

CANONICAL ENTRY 14 / 74

Arthritis

Musculoskeletal

CANONICAL SOURCE - VERBATIM

Chiefly concerning Arthritis of calcium buildup (senescent; hypertrophic; osteopathic), and not involving inflammation.

Etiology: poor eliminations; inadequate assimilations; lack of iodine; chemical imbalance; lack of proper distribution of energies.

Therapy:

- Correct the assimilations: control digestive abnormalities
- Increase eliminations; castor oil packs; various eliminants; colonics; enemas; hot baths; epsom salt baths; fume baths
- Improve the nerve supply to the muscles and tendons and the affected organs through massaging Peanut

Oil and Olive Oil (alternating each day) after hot bath.

•Enlightened Athletics Dietary Protocol; add gelatin to recipes for optimal use of vitamins with raw vegetables: watercress, chard, mustard greens, kale, carrots, celery, Romain lettuce, beet tops, raw nuts, especially sprouted almonds and filberts, vegetable and citrus juices.

Cooked vegetables especially salsify, parsnips, potato peelings from baked potato (not the mass), Jerusalem artichoke (at least once a week cooked and raw), Black bread (rye, pumpernickel, etc.)

•avoid red and fried meat, pork, carbonated water, alcohol, apples, bananas, strawberries, tomatoes, cabbage, starchy foods, and stimulants

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol