consequences, not your doctor.

You can possibly find a physician near you with experience prescribing botanical medicines, by consulting the American Association of Naturopathic Physicians. Also gather information from certified herbalists, chiropractors, massage therapists, energy consultants, essential oil specialists, and other natural healing professionals.

Here at LifeRegeneration, we don’t specialize in nutrition, herbals, or medicinals. Rather, we specialize in dealing with your energy and teaching you how to reduce and resolve stressors, trauma, trapped emotions, and many other negative energy issues that often contribute to arthritis pain.

As people release these using our Jubilee Options App along with the Peace Process we outline, and take on energy that builds up the body, they often find this helps the natural herbals and other avenues to work much better, since they will begin dealing with the roots/etiology of their malady versus just symptoms.

Notes:



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*“We are fearfully and wonderfully made.”*



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