

# *The Superfoods for* **SUPER JOINTS**



By Dr. David Williams

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## *The Superfoods for* **SUPER JOINTS**



You've probably heard statements to the effect that every cell in your body is replaced every seven years. Unfortunately, for our joints that's not really the case.

There's currently a great deal of research being undertaken in an effort to determine the exact turnover rate of cells in different tissues. And though the exact rate hasn't yet been determined, it appears that cartilage has a very slow turnover rate. I'm sure the slow rate stems in part from a lack of blood supply.

If you abuse your cartilage, you can't return it for new or take it in for warranty work. For that reason, it's imperative that you invest the effort to take care of your joints. One of the best—and easiest—ways to do this is through your diet. In this special report, I will show you how certain foods—including ones that are probably in your refrigerator right now—can help preserve the joint mobility that is still intact while also helping in the restoration of damaged joints.





## JAPANESE GARDENERS' SECRET FOR MAINTAINING HEALTHY JOINTS

Several years ago, the ABC program *20/20* aired a segment that featured the residents of Yuzurihara, a small village about two hours out of Tokyo, Japan. It seemed that more than 10% of the population in this village was 85 years of age or older.

Even more astounding was the fact that the elderly residents were very healthy. They rarely saw a doctor, and diseases such as cancer, diabetes, and Alzheimer's were practically unknown.

Additionally, the people were very physically fit. Many worked in their gardens four or five hours a day without any sign or symptom of joint problems, and their skin seemed to defy aging. They had hardly any wrinkles and there were never any reports of skin cancer.

Their longevity and lack of health problems were attributed to their increased levels of hyaluronic acid. Unlike the other areas in Japan, this region was not suitable for growing rice—so the residents hadn't made it the staple it is in the rest of Japan. Instead, more root vegetables were grown and eaten. The vegetables (satsumaimo,

satoimo, konnyaku, and imoji) are not well known in this country, but they are apparently high in magnesium—which is related to increased levels of hyaluronic acid.

(As a side note, since the *20/20* report first aired, a more Western-style diet has been adopted by the younger people in this area—and they are beginning to see the same health problems experienced here in the US. In fact, many of the elderly on the “old” diet have now outlived their children who chose not to continue eating the traditional foods.)

A great deal of research has been done on hyaluronic acid. It is found in several areas of the body, including the synovial fluid of joints. In fact, most of the research on hyaluronic acid involves its use in the treatment of joint problems.

It is often injected into knee joints as a temporary treatment for osteoarthritis. Since these injections are only effective for the short term, I believe a far superior way to increase your levels of hyaluronic acid and nourish your joints is through dietary sources, such as the Japanese vegetables mentioned above. Another good source, which I call the “poor man's” joint supplement, is bone broth.

## USE BONE BROTH TO BOOST JOINT HEALTH

Although obesity and a lack of exercise are obviously major contributing factors to the widespread osteoarthritis problems we see today, I feel a large part of the problem is also the fact that bone broths are no longer a part of our diet. Preparing broths from the carcasses and joints of cattle, chickens, and fish, and incorporating them into your diet each day, can have a tremendous beneficial effect on your joints—and your overall health.

Much of the reason stems from the increased intake of hyaluronic acid—along with various minerals, proteins, and other compounds necessary for proper joint health. You can add vegetables or meat





back into the broth for hearty soups or stews, and substitute the broth for chicken or beef stock in many recipes. Bone broths are easy to make. The ingredients are few and simple. Before I share my recipe with you, there are a few minor points I want to mention...

Begin with bones from fish, poultry, beef, lamb, or pork. The bones can be raw or cooked, and they can be stripped of meat or still contain meat remnants and skin. (When making meat broth, I throw everything in the pot: bones, attached meat, skin—including the parts normally not eaten, such as the rib cage and spine, chicken feet, and fish heads.)

Ideally, the animal should be raised organically, or at least naturally. On the positive side (not from the animal's perspective, I'm sure), most animals raised for consumption don't live long enough to have large amounts of toxic metals accumulate in their tissues. Obviously, however, the better their environment, the less risk of you having to deal with such problems.



