

Arthritis, Rheumatism and Psoriasis

Jan de Vries



About the Author

JAN DE VRIES was born in 1937 in Holland and grew up during the difficult war years in occupied territory. Although he graduated in pharmacy, he soon turned to alternative medicine. His most influential teacher was Dr Alfred Vogel in Switzerland, and they have worked together closely for 35 years.

In 1970 he and his family moved to Scotland and settled on the west coast in Troon, where he set up a residential clinic called Mokoia. He also has clinics in Newcastle, Edinburgh and London. Since 1990 he has been involved in Klein Vink in Arcen, Holland, doing research into the efficacy of herbal medicine for the European Commission.

He lectures throughout the world and is a regular broadcaster on BBC radio.

Books available from the same author

By Appointment Only series

Arthritis, Rheumatism and Psoriasis

Asthma and Bronchitis

Cancer and Leukaemia

Heart and Blood Circulatory Problems

Migraine and Epilepsy

The Miracle of Life

Multiple Sclerosis

Neck and Back Problems

Realistic Weight Control

Skin Diseases

Stomach and Bowel Disorders

Stress and Nervous Disorders

Traditional Home and Herbal Remedies

Viruses, Allergies and the Immune System

Nature's Gift series

Air – The Breath of Life

Body Energy

Food

Water – Healer or Poison?

Well Woman series

Menopause

Menstrual and Pre-Menstrual Tension

Pregnancy and Childbirth

The Jan de Vries Healthcare series

How to Live a Healthy Life – A Handbook to Better Health

Questions and Answers on Family Health

The Five Senses

Also available from the same author

Life Without Arthritis – The Maori Way

Who's Next?

ARTHRITIS, RHEUMATISM AND PSORIASIS

Jan de Vries



MAINSTREAM
PUBLISHING
EDINBURGH AND LONDON

This eBook is copyright material and must not be copied, reproduced, transferred, distributed, leased, licenced or publicly performed or used in any way except as specifically permitted in writing by the publishers, as allowed under the terms and conditions under which it was purchased or as strictly permitted by applicable copyright law. Any unauthorised distribution or use of this text may be a direct infringement of the author's and publisher's rights and those responsible may be liable in law accordingly.

Epub ISBN: 9781780570990

Version 1.0

www.mainstreampublishing.com

Copyright © Jan de Vries, 1986

All rights reserved

The moral right of the author has been asserted

First published in Great Britain in 1986 by
MAINSTREAM PUBLISHING COMPANY (EDINBURGH) LTD
7 Albany Street
Edinburgh EH1 3UG

Reprinted 1987, 1989, 1991, 1994 and 1997

ISBN 1 85158 690 3

No part of this book may be reproduced or transmitted in any form or by any means without written permission from the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for insertion in a magazine, newspaper or broadcast

A catalogue record for this book is available from the British Library

Contents

FOREWORD

- 1 RHEUMATOID ARTHRITIS*
 - 2 OSTEOARTHRITIS*
 - 3 PSORIATIC ARTHRITIS*
 - 4 POLYARTHRITIS*
 - 5 GOUT*
 - 6 ANKYLOSING SPONDYLITIS or MARIE STRUEMPELL DISEASE*
 - 7 STILL'S DISEASE—JUVENILE ARTHRITIS PAGET'S DISEASE—OSTEITIS DEFORMANS*
 - 8 BURSITIS AND RELATED DISORDERS*
 - 9 LUPUS*
 - 10 PSORIASIS*
- BIBLIOGRAPHY*

Foreword

SOME YEARS AGO, after the birth of my fifth child, and having left the maternity hospital a couple of days after the birth, I was showing off my state of fitness to my family by hanging out the washing. I became aware of some discomfort in my neck, which later developed into the most severe pain I have ever experienced. A hormone called Relaxin, produced by the body to facilitate childbirth and still circulating in my system had helped to dislocate the fifth cervical vertebra in my neck. The only way to get me out of bed was for my husband to cup his hands behind my neck and give me a very painful lift. The night before I was to be admitted to hospital, as this painful manoeuvre took place, there was a loud report from my neck and an immediate relief of pain. I had just experienced my first neck adjustment, albeit at the hands of a very unskilled manipulator.

