



# THE PADDISON PROGRAM FOR



# RHEUMATOID ARTHRITIS



CLINT PADDISON

## THE PADDISON PROGRAM FOR RHEUMATOID ARTHRITIS

A unique step-by-step holistic system designed to eliminate Rheumatoid Arthritis symptoms naturally to give you lasting relief from joint inflammation

By Clint Paddison, BSc (hon)

All literary work contained within 'The Paddison Program for Rheumatoid Arthritis' belongs to and is the sole property of its author.

Reproduction, copying, or any other form of use of the pieces contained within this book is strictly forbidden without express permission from the author, personally. If perjury is discovered, the offenders will be prosecuted to the full extent of the law.

Note: The owner of this eBook is permitted to print one hard copy for personal use. The rules have been established to protect the rights and ownership of the author and to ensure that the work is upheld as the author's own.

**Notice:** This is NOT a free book. You do NOT have resell rights to this book. I put for years of blood, sweat and tears into this research! If you have purchased this book from anywhere other than [www.rheumatoidarthritisprogram.com](http://www.rheumatoidarthritisprogram.com) or [www.paddisonprogram.com](http://www.paddisonprogram.com) please report that site to [info@paddisonprogram.com](mailto:info@paddisonprogram.com). Thank you!

# ACKNOWLEDGMENTS

To my wife Melissa. For your endless love, support and patience that has helped me heal. With you, every moment is amazing. Thanks to my Mum, Dad, Sister Colette and Brother Tim, who support me in everything I do. I would also like to thank every author, researcher and pioneer whose publications helped me piece this puzzle together.

# DISCLAIMER

While all attempts have been made to verify information provided in this publication, the Author does not assume any responsibility for errors, omissions or contrary interpretations of the subject matter herein. Any perceived slights of specific persons, peoples or organizations are unintentional. The Author neither makes nor attempts to make any diagnosis or cure or prevent any disease.

This publication is an informational product based on my own experience and research. It has not been evaluated by either the USA FDA, or the medical community and is not aimed to replace any advice you receive from your medical practitioner. The Author assumes no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. The Author is not a doctor, not does he claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. By consulting your primary care physician, you'll be best suited to understand and address your particular symptoms and situation in the most effective ways possible.

As always, before applying any treatment or attempting anything mentioned in this book, or if you are in doubt, you should consult your physician and use your best judgment. If you fail to do so, you are acting at your own risk. You, the buyer or reader of this book, alone assume all risk for anything you may learn from this book or the Paddison Program Recipe Book. The Paddison Program for Rheumatoid Arthritis, [www.rheumatoidarthritisprogram.com](http://www.rheumatoidarthritisprogram.com), [www.paddisonprogram.com](http://www.paddisonprogram.com) and the Author Clint Paddison are not liable or responsible for any increase in severity of your rheumatoid arthritis or for any health problem you may encounter should you choose to make dietary changes or make alterations to your medications or medical treatments.

By choosing to use the information made available on The Paddison Program website and in this book, you agree to indemnify, defend, and hold harmless Clint Paddison and [www.rheumatoidarthritisprogram.com](http://www.rheumatoidarthritisprogram.com) from all claims, whether valid or invalid, suits, judgment, proceedings, losses, damages, costs and expenses, of any nature whatsoever (including attorney's fees) for which The Paddison Program for Rheumatoid Arthritis may become liable resulting from the use or misuse of any products sold through the [www.rheumatoidarthritisprogram.com](http://www.rheumatoidarthritisprogram.com) or [www.paddisonprogram.com](http://www.paddisonprogram.com) website.

## Table of Contents

ACKNOWLEDGMENTS.....	3
DISCLAIMER.....	4
INTRODUCTION.....	9
EXECUTIVE SUMMARY.....	13
CHAPTER 1 – DIET AND DISEASE.....	16
Fasting.....	19
Food Sensitivities.....	20
Fat.....	22
Dairy Products.....	23
Meat.....	24
CHAPTER 2 – THE GUTS OF THE MATTER.....	28
Enzymes.....	30
Bacteria.....	33
CHAPTER 3 – THE KILLERS.....	37
Acidity.....	39
Meat.....	39
Dairy.....	42
Sugar.....	44
Fat.....	44
Coffee.....	45
CHAPTER 4 – EAT TO HEAL.....	48
LEAN diet.....	51
Living.....	52
Energizing.....	52
Alkaline-Forming.....	54
Nutritious.....	54
Summary.....	55
CHAPTER 5 – THE PADDISON PROGRAM.....	56
Cleanse.....	57
Alkalizing.....	57
Greenamania.....	57

