



Managing and Reversing Rheumatoid Arthritis

类风湿性关节炎的管理和逆转

The task of the immune system is to distinguish the body's own cells from those that are foreign or harmful, and then destroy the foreign material. The immune system is unlike other bodily systems in that it is not a group of physical structures but a system of complex interactions involving many different organs, structures, and substances. Ideally, all of these components work together to protect the body against infection and disease.

Marvelous as it is, the immune system can perform optimally only if it is cared for properly. This means getting all the right nutrients and providing the right environment, and avoiding the things that tend to lower immunity.

Many elements of the environment we live in today compromise our immune system's defensive capabilities. The chemicals in the household cleaners we use; the overuse of antibiotics and other drugs; the antibiotics, pesticides and additives present in the foods we eat; and our exposure to environmental pollutants; all place a strain on the immune system. Another factor that adversely affects the immune system is stress. Stress results in a sequence of events that suppress the normal activity of white blood cells and places undue demands on the endocrine system, as well as depleting the body of needed nutrients. The result is impaired healing ability and lowered defence against infection.

Proper immune function is an intricate balancing act. While inadequate immunity predisposes one to infectious illnesses of every type, it is also possible to become ill when your immune system decides that your healthy cells are foreign. This is known as autoimmune or 'self-attacking-self' disease. Depending on the type, an autoimmune disease can affect one or many different types of body tissue. It can also cause abnormal organ growth and changes in organ function.

Rheumatoid Arthritis (RA), is an autoimmune disease in which white blood cells attack the cartilage in the joints. RA causes swelling and pain in the joints that can range from mild to excruciating. If left untreated, it can go on to destroy the bones, even the muscles and skin. RA can occur at any age, even in childhood.

免疫系统的任务是负责区分自身的健康细胞及外来或有害的物质，然后消灭这些外来物质。免疫系统不同于其他的身体系统，因为它不是一组物理结构，而是一个与许多不同器官、结构和物质进行相互作用的复杂系统。在正常的情况下，这些所有的组成成分可一起工作共同作用，以保护人体免受感染和疾病的伤害。

毫无疑问，免疫系统是奇妙的。但只有当它得到适当的照顾，免疫系统才能持续最佳状态正常运作。也就是说必需提供身体适当足够的营养，安全健康的环境，同时避免那些容易降低免疫力的物质。

可是现今的生活环境中，有许多元素破坏了我们免疫系统的防御能力。比如家用清洁剂中的化学物质、过度服用抗生素和其他药物、食物中所含的抗生素、杀虫剂和添加剂以及天天所接触的环境污染物，都对免疫系统造成负担。另一个影响免疫系统的因素就是压力。压力会导致一系列的健康问题，如抑制白血球的正常活动、对内分泌系统造成不必要的负担以及消耗人体所需的营养物质。最终导致身体自愈功能受损，降低了防御感染的能力。

正常的免疫功能是一个复杂的平衡行为。抵抗力不足会容易使人感染疾病，可是当您的免疫系统误把自体健康细胞当作外源入侵者而进行错误攻击时，也会对身体带来很大的问题。这就是所谓的自身免疫或自己攻击自己的疾病。视自身免疫疾病的类型而定，它可以影响一个或多个不同的身体组织。它还可导致器官成长异常和功能改变。

类风湿性关节炎是一种慢性自身免疫性疾病；白细胞在关节处攻击软骨，导致关节肿痛，疼痛程度可从轻微到剧痛。如不治疗，类风湿性关节炎会持续恶化，破坏骨头，甚至肌肉和皮肤。类风湿性关节炎可发生在任何年龄，甚至儿童期。



How Is RA Treated?

Sadly, from a medical point of view, RA is a chronic condition that has no cure. Medical treatment can only do the following:

- **Relieve symptoms.**
Prescribing drugs to temporarily ease mild or severe symptoms of RA, like pain and inflammation.
- **Suppress the immune system.**
Some drugs can suppress immune system activity. These drugs can slow down the progression of RA. However, some immunosuppressant drugs are not recommended for people with compromised immune systems or an infection because taking them can raise the risk of serious infection.

