

Treating Arthritis

By Helen Mawson ©

Health Kinesiology and Arthritis

Health Kinesiology (HK) has a very effective way of testing and correcting any energy imbalance that may be causing your arthritis symptoms. The system uses a technique called muscle testing that can identify any imbalance and then a range of gentle, and effective techniques will be used to bring back balance and harmony.

About Arthritis

Arthritis means inflammation of the joints and there are around 200 forms of Arthritis effecting around 9 million people in the UK. It can effect young and old people symptoms vary and can effect many parts of the body.

Common types of Arthritis include:

Osteoarthritis - is the most common form of arthritis. It can affect anyone of any age, though it's more common in older people and women. It can also develop after an injury to a joint - sometimes many years later.

In osteoarthritis, the cartilage in a joint becomes pitted, rough and brittle. The bone underneath thickens and broadens out, as if to reduce the load on the cartilage. Bony outgrowth's form at the outer edges of the joint, making it look knobbly. The synovial membrane and the joint capsule thicken, and the space inside the joint narrows. Often there is some inflammation and the joint may become stiff and painful to move. If the osteoarthritis worsens, part of the cartilage may break away from the bone and then bone ends may rub against each other and the ligaments become strained and weakened. This causes a lot of pain and changes the shape of the joint.

Rheumatoid arthritis - About one in a hundred people get rheumatoid arthritis. People of any age can develop it, but it's most common between the ages of 30 and 50. It affects three times as many women as men.

Rheumatoid arthritis makes joints become inflamed – swollen and hot. In most diseases, inflammation helps healing. But in rheumatoid arthritis it actually causes damage. The inflammation happens in the thin synovial membrane that lines the joint capsule, the tendon sheaths (tubes in which the tendons move) and the bursae (sacs of fluid that allow the muscles and tendons to move smoothly over each other). The joints and inflamed tissues then become stiff, painful and swollen.

Rheumatoid arthritis affects everyone differently, and can be hard to predict when you're first diagnosed. It tends to go through active and inactive phases. During flare ups, when it's active, joints become more painful and inflamed.

Other less well known forms of arthritis include:

- Ankylosing spondylitis
- Gout
- Polymyalgia rheumatica
- Systemic lupus erythematosus

Causes of Arthritis

There is a lot of confusion concerning the actual cause of arthritis and these differ greatly from person to person. Some causes could include:

- **Allergies & Intolerance**

When your body does not recognise a food it reacts allergically creating a whole host of problems including arthritis symptoms.

- **Inappropriate nutrition**

Certain foods that cause inflammation can greatly aggravate arthritis and foods that have anti-inflammatory properties can help relieve symptoms. Having imbalance's of certain nutrients can also cause problems and may aggravate arthritis symptoms.

- **Hormonal Imbalance**

The hormone system is vastly complex system and having an imbalance at this level could affect many aspects of your health.

- **Psychological & Emotional issues**

When we react stressfully to situations, or people it causes our energy to become unbalanced. Past events or traumas could be at the root of our symptoms and may need to be dealt with before we can move on.

In a HK session the practitioner can establish factors that are contributing to your arthritis symptoms and then use gentle corrective techniques to deal with them.

If you would like to find out more about HK or if you would like to book a session please call:

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