Nightshade Free .....	57
Gluten Free .....	57
Sugar Free .....	58
Potassium Rich .....	58
Summary .....	59
<b>CHAPTER 6 – PHASE 1 BASELINE .....</b>	<b>61</b>
<b>CHAPTER 7 – PHASE 2 CLEANSE .....</b>	<b>64</b>
Salad will Set You Free .....	68
Water .....	72
Eat Organic.....	74
<b>CHAPTER 8 – PHASE 3 .....</b>	<b>75</b>
Sprouts .....	77
Buckwheat: .....	78
Quinoa.....	79
Amaranth .....	80
Sweet Potato (Yams):.....	81
Sea Vegetables .....	82
Garlic .....	83
Onions .....	83
Supplements .....	83
Chew your food well .....	86
Make Every Bite Right.....	86
Flavor .....	87
<b>CHAPTER 9 - PHASE 4 CONSOLIDATE .....</b>	<b>88</b>
Mega Miso Soup .....	88
Oranges.....	89
Cantaloupe (Rockmellon).....	90
Papaya.....	90
Brown Rice .....	91
Black Beans .....	92
Pinto Beans .....	92
Lentils.....	93

Sprouted Spelt Bread .....	93
Green Smoothies .....	94
Coffee and Tea Alternatives.....	95
Rooibos tea.....	95
Ginger Tea .....	95
Meditation .....	95
Bikram Yoga .....	97
Sunshine.....	101
<b>CHAPTER 10 – YOU CAN DO THIS.....</b>	<b>103</b>
Create a Compelling Future .....	104
Make healing a MUST .....	104
Affirmations .....	105
Create a new meaning .....	107
Setting Goals .....	108
Gratitude.....	108
Limiting Beliefs.....	108
<b>CHAPTER 11 – THE PROGRAM .....</b>	<b>112</b>
PHASE 1 – BASELINE.....	112
PHASE 2 – CLEANSE.....	115
DAY 1 – Colon Resurrection (see associated video - <a href="http://www.youtube.com/watch?v=W-iGLB77vC8">http://www.youtube.com/watch?v=W-iGLB77vC8</a> ) .....	115
PHASE 3 – REPAIR .....	117
DAY 3 – Pseudo-Grains to relieve pains (see associated video here – <a href="http://www.youtube.com/watch?v=HxkfQtuMIh4">http://www.youtube.com/watch?v=HxkfQtuMIh4</a> ).....	117
DAY 4 – Sweet Potato Joy.....	119
DAY 5 – 3 Grain Mix.....	120
DAY 6 to 12 – Hang in there .....	121
PHASE 4 – CONSOLIDATION.....	123
DAY 12 and onwards – Reintroduction of foods.....	123
<b>CHAPTER 12 – TROUBLESHOOTING .....</b>	<b>127</b>
The Healing Groove.....	127
Pain Reduction Checklist.....	128
Wanting To Prevent Any Weight Loss.....	131

Troubleshooting Conclusion .....	134
APPENDIX A – STARCH WILL NOT MAKE YOU FAT.....	135
APPENDIX B – MAKING IT A MUST FOR ME.....	136
APPENDIX C – INTERPRETING BLOOD RESULTS .....	137
Blood Tests for inflammation .....	137
Blood Tests for liver damage .....	137
Sample Blood Test Report.....	138
APPENDIX D – SUBSTITUTE FOODS .....	139
RECOMMENDED MATERIALS .....	141
REFERENCES.....	142
NEW - ADVANCED HEALING PACKAGE.....	145



# INTRODUCTION

*'The person who says it cannot be done should not interrupt the person doing it'*  
– Chinese Proverb

Welcome to the beginning of the rest of your life. A life that is pain-free, drug free and full of massive energy! An existence that allows you to remember your dreams and act on them, a world in which you are back to your 'old self' and able to help others in their problems rather than dwell on your own. A life that is once again full of possibilities, excitement and fun!

Thank you for purchasing this book. I want to congratulate you for exploring a solution to Rheumatoid Arthritis outside of the conventional approach of Western Medicine which may halt the disease, at best, but fail to cure it. Although we are lucky to have access to these medicines, we all too often forget, or underestimate, the body's ability to heal itself. In this book I will share with you the ways in which I alleviated my Rheumatoid Arthritis and I aim to educate, motivate and inspire you to achieve similar results.