Although effective, taking drugs to ease symptoms or suppress the immune system will take its toll on the body. Sooner or later, secondary health issues will occur due to the side effects of the drugs, while the root causes of the condition remain untreated.

5 Steps to Reverse RA Naturally:

1. **Go on a customized Nutritional Programme**
Ultimately, we would encourage people with RA to go on our **NewLife™ Nutritional Programme**, which comprises of **Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)** and the **NewLife™ Health Building Programme (NHBP)** together with an individualized list of supplements (listed below) for a duration of time. This may help the body restore the right balance to the immune system.

This programme is a complete regime aimed at eliminating wastes, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to heal, repair, and rejuvenate, giving your body a new start.

We have had many RA clients experience relief and even total healing from their symptoms through our Nutritional Programme.

如何治疗类风湿性关节炎?

从医学角度上来看，类风湿性关节炎是属于无法治愈的慢性疾病。医治也只能发挥到以下几个方面：

- **缓解症状。**
使用药物来缓解轻微或严重的症状，如疼痛、发炎。
- **抑制免疫系统。**
一些药物可抑制免疫系统的活动，以减缓类风湿性关节炎的进展。然而，一些免疫抑制药物是不建议用于免疫系统受损的患者或是感染患者。因为它们可以引发严重感染的风险。

虽然有效，服用药物来缓解症状，或者压制免疫系统终究会对人体造成伤害。由于药物带有副作用，长期服用迟早会导致身体出现继发性的健康问题，另一方面根本原因仍未被处理。

五种自然逆转类风湿性关节炎的步骤：

1. **进行适合自己的营养保健计划**
基本上，我们都会鼓励患有类风湿性关节炎的患者进行 **新生命营养保健计划**。此保健计划包括 **陈林希珠博士的排毒与复健计划(DRP)** 和 **新生命健体养生计划(NHBP)** 以及在期间摄取我们为客户个人健康状况所推荐的营养补充品。这营养保健计划将有助重建身体，恢复免疫系统的健康。

它是一个完整的养生程序，目的在帮助您将身体所有废物和毒素排出体外，让您重建和恢复营养、荷尔蒙和代谢平衡的功能，以达到身体可有效发挥自我修复、愈合的状态、给您一个全新的开始。

通过新生命的营养保健计划，我们许多类风湿性关节炎患者的病情得以减轻，甚至完全治愈。



2. Foods to avoid

Avoid acid-forming foods such as red meat, eggs, saturated fats, oils, fried foods, sugar, dairy products (except homemade low-fat yoghurt), refined carbohydrates, foods high in gluten (such as breads, pasta, and pastries), alcohol, and caffeine (coffee enemas are acceptable). Taking too much of these foods causes inflammation in the body, which leads to pain. Although this list is long, those with RA who eliminate these foods tend to experience great relief.

Animal products generally worsen inflammation in the joints. Avoid all eggs, dairy, and meat, with the exception of wild caught deep sea fish, which contain anti-inflammatory oils.

The nightshade vegetables – tomatoes, potatoes, eggplant, and peppers – contain a substance called solanine, which can trigger allergic responses and pain in some cases. Eliminate these foods from your diet for a period of six weeks to see if there is improvement.

3. Avoid additional sodium

Too much sodium in the diet may aggravate and increase the symptoms of RA.

4. Manage stress

Emotional stress has been shown to be one of the contributors in the development of RA. Unfortunately, not only does stress cause diseases, but the disease itself also causes significant stress, creating a vicious cycle.

5. Do coffee enemas regularly

Substances in coffee when used as an enema promote the activity of glutathione S-transferase which is responsible for reducing inflammation and free radical damage, by as much as 700%. In addition, coffee enemas help to detoxify the liver and the blood, while reducing inflammation in the gut.

