

Rheumatoid arthritis

Rheumatoid arthritis (RA) is characterised by pain, tenderness, swelling and stiffness of the joints, most commonly the smaller joints, especially those of the hands and wrists, although any joint can become affected. The causes of the condition are not well understood in Western medicine, but it is commonly thought to be an autoimmune disorder. All autoimmune disorders are triggered by toxicity stressing the liver, which subsequently over produces pro-inflammatory chemicals, leading to chronic inflammation in the joints. The condition usually starts off as pure inflammation and as the inflammation continues, joint destruction can gradually occur and the affected joints frequently become visibly deformed.

Inside the affected joints, the earliest change is one of swelling and congestion in the synovial membrane lining of the joint and the overlying connective tissue. Leaking of synovial fluid into the joint space accounts for the swelling of the joint. Later, thickening of the synovial membrane and fibrous adhesions across the joint spaces may occur. Muscles situated around the inflamed joints tend to deteriorate, partly through lack of use and partly because of involvement in the inflammatory process.

Diagnosis of RA is generally confirmed via a blood test.

Conventional Treatment

RA is usually treated with a combination of methotrexate (a disease-modifying anti-rheumatoid drug, DMARD), NSAIDs, COX-2 inhibitors and corticosteroid drugs, the latter three being associated with significant side effects.

Clinical Kinesiology diagnosis

A skilled CK practitioner can easily reveal to you the toxicity present in your system, and offer a specific detoxification regime for your needs. This will enable your body to regain it's ability to function, and the automatic healing process will be unimpeded.

Physiotherapy carried out by a Chartered Physiotherapist can greatly benefit pain and inflammation symptoms, and skilled guidance and advice can help prevent further damage.

Acupuncture carried out by a TCM acupuncturist can greatly elevate pain, speed up healing, and enhance swift relief.