I want you to regain your health. I wish to get a message across and communicate frankly in this book as if we already know each other. Because in many ways we do know each other - we know what each other has been through with regards to pain, suffering, depression, frustration, anger, tears, and all the other awful emotions that circulate through your body when you're battling RA. I know that we've shared the feeling of burden that we've placed on our loved ones for their support, their hopes and their sleepless nights wondering if we'll ever get well. I know that you and I have both spent far too much money on doctors, complementary medicines and surgery. So, although we may have never met, we've both battled against a brutal enemy called RA and I thank you for putting your trust in me to offer up some guidance and support. I genuinely, from the bottom of my heart, want you to get well and want to hear your story of healing. I know 100% that it can be done and I know that every one of us has the ability to achieve anything if we put our mind to it. So as you sit with this book and as you continue to read, now believe. Don't lose sight of a healthy future. Don't lose sight of a new and improved you that will be pain-free, drug-free and full of massive energy!

This book is a no-fuss approach for a disease that's notoriously tough to beat. This book is not designed for your average person looking to make a few easy changes, take a few supplements and hope that their pain will naturally dissipate. Statistics show you'll be hoping for a long time. This book is designed for the person that realizes that RA is a chronic health problem, the side effects of the drugs can be chronic and the patient outlook is chronic, so a solution to this disease requires bulldog determination and discipline. How determined are you to get well? That's the question you need to ask yourself, because when it comes to matters of diet, as this book does, many people believe that their food is sacred ground and that 'I might be in pain, but at least I can enjoy my food'. Well if you're unwilling to undergo a dietary intervention for at least 12 days and you'd prefer to wallow in pain, suffering and continue with a bleak outlook of increasingly toxic drugs then stop reading now and return to your status quo. If, on the other hand, you're willing to try with an open mind a dietary regime that is personally tailored towards the radical reduction of RA then it's time to get excited.

Feeling excited and having RA are rarely found in the same sentence. This is because it is so easy to get discouraged by comments of everyone else around you, who do some research on the internet and tell you that your outlook is grim! Specialist doctors are happy to see you for 15 minutes, give you more pills and say 'see you again in 2 months'. There is so much suffering and pain that exists behind closed doors and few people seem willing to talk about their conditions with other sufferers, possibly since the disease is so humiliating, debilitating and crushing to the self-esteem.

I'm hoping I can play a part in turning that around. The information that I am presenting here was not available to me when I got this disease. I desperately sought help but quality information was scarce. I am not afraid of being ridiculed or criticized by professionals in the medical community. In fact, bring it on! Sure, I'm not a Rheumatologist, Doctor, Health Expert or Dietician, but I've gone out and done this. I have a PhD in results.

I made it my personal mission to defy the odds and turn my health around and I am writing this book to share everything I can that helped me heal and to be a useful guide. However, if you feel some of these things are wrong, or that this won't work for you, then please do not do something against your better judgment. As I said in the Disclaimer, this is the information based on my

experience and you must trust your own judgment on your health and make decisions about your own body.

I have always been a researcher. My background was at Macquarie University in Sydney where I gained an honors degree in Physics for my studies and research into optical fiber technology and lasers. In fact, when I was just 22 years old I published my first scientific Journal paper in the highly regarded 'Electronic Letters', which is like 'Women's Weekly' for nerds. I was the first in the world to discover that a frequency doubled copper vapor laser could simultaneously manufacture multiple optical fiber Bragg gratings. I received a University Award for my research and later an industry award (and a healthy cheque) for contributions to the technology industry. I then went on to become Production Manager and later Technical Sales Manager for a high-technology research firm.

These years taught me the importance of impeccable scientific technique. Impeccable scientific technique involves maintaining a constant and varying just one thing at a time. The result of this experiment then dictates the nature of the next experiment and so on, until it is possible to eventually 'get to the bottom' of a problem. When I first became afflicted with Rheumatoid Arthritis at age 31, I maintained that I was going to cure it. Not because I was naïve of its severity (although indeed I was!), but because I knew that I had the knowledge of problem solving, and an unparalleled patience and persistence, that would one day lead me to success. So now, rather than thinking of my newly gained health as 'in remission', I think of it as an outcome of having 'worked out' the cause of the underlying problem through scientific experimentation.