2. 禁忌食物

要避免成酸的食品如红肉、鸡蛋、饱和脂肪、食用油、煎炸食物、食糖、奶制品(自制低脂酸奶除外)、精制碳水化合物、含高麸质食品(如面包、面食及糕点)、酒精以及咖啡因(咖啡灌肠除外)。摄取过多以上食物会导致身体发炎引起疼痛。此食物清单确实是有些冗长,但那些停止摄取这些食品的风湿关节炎患者往往都能感受到很大的缓解。

一般上,动物产品会加剧关节上的发炎症状。避免摄取鸡蛋、奶制品以及肉类,除了含有抗炎油的野生深海鱼。

茄科植物-番茄、马铃薯、茄子以及甜椒-这些植物含有茄碱,会促发风湿关节炎患者敏感反应及疼痛。停止摄取这些食品六周,以观察健康状况有否改善。

3. 少吃盐

饮食中摄入过多的钠会加重和增加类风湿性关节炎的症状。

4. 管理压力

压力已被证实是导致类风湿性关节炎的其中因素之一。不幸的是,不单只是压力会造成疾病,而疾病本身也会明显地增加压力,形成一种恶性循环。

5. 定期进行咖啡灌肠

灌肠咖啡中的物质可增加谷胱甘肽转移酶的活性功能高达700%。谷胱甘肽酶的功能是清除体内自由基。此外,咖啡灌肠有助于肝脏和血液的解毒,同时减少肠道发炎。

Supplements Recommended for Rheumatoid Arthritis:

以下保健品对类风湿性关节炎患者有益:

Supplement 保健品	Benefits 益处
Apple Cider Vinegar & Pure Raw Honey Cocktail 苹果醋和纯天然生蜂蜜鸡尾酒	Dissolves acid crystals in joints and provides an alkaline condition for the body – relieves pain. 溶解累积在关节的酸结晶并提供身体碱性环境 - 减轻疼痛。
Dr. Bruschi's Essiac Tea 布鲁士医生草药茶	A necessary detoxifying tea. Sediments may be applied as a poultice. 一个必要的排毒茶。沉渣可作为药膏。
ColostrumX 初乳奶粉	Stimulates growth and development of cells and tissues. 刺激细胞和组织的生长和发育。
Collasta 康丽达胶原红藻	Contains anti-inflammatory properties. 含抗炎的特性。
Calcium Complex with Boron 钙合成剂加硼	Contains nutrients that aid in the metabolic process. 包含有助代谢过程的营养物质。
Kelp 海藻宝	A rich source of minerals needed for good skeletal health. 良好健康骨骼所需的矿物质的丰富来源。
N.Zimes™ PA Plus 胰酶 (植物) 添加素	To aid digestion. 促进消化。
B Complex 维他命B综合丸	An important anti-stress supplement. 一个重要的抗压补充品。
Niacin 血液循环补充丸	Increases blood flow. 增加血液循环。
C Complex 维他命C综合丸	A powerful free radical destroyer. 能有效地清除自由基。
Spirulina 螺旋藻	Contains readily absorbable nutrients. 包含容易被身体吸收的营养。
Wonda Oil 万宝油	Direct application to the affected area brings relief. 直接涂在患处, 减轻疼痛。
CoQ10 Plus 生物吸收性CoQ10	Increases cell energy and tissue oxygenation, which are needed to aid in repairing connective tissues. 提高细胞能量与组织氧合, 对修复结缔组织非常重要。
Garlic & Parsley 蒜与欧芹油	Inhibits the formation of free radicals, which can damage the joints. 抑制会损害关节的自由基的形成。
Carrot & Apple Juice 胡萝卜苹果汁	Important antioxidants. 重要的抗氧化剂。
Rebounding Exercise 弹跳运动	Essential for building bones and joint strength. 对骨骼构造和关节强度极其重要。



Disclaimer: This nutritional guide is intended for educational purposes only. It is not intended as advice for self-diagnosis or a prescription for self-treatment. Consult your own physician regarding the application of any opinion and recommendation with respect to your symptoms or medical conditions.

Note: If you have any questions regarding nutrition and health, please email Leon Tan at leon@newlife.com.my.

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注: 如果您有任何关于营养及健康问题, 请电邮陈健良营养师, 电邮地址为 leon@newlife.com.my。