From this time I suffered many bouts of neck pain, accompanied by tingling in my fingers and, worst of all, dizziness and unsteadiness of gait. Patients are not inspired with confidence by the sight of their doctor staggering about the consulting room! Wearing my surgical collar prolonged my consulting time, as I had to explain about my disability to each patient. Massage, traction and heat treatment all failed to relieve my problem.

A friend showed great concern for my predicament and, despite my reluctance and scepticism, persuaded me to go with her to Troon to consult the now famous "Healing Dutchman". Meeting Jan de Vries opened new horizons. After two treatments with acupuncture and neck adjustment, and many doses of Araniforce, my neck problem disappeared. Soon I was sending many of my own patients with spinal problems on the road to Troon.

Jan and I have done a lot of work together over the past two years. I am grateful for the opportunity of working with and learning from him. This has been of great benefit to myself and to my own patients with special problems.

This book, Jan's fourth, is about arthritis. It describes the alternative approach to treatment of this crippling disease in all its forms. Rheumatoid arthritis is one of the most painful and debilitating diseases to afflict mankind. It can strike at any age and causes much misery, not only to the victim but to his or her whole family. Of my 2,500 patients I have twenty-three cases, so it is not an uncommon illness. Osteoarthritis in all its manifestations can also be very disabling and is one of the most common ailments we GPs have to deal with.

One of my patients had been housebound with rheumatoid arthritis as long as I had known her and, despite having been treated with a cornucopia of medicines, still suffered from large weeping nodules in many joints, as well as the usual pain and stiffness. After treatment from Jan she is now able to go shopping and last year even visited her daughter in America.

My brother, also a GP, developed rheumatoid arthritis three years ago. The two drugs initially used to treat him have now been removed from the drug list by the Committee for Safety of Drugs. Neither had relieved his pain and stiffness anyway. I eventually persuaded him to see Jan. After his initial doubt about taking Jan's "liquidised grass", as he cynically referred to the medication, he had a noticeable improvement in his joints within a short period. He is now very happy to continue taking the same "liquidised grass" and, like myself, he refers a number of his patients for treatment by the alternative methods. Many people with different types of arthritis have benefited from Jan's dietary advice, acupuncture and medication. What I like about this method of treatment is that the medication not only is effective, but also causes no hepato cellular

damage, no bone marrow depression and no gastric upset, side-effects unfortunately seen all too often with modern drug treatment.

No one yet knows all the answers about the cause of this terrible affliction. However, Jan has found more answers than most. This man, with his vast knowledge, has given arthritic sufferers much comfort and has also given orthodox practitioners much food for thought.

Dr Sarah T P Marr, MB, ChB
"Ravenswood",
Johnstone,
Scotland.

Rheumatoid Arthritis

RECENTLY, an attractive lady in her middle forties, whom I have known for at least fifteen years, came to see me. I remembered her visiting our residential clinic along with her husband for a course of general treatment. At that time they were a basically healthy couple with nothing wrong with them. They lived a careful life in that they neither smoked nor drank and both followed a well-balanced diet.

I had not seen her for a number of years and I noticed that her once beautiful hands and fingers had turned into gnarled, swollen claws and enlarged, twisted knuckles. The rest of her body had also stiffened and twisted. I wondered how her health had been allowed to deteriorate to such an extent and how rheumatoid arthritis could have taken such a grip. It is because of these so far unanswered questions that I have hundreds of other patients visiting our clinic every week.

Though I paint a terrible picture here, such a sight is all too familiar when we look around us. Many people are stricken with prolonged periods of severe pain which makes moving, sitting and sleeping difficult. The only relief is some pain-killing drug which after a while has a less and less helpful effect. Cortisone is often prescribed, but again this does not produce a cure. Once such treatment has commenced, it is generally necessary for life.

I took a long time to interview this particular lady, for the simple reason that she was desperate for help and prepared to co-operate fully, which in cases of arthritis is very necessary. Where did she go wrong in her life style? Was