As we will examine shortly, the underlying cause of RA is food sensitivities, due to a depleted intestinal environment. I was certain that there was a direct relationship between how much I ate and how sore I felt but it was far less clear as to which foods were most offensive. The latter question became the focus of my own personal experimentation process for a good 18 months. Without the time constraints of working a day job, since I work evenings as a Stand-Up Comedian, I was able to spend all of this time isolating and monitoring the effects of individual foods on my pain levels. Throughout this process I remained conscious of the fact that many of us may have different food allergies (even perfectly 'healthy' people will be allergic to different foods) so I endeavored to devise a generic eating plan that would be repeatable and reliable to not just

myself, but to anyone else who follows it. The Paddison Program is the summary of my findings.

I'd love to say that my journey was all singing and dancing and rose petals. But it was more like a journey through hell! To discover the underlying cause I followed the guidelines of many other authors and tried everything they recommended to get well using my pain levels as my litmus test. Whether it be 8 months without eating 1 bite of cooked food, thousands of dollars in natural health supplements or nothing but juices for days at a time, I've done it all. It's been a ride, and a very bumpy one that has spanned 5 years, but I do now have that wonderful satisfying feeling where I can say to myself 'see, I told you so! I knew I would do it'.

Fortunately, with these pages at your fingertips, you don't need to put yourself through what I went through. I am hypothesizing that if you follow the dietary changes that I am putting forward here, that you can make dramatic improvements to your wellbeing within 2 weeks and bypass many of the pitfalls that I experienced. The eating patterns are not hard, in fact even a child could prepare the meals, but don't let the simplicity of the process deceive you of its power.

In keeping with scientific practices, it is common to state at the start of a research paper the Executive Summary, which is a complete overview of findings and results, to give the reader a snapshot of the entire contents right at the start. I've always liked that process, so, at the risk of scaring you off with too much too early, I'm going to do just that.

# EXECUTIVE SUMMARY

This book is about making radical improvements to your RA condition by harnessing the body's natural healing power and using food as your medicine. The solution to getting on top of RA is to re-establish a healthy digestive system and return the body to homeostasis. We will spend some time on understanding RA and its real underlying cause and why constantly irritating your insides with offending foods keeps you sick, despite your best efforts to get well.

We will look at how The Paddison Program came about. This will be done by firstly reviewing what studies show to be the most suitable diet in the world for disease prevention and disease cure. I call this the 'Diet for Optimal Health' or 'DOH!'. We will then examine the 7 steps that I have made to modify this DOH into one that is ideally suited for Rheumatoid Arthritis, which takes into account many factors that are unique to RA, including the complications that are introduced by food sensitivities which usually vary from person to person.

Armed with knowledge and confidence, The Paddison Program can then be followed in four phases. :

**Phase 1** - Establish a baseline of your current pain levels, blood levels and joint mobility so that future improvements can be quantified. Measureable, quantifiable improvements are motivating and an excellent way to see how you are progressing.

**Phase 2** - Cleanse your insides and promote the healing process in the most original and effective way that I have found. This will enable you to become aware of the cause of your pain and make some new connections in understanding this disease. You will learn, perhaps for the first time, that the type of food, the amount of food and when you eat your food have all been affecting your RA.

**Phase 3** – Repair your insides and stimulate a return to wellness over a 10-day period. Our dietary focus will be extraordinarily healthy, very different from the Standard American Diet (SAD) and instead will concentrate on whole, plant-based foods with particular attention to green leafy vegetables and their role in easing digestion and healing the body from the inside out. Foods within The Paddison Program follow my LEAN guideline of:

Living  
Energizing  
Alkalizing  
Nutritious

Eating in this way will have the desired effect of eliminating what I call the BLAME – an acronym for **B**acterial overgrowth, **L**eaky Gut, **A**cidosis, **M**ucosal Lining damage and **E**nzyme deficiency. Our carefully chosen foods therefore reduce unwanted intestinal pathogens, rebuilding your cultures of ‘good’ gut bacteria, neutralizing the body’s acidity, eliminating toxic waste, supporting your intestinal mucosa, repairing your ‘leaky gut’ and replenishing your body’s depleted enzyme resources.

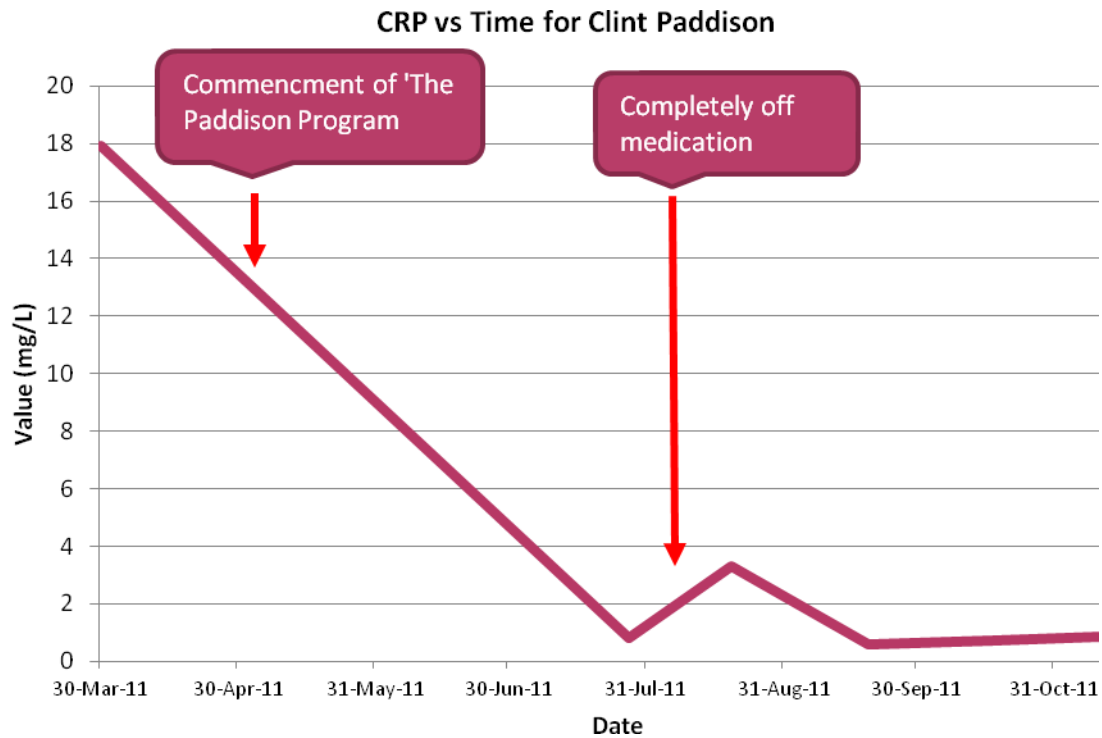
**Phase 4** - Transition from a limited range of foods to a more diverse (yet still restricted) menu, introducing one food item at a time to observe the triggering (if any) of allergic responses. These foods are also selected in a specific order, based on their unique benefits, to continue the healing process.

The Paddison Program is designed to work whilst taking your medications that have been prescribed by your doctor. With time, and as results permit, then the strategy for getting off medication for RA will be as follows:

- A. Follow the The Paddison Program to gradually reduce the inflammation and swelling in the body until your blood test readings of C-Reactive Protein (CRP) and ‘Sed Rate (ESR) come into the target range (See Appendix C for information on blood readings)
- B. When favorable blood readings occur, and with the authorization of your Rheumatologist, move to a slightly lower dose of medication
- C. Maintain The Paddison Program natural therapy in the ‘consolidation’ phase (Phase 4) on your reduced medication until blood tests results of CRP and ESR again indicate normal
- D. Repeat step ‘B’ until you are no longer on medication and are holding quality blood test levels, drug-free!

We will see that all of the above can be achieved without the overuse of supplements and complicated meals.

Following the protocol exactly as it is outlined in this book, I was able to stop taking all of my medication and return my inflammation levels to normal in a 3-month period as shown below in Table 1. It is my upmost wish for you to do the same and if you read on, I'll tell you exactly how to go about it, step by step.



**Figure 1** – CRP vs. Time for Clint Paddison. As you can see from Table 1 I was able to reduce my CRP levels from 18mg/L down to 0.6mg/L (well within the medical guidelines of ‘normal’ which is 0-5.0mg/L).

# CHAPTER 1 – DIET AND DISEASE

*‘There are 3 known causes of most disease. Breakfast, lunch and dinner’*

- Dr John McDougall

Rheumatoid Arthritis (RA) is an autoimmune disease, that is, the body sees itself as the enemy. The immune system attacks the tissues surrounding the joints (muscles, tendons, and ligaments) making the joints red, swollen, painful, and tender. This occurs because the lining tissue of the joint (synovium) becomes inflamed, resulting in the production of excessive joint fluid (synovial fluid). The synovium also thickens with inflammation (synovitis). Symptoms of RA can include fatigue, loss of energy, lack of appetite, low-grade fever, muscle and joint aches, and stiffness. Muscle and joint stiffness are usually most notable in the morning and after periods of inactivity.