## BONE BROTH Recipe

- **Bones from fish, poultry, beef, lamb, or pork**
- **Apple cider vinegar, red or white wine vinegar, or lemon juice**
- **Salt, pepper, butter or olive oil** (*optional; for flavoring*)
- **Vegetables** (*optional*)

- 1 Cover the bones with water in a covered pot.** (I recommend a pot made of either stainless steel or porcelain. I don't suggest aluminum because the acidic vinegar or lemon juice may cause aluminum to leach into the broth.)
- 2 Add a couple of tablespoons of one of the following per quart of water:** apple cider vinegar, red or white wine vinegar, or lemon juice.
- 3 Gently stir and then let it sit for about 30 minutes** to let the acid go to work.
- 4 Bring the water to a boil** and immediately cut back to a slow, steady simmer.
- 5 Cover and continue to simmer** for 4 to 6 hours for fish, 6 to 8 hours for poultry, and 12 to 18 hours for the other types of bones. Keep a lid on the pot to avoid having to add water. But add water if and when necessary. (**Note:** A slow cooker works well since the temperature is generally low enough that the lid will keep in the steam and it won't require much attention. However, I've found that slow cookers generally take about one-third longer than when I cook on the stove, so that's something you'll have to decide for yourself.)
- 6 If you want just the broth, strain the liquid** through a colander and consume it immediately either by sipping as a tea or soup, or making it into gravy. Although I have never used it for such, it can also be used as the liquid to cook rice, beans, or grains.
- 7 If you want to add vegetables,** strain the liquid first and then add the vegetables for about the last 30 minutes. Feel free to add other items—such as salt, pepper, butter, or olive oil—to enhance the flavor.

The broth can be stored in the refrigerator for about five days, or stored frozen for several months. (I generally pour the cooled liquid into quart freezer bags and freeze those. When I want some broth, I simply rip open the bag and reheat the broth in a pot.)

**NOTE:** Never cook or reheat the broth (or gelatin) in the microwave. There is some question as to the safety of doing so. Certain amino acids may convert into forms that can be toxic to the body when microwaved. (*Lancet* 89;2(8676):1392–1393).

Also keep in mind that bone broth is not nutritionally complete. You couldn't live on the broth alone. It contains only a few proteins and should be added to a more complete diet rather than used as a stand-alone.



## SOOTHE YOUR JOINTS WITH BUTTER

Butter is another food item that has fallen out of favor during the last few decades. Everyone seems to have fallen for the marketing propaganda that butter is fattening and not “heart healthy.” In addition to being a great food, butter contains two components you rarely hear about anymore: Activator X and the Wulzen anti-stiffness factor.

Activator X was identified by Dr. Weston Price as a fat-soluble catalyst found in butter and meat from animals that are fed a high-quality grass diet. It's also found in some fish eggs.

Dr. Price's research indicated that Activator X is an excellent source of fat-soluble vitamins, and that it improves one's ability to absorb minerals. It also plays a key role in the repair and rebuilding of bone, the development of the nervous system, and the production of hormones. In his studies of indigenous populations around the world, Dr. Price felt that Activator X was one of the key factors in the prevention of many health problems—such as joint immobility.

Based on his findings, Dr. Price began to treat his own patients with a concentrated form of the “X-factor” called butter oil. The oil was formed by centrifuging (without using heat) organic, raw dairy cream until the oil separated from the milk solids and whey.

The Wulzen anti-stiffness factor found in butter oil was discovered by Rosalind Wulzen. The compound helps protect against degenerative arthritis and other conditions—such as atherosclerosis, cataracts, and other conditions involving calcification of normal tissue.

### *Where to Get Activator X and Wulzen Anti-Stiffness Factor*

Both Activator X and the Wulzen anti-stiffness factor can be destroyed with the excessive heating and pasteurization procedures dairy products are now subjected to. The best source is raw milk and dairy products from grass-fed cattle.



If you don't have access to raw milk products, both of these compounds are present in a product called X-Factor Gold High Vitamin Butter Oil from a company called Green Pasture Products. Just as Dr. Price made it years ago, it is made from unpasteurized cream, centrifuged, and heated to only 96 degrees so it can be liquefied for bottling purposes. It is made only from April to October when the no-hormones-added milk cattle in the Northern Plains have access to rapidly growing green, pesticide-free grass.

The concentrated X-factor oil isn't cheap. To make eight ounces of the oil takes eight to nine pounds of skimmed cream, which is equivalent to between five and six pounds of heavy cream. An 8-ounce jar with shipping will cost around \$75.

The recommended daily dosage is half a teaspoon a day. Typically, this is eaten directly from the jar (that's the way I do it). Don't use it in cooking or add it to hot food; the heat will kill the active factors. An 8-ounce jar is enough for roughly 96 half-teaspoon servings. The product is very stable and can be stored in the freezer, refrigerator, or without refrigeration (preferably in a dark, cool cabinet). I refrigerate mine.

Green Pasture Products can be reached by phone at 402-858-4818, or on the web at [www.GreenPasture.org](http://www.GreenPasture.org). They are a small company, so please be patient if you call and can't get through right away.





## EAT FOODS RICH IN SULFUR...

What do egg yolks, onions, garlic, horseradish, and cruciferous vegetables have in common? Answer: they are all rich in sulfur, an essential (albeit smelly!) trace element that is linked with joint health.

For years the public has been told to avoid eggs, especially the high-cholesterol yolks. The egg scare started in the 1950s and 1960s, during a promotional campaign condemning cholesterol. I'm glad to see that people—patients and doctors alike—are starting to take note of the hundreds of studies that have shown that the amount of cholesterol we eat has very little influence on our cholesterol blood levels.

More to the point, specific studies have shown that consuming moderate amounts of eggs does not affect cholesterol levels. One study reported in the *British Medical Journal* showed that seven eggs a week, combined with a low-fat, high-complex carbohydrate, high-fiber diet did not raise cholesterol levels. (*Br Med J* 87;294:333–6)

Egg yolks do contain a large amount of cholesterol, but what has been overlooked is the fact that they are also one of the richest sources of choline, a component of lecithin, which many people have eliminated or reduced in their diet.

Choline acts like a fat and cholesterol dissolver. It keeps the cholesterol in the egg moving through the bloodstream and doesn't allow it to collect in arterial walls. Egg yolks are probably also the richest food source of sulfur, so don't hesitate to eat them two or three times a week.

Since onions, garlic, and horseradish are popular flavor enhancers for a variety of menu items—at home and in restaurants—it should be very easy to incorporate them into your diet each day.

(Tip: To counteract “garlic breath,” chew on a sprig of parsley after your meal. Or take an odor-free garlic supplement—Kyolic is by far the best. Call 1-800-421-2998 or visit [www.kyolic.com](http://www.kyolic.com) to find a store near you that sells it.)

Load up your grocery cart with cruciferous vegetables such as Brussels sprouts, broccoli, cauliflower, cabbage, kale, radishes, turnips, kohlrabi, horseradish, and mustard for even more sulfur. Other good choices include fish, poultry, oysters, clams, cheese, peanuts, Brazil nuts, chestnuts, watercress, and cranberries.



## JUICE YOUR JOINTS!

Fresh, raw fruits and vegetables are an important natural source of many essential vitamins and minerals. Unfortunately, cooking or storing these foods can destroy some of their beneficial nutrients. Juicing, on the other hand, allows you to enjoy these important foods and benefit from their vitamins, minerals, bioflavonoids, and enzymes. In fact, three 8-ounce glasses of juice can provide the major benefits of up to three pounds of fruit or vegetables!

These natural, wholesome juices help rebuild the body and its joints. I suggest

alternating two juice combinations: carrot and celery juice (8 oz. of each) one day, followed by 10 oz. carrot and 6 oz. spinach juice the next day. Make your juice fresh every day and consume it immediately. Buy organic produce and wash it with diluted vinegar or Veggie Wash.

Carrot juice is loaded with zinc, vitamin E, copper, and beta carotene, while celery provides potassium and sodium, and has an alkalizing effect on the body. An alkaline diet supports joint healing.





## TRY THESE FOUR SUPERFOODS



Fatty, cold-water fish such as salmon, mackerel, and sardines are a rich natural source of omega-3 fatty acids, which promote a normal inflammatory response throughout your body as well as in your joints. Sardines are one of my favorite fish because they are inexpensive; and since they are smaller fish, you don't have to worry about mercury and other contaminants. (For a few sardine recipe ideas, see the box on page 9.) If you don't like fish, or would like to add some variety, there are three other superfoods that can provide similar benefits for your joints. Let's take a closer look at each one.

Seeds and seed oil, including fresh flaxseed oil and chia, are other outstanding sources of omega-3 fatty acids. You're probably familiar with flax, but you may not know about chia.



## ...AND MANGANESE

Chiropractors have known for decades that patients with low levels of manganese never seem to be able to "hold" their adjustments. While full-blown deficiencies are somewhat rare, even a low level of the mineral significantly weakens the stabilizing ligaments that surround and support your joints. As a result, the joints become unstable and subject to an increased risk of subluxation, dislocation, and injury. Patients who increase their intake of manganese-containing foods will very often notice they need far fewer adjustments.

With the right diet, you can get adequate amounts of manganese if its absorption isn't blocked or suppressed by such things as sodas. (For more on sodas and their impact on manganese levels, see page 15.) Chronic liver or gallbladder disorders or excessive sweating can also contribute to low levels.

Some of the most manganese-rich foods—pineapple, spinach, mustard and collard greens, long grain brown rice, and various kinds of beans and legumes—are not the dietary staples they were in years past. To help save your joints I recommend that you start to reverse this trend and include more of these foods in your diet every day.



Oil from chia (yes, it's the same chia as the green "hair" on those terra-cotta Chia Pets) has the highest proportion of omega-3 fatty acids of any plant known. The recommended daily amount is 2 tablespoons a day for adults and 1 tablespoon for children. The easiest way to use it is to sprinkle it in salads, over vegetables or on top of other foods.



If you would prefer to use flax oil and flaxseed instead, simply drizzle a teaspoonful of oil on your salad every day, or grind up whole flaxseeds (just make sure to consume them immediately, as flax will oxidize and turn rancid very quickly). The freshest flaxseed and flaxseed oil I've ever found comes from Flora Inc. (1-800-498-3610 or [www.florahealth.com](http://www.florahealth.com)).



Tart cherries (*Prunus cerasus*) contain chemical compounds called anthocyanins, which give them their red color and their strong antioxidant capabilities. In addition, new research has shown that these anthocyanins inhibit the same enzymes that are targeted by aspirin, ibuprofen, and other painkillers. Lab tests indicate that each tart cherry contains anywhere from 0.6 to 1.25 mg of anthocyanins, which means that eating roughly 20 cherries would have the same anti-inflammatory



effects as one or two aspirin! In fact, the cherries were 10 times more efficient than aspirin at blocking inflammatory enzymes.

Ginger root also has anti-inflammatory properties—it's rich in copper and zinc—and can be sprinkled over food as a seasoning or taken as a tea. Look for it in your local grocery or health food store.

## SARDINE Recipes

Since I recommend supporting your joints by including sardines in your daily diet, I gathered these recipes for you, in case you would like to find some more ideas. Try these recipes and enjoy sardines for lunch, dinner, and snack time.



### Country Style Sardines

- 2 cans (3 ¼ oz.) sardines
- 2 Tbsp. chopped parsley
- 3 cups mashed potatoes
- 2 thinly sliced tomatoes
- 1 cup shredded cheese

Drain sardines. Add parsley to potatoes and mix well. Spread potatoes in the bottom of a well-greased baking dish (8 x 8 x 2). Arrange sardines over potatoes. Cover with tomato slices. Sprinkle with salt and pepper. Top with cheese. Bake in a moderate oven (350°F) for about 25 to 30 minutes or until entirely heated and the cheese is melted. Yield: 2-4 servings

### Sardine and Apple Salad

- 2 cans (3 ¼ oz.) sardines
- 1 cup red apple, unpeeled and diced
- 1 Tbsp. lemon juice
- ½ cup celery, chopped
- ⅓ cup sour cream

Drain sardines and cut into bite-sized pieces. Sprinkle apple cubes with lemon juice. Toss with celery, sour cream, and sardines until well coated. Serve with pumpernickel toasts. Yield: 8 servings

### Norwegian Sardine Pâté

- 8 oz. cream cheese
- ½ tsp. salt
- 1½ Tbsp. lemon or lime juice
- ¼ tsp. freshly ground black pepper
- 2 cans (3¼ oz. each) boneless skinless sardines, drained
- 1 Tbsp. chopped parsley
- ⅛ tsp. hot pepper sauce
- capers
- additional chopped parsley

Cream together first four ingredients. Mash sardines and beat into cheese mixture with parsley and hot sauce. Form into mound or desired shape. Garnish with capers and parsley. Yield: 2 cups

## A JOINT-SUPPORTING Meal

Here's an easy-to-prepare meal that incorporates many of the joint-supportive foods covered in this report:

### Entrée

- 6 oz. fresh salmon filet
- 1 tsp. olive oil
- 1 tsp. sesame seeds
- 2 Tbsp. soy sauce or tamari (low-salt)
- 1 tsp. ground ginger
- parsley
- lemon wedges

Wash filet and pat dry. Drizzle on a small amount of olive oil and sprinkle on ginger. Rub into a paste over the filet. Sprinkle with the sesame seeds, then slowly add soy so as not to wash off the coating. Broil on top rack until the coating begins to brown. Thick filet may also require a period of baking, if you prefer your salmon well-done. Garnish with parsley and lemon wedges.

### Seasonal chopped vegetables

- carrots
- broccoli
- spinach, kale, cauliflower, or zucchini (your choice)
- onions
- 1 clove garlic, chopped fine or pressed

Sauté vegetables lightly in pan with small amount of olive, peanut, or sesame oil. Do not overcook. Lightly salt to taste.

### Chopped Green Salad

- romaine or red leaf lettuce
- tomatoes
- celery
- fresh berries in season

Combine ingredients in a large bowl or serving plate.

### Dressing

- ¼ cup virgin olive oil
- 1 tsp. cold-pressed flaxseed oil
- ⅛ cup balsamic vinegar
- sea salt to taste

Mix ingredients to taste; drizzle over salad and toss to mix.







## HYDRATE YOUR JOINTS WITH PURE H<sub>2</sub>O

To stay fully functional, cartilage has to be fully hydrated. As children, our cartilage was made up of almost 85% water, but as we get older that drops to 75% in most cases—and even lower if we remain in a state of dehydration. Lots of pure water translates into more resilient joints.

It's also a good idea to switch to distilled water, not only for your joints but for your overall health and longevity. Tap water, well water, and even bottled and filtered water contain chemicals and insoluble calcium and mineral deposits that can settle in your joints. The only way to get pure H<sub>2</sub>O is to distill your water. Drink at least a gallon a day until you notice an improvement in your joints; after that, be sure to keep up a minimum of eight glasses per day. I recommend the Waterwise 9000 Distiller, available from Waterwise, Inc. (1-800-874-9028 or [www.waterwise.com](http://www.waterwise.com)).

## What to Avoid for OPTIMAL JOINT HEALTH

Now that you know about the various foods that can help promote healthy joints and have a few ideas on how to incorporate them into your daily diet, I want to tell you about what you need to avoid in order to ensure optimal healing and healthy joint maintenance.



**Alcohol:** Alcohol intake depletes many of the B vitamins and magnesium, both of which are needed by joint fluid and cartilage to function properly.



**Refined Sugar:** This includes most junk food—chips, donuts, crackers, soft drinks, and fried foods. Like alcohol, sugar depletes the B vitamins and several trace minerals necessary for maintaining healthy joint cartilage and synovial fluid. Eliminating sugar (and fried foods) from the diet seems to be especially beneficial to those who suffer from rheumatoid arthritis. Oftentimes remarkable results are seen in just a few short days.



**“Nightshades”:** Many folks with arthritis find that their joints become worse when they eat foods in the “nightshade” family, such as red and green peppers, eggplants, tomatoes, and potatoes.



**Sodas:** The phosphoric acid in soda suppresses your ability to absorb the trace mineral manganese.

Finally, try to avoid **smoking**, **antacids**, **mineral oil**, **diuretics**, and **stress**—they deplete nutrients and inflame joints. Antacids also neutralize the stomach's digestive acids, rendering the body unable to digest calcium, proteins, and many minerals essential to bone and cartilage repair.



By following the simple dietary recommendations I have shared with you in this report you can not only support your joints, but you can get to the root of your pain for long-term relief. What's more, these “kitchen cures” are inexpensive—far less than what you'd pay for prescription or even over-the-counter medications. I am confident that they will help you live a healthy, active life—free of joint pain.



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**SEARCHING THE WORLD FOR BETTER HEALTH®**

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