Rheumatoid arthritis usually inflames multiple joints in a symmetrical pattern (both sides of the body affected). Early symptoms may be subtle. The small joints of both the hands and wrists are often involved. Symptoms in the hands with rheumatoid arthritis include difficulty with simple tasks of daily living, such as turning door knobs and opening jars. The small joints of the feet are also commonly involved, which can lead to painful walking, especially in the morning after arising from bed. Occasionally, only one joint is inflamed. When only one joint is involved, the arthritis can mimic the joint inflammation caused by other forms of arthritis, such as gout or joint infection. Chronic inflammation can cause damage to body tissues, including cartilage and bone. This leads to a loss of cartilage and erosion and weakness of the bones as well as the muscles, resulting in joint deformity, destruction, and loss of function.

All of this sounds terrible because it is. When I was first diagnosed with RA it occurred in the same week I tore the Anterior Cruciate Ligament (ACL) in my knee playing sport. Not the best week ever. Anyways, I was not able to have my ACL repaired surgically, since the knee surgeon refused to operate on it since there was enormous synovial swelling from complications with my RA (which loves to inhabit joints with existing damage). When the surgeon first learnt that I had RA he looked up at me, stunned, and said ‘of all things that you would not want to get, that would be at the top of the list’.



RA is frightening because medical science cannot tell us a cause, and even worse, we are told that the disease is incurable. The agreed approach is to 'be aggressive with medication' so as to 'catch the disease in its early stages' and remain on medication indefinitely. Usually, medication begins with a disease modifying drug, such as Methotrexate, and with time most patients seem to require an increased level of medication or continually upgrade to more powerful drugs in search for one that keeps the disease at bay. Rarely, if ever, do patients reduce their medication. Even rarer still is to get off medication altogether and go 'into remission' or cure themselves completely.

So we know what our symptoms are, we know that the disease is a shocker and we know that the outlook is grim. Yet when I heard this 'no cure' spiel from a few GP's I was immediately skeptical. I thought 'how could I feel fine one day and then a few weeks later feel pain all over?' It just seemed to me that if something could happen like this then there should be a way of working out what caused it and put an end to that cause. To me, I felt certain that that had to be the case. Besides, I had observed my body heal itself from every other cut, bruise, sprain and pain that I had ever had so why should this be any different?

In fact, the body's ability to heal itself is incredible. Your DNA has had an education on how to heal itself that is much more intelligent than any medical drug scientist that's ever lived. As you read this, each cell, tissue and organ is being constantly repaired by your body. As Deepak Chopra explains in 'Ageless Body, Timeless mind' the skin replaces itself once a month, the stomach lining every five days, the liver every six weeks, and the skeleton every three months. In 12 months time 98% of the atoms in your body will be new. [37] So, if this the reality within our bodies, why on earth was mine getting worse and worse when I'm meant to be constantly healing?!

I became convinced that for a chronic disease to remain in the body *despite this constant renewal and cleansing process* then there must be a continual irritation to the 'wound' or the cause of the problem to allow it's perpetuation. If we cut our skin but aggravated the injuries by rubbing or scratching at it then the healing process will be impaired. Why should there be any difference on the inside of the body to the outside? We know that when it comes to healing, there is no difference at all. Those of us who have been under the knife in a surgical environment have observed healing to not just the incision scar, but to any wounds that have occurred beneath the surface to each organ, bone, muscle,

ligament and so on.

This line of argument led me to believe that I was irritating my insides, getting in the way of my body's ability to heal itself. Even further, I decided that I must have been doing something bad in the first place to cause the problem to occur. When we are born into this world we arrived as a pure organic gift from God with the most impeccable cell structure and functioning health. Since then, our bodies can only manufacture and repair itself solely from the atoms or 'building blocks' that we have given it. The atoms have only come from 3 sources:

1. What we breath in
2. What we eat
3. What we drink

Which brings us to the timeless classic of 'you are what you eat', or 'you are what you BED!', which is a literal statement on an atomic level. At this point I decided to entertain the thought that perhaps RA is entirely caused by diet and lifestyle, triggered by the foods, air and drink that was entering my body. However, I had not ruled out the possibility that it was caused by other sources such as stress, virus, or a large set of immunization shots that I needed for a trip to the Middle East. So, for over a year I was confused, frustrated, hurting and looking for answers. The questions that I needed answers for required me to start conducting my personal experiments!

The first time I became certain that my RA was linked to food was when I didn't eat for 3 days. By the end of Day 3, I literally ran into the city from my house to see my wife and show her my newly re-captured range of motion and pain-free body. This was no small achievement, since at that point I had been struggling to walk up stairs and had been unable to run for 3 years! Alas, one can only go without eating for so long since one gets very hungry!

The results of this personal experiment were further supported on another occasion where I got food poisoning from eating some imported unwashed cherries. After being violently sick and spending the next 24 hours in the fetal position I then proceeded to get up and walk about with hardly a sore joint to speak of. This exacerbated my fascination with the link between what I was swallowing and how much pain I was in. I knew that the amount of food that I ate and the types of food that I was eating were playing some kind of role on the

severity of my disease. Unfortunately, it wasn't until sometime later that I was to learn about the phenomenon of food sensitivities and their association with autoimmune diseases, where it can take several days from an offending food to cause symptoms. Therefore, trying to get to the bottom of this problem whilst eating a great variety of different foods is like trying to work out which bullet is hitting you when they're coming from 100 different soldiers, in the dark, from over a mile away.

Despite my frustrations, I knew that I was on the right track when I started to review the link in the scientific literature between RA and diet. Although you will rarely here medical professionals talk about a strong link between diet and your disease, consider below the 22 examples of experiments that have shown otherwise.

Firstly, let's look at the power of fasting:

## **Fasting**

- 14 patients were studied before, during and after a one-week water fast. During fasting the duration of morning stiffness, and number and size of swollen joints decreased in all 14 patients. No adverse effects of fasting were seen except transient weakness and lightheadedness. The authors consider fasting as one possible way to induce rapid improvement in rheumatoid arthritis [15]
- A 52-year-old woman with 11 years of RA with exacerbations allegedly associated with meat, milk, and beans was first fasted for 3 days and removed from medication (Vivonex). After fasting her swollen joints were gone. By reintroducing cow's milk all pain and swelling returned. [10]
- 15 patients with RA fasted for between 7 to 10 days. Almost all patients showed substantial improvement. Many patients felt the return of pain and stiffness on the day after returning to their "normal" eating and all benefit was lost after a week [20]
- 16 patients with rheumatoid arthritis went on a 7-10 day with a fruit-and vegetable juice fast, followed by a lacto vegetarian (i.e. includes dairy products) diet for 9 weeks. One-third of the patients improved during the fast, but all deteriorated when the milk products were reintroduced [1]
- 43 patients across three hospitals underwent a water fast for one week. Overall, the group improved significantly during the fast. In 31 patients

evaluated, 25 had "fair" to "excellent" responses and 6 had "poor" responses. Those with more advanced arthritis had the poor responses. [8]

- The intestinal permeability was measured on 5 patients with rheumatoid arthritis who fasted on 3 liters of fruit and vegetable juice daily and a lacto vegetarian diet. The results indicated that fasting may improve disease activity and reduce the intestinal permeability while the lacto vegetarian diet did not [6]
- Twenty patients with arthritis and various skin diseases were studied during a 2-week period of modified fasting on vegetarian broth and drinks, followed by a 3-week period of a vegan diet. In many patients the joint pains were less intense during fasting. An improvement was observed during the fast for some types of skin diseases (atopic eczema, Palmaris et plantaris, pustulosis). Once moving onto the vegan diet, disease symptoms returned in most patients, with the exception of some psoriasis patients who experienced an improvement. The vegan diet used in this study was high in fat (42% fat). [7]

As you can see from the above summary, by eliminating food from most RA patients they tend to improve. This is very powerful information indeed! It is telling us loud and clear that *the symptoms for most sufferers of Rheumatoid Arthritis is strongly linked to the food (or lack of) entering the body.*

But we cannot live without food, so what about just a change in diet? Let us look at what the researchers found with regards to various food sensitivities:

### **Food Sensitivities**

- When a 16-year-old girl with lupus changed to a pure vegetarian diet (no animal foods) and ceased her steroids (without permission from her doctor) her antibody titers (a reflection of disease activity) fell to normal and her kidney disease improved [23]
- In 1987, 41 patients with RA were treated with a 4-week elimination diet. Twenty-three improved. [13]
- A report showed that out of 46 adults with RA who eliminated dairy products and cereals 78% responded favorably with 17 clearly improved, and 19 in complete remission for one to five years. Eight of those 19 stopped all medications with no relapse. Favorable benefits appeared before the end of the third month in 32 of the patients [21]

- A 6-week, placebo-controlled, single-blinded study on 48 RA sufferers showed that 85% of them identified foods that produced symptoms. Over half of the sufferers worsened when challenged with cereals such as corn and wheat [11]
- An exclusion diet improved the condition of 24 of 72 rheumatoid patients. Food sensitivities were reported to: grains in 14, milk in 4, nuts in 8, beef in 4, cheese in 7, eggs in 5, and chicken in 1, fish in 1, potato in 1, and liver in 1 [2]
- In 1988, 14 patients with rheumatoid arthritis were put on a diet free from pulses, cereals, milk, and non-vegetarian protein foods. Ten (71%) showed significant clinical improvement. Only three patients stayed on the diet for a period of 10 months [14]
- Nenonen tested the effects of an uncooked vegan diet, rich in lactobacilli, in rheumatoid patients randomized into diet and control groups. The intervention group experienced subjective relief of rheumatic symptoms during intervention. A return to an omnivorous diet aggravated symptoms. The results showed that an uncooked vegan diet, rich in lactobacilli, decreased subjective symptoms of rheumatoid arthritis [25]
- It was shown that an elemental diet (which is an hypoallergenic protein-free artificial diet consisting of essential amino acids, glucose, trace elements and vitamins) given to 24 patients with RA led to improved strength and arthritic symptoms. Reintroduction of food brought the old symptoms back [24]
- A hypoallergenic, artificial diet was tried on six rheumatoid patients. Placebo controlled rechallenges showed intolerance for specific foodstuffs in four patients. In two patients, biopsy of the joints showed specific (IgE) antibodies to certain foods [22]
- In 1991 Darlington published a report detailing 100 patients who had undergone dietary manipulation therapy in the past decade. Of the patients, one-third were still well and controlled on diet alone without any medication up to 7 ½ years after starting the diet treatment. They found most patients reacted to cereals and dairy products [19]
- 44 patients with rheumatoid arthritis were treated with the elimination of food and chemical avoidance. They were then challenged with foods. Wheat, corn, and beef were the greatest offenders [3]
- 27 patients went on a modified fast with vegetable broths, followed by a vegan diet, and then a lacto-vegetarian diet. Significant improvement occurred in objective and subjective parameters of their disease [16] A two-year follow-up examination found all diet responders but only half of the diet nonresponders still following the diet, further indicating that a group of patients with rheumatoid arthritis benefit from dietary manipulations and that

the improvement can be sustained through a two-year period [17] Patients dropping out with arthritic flares in the diet group left the study mainly when the lacto vegetarian diet (dairy products) were introduced [18]

- Hafstrom et al reported on an experiment in which sixty-six patients with active RA were randomized to either a vegan diet free of gluten (38 patients) or a well-balanced non-vegan diet (28 patients) for 12 months. Of the diet completers, 40.5% in the vegan group improved compared with 4% in the non-vegan group. The authors concluded "The data provide evidence that dietary modification may be of clinical benefit for certain RA patients, and that this benefit may be related to a reduction in immunoreactivity to food antigens eliminated by the change in diet [39].
- Dr McDougall et al demonstrated the effects of a very low-fat, vegan diet on 24 patients with rheumatoid arthritis over a 4-week period. The results showed that all aspects of the patients' RA decreased significantly, except for duration of morning stiffness. After just 4 weeks, average levels of C-reactive protein decreased 16%, RA factor decreased 10%, while erythrocyte sedimentation rate was unchanged. Dr McDougall concluded "This study showed that patients with moderate-to-severe RA, who switch to a very low-fat, vegan diet can experience significant reductions in RA symptoms". [40]

From this set of research we can now safely accept that the majority of patients with RA can find significant improvement to their condition by eliminating the source of their food allergies. We can also see that there is no particular single one cause for each person and that offending foods for some folks are ok for others. However, there are some types of foods that come up most often as being triggers for RA patients. These are fats, meats, dairy products and some grains. The final study listed above conducted by Dr John McDougall showed how minimizing fats and eliminating dairy helped all RA patients. Let's look at other studies that support this evidence, starting with Fat:

## **Fat**

- A fat-free diet produced complete remission in 6 patients with rheumatoid arthritis. Pain and swelling returned to the patients within 24 to 72 hours after they consumed a high-fat meal such as chicken, cheese, safflower oil, beef, or coconut oil. The authors concluded, "...dietary fats in amounts normally eaten in the American diet cause the inflammatory joint changes seen in rheumatoid arthritis." [5]

Consider also below what the literature says about the link between RA and dairy products.

### **Dairy Products**

In the book 'Vegetarian and Vegan Nutrition', author G. Eisman, states "Rheumatoid arthritis is more severe than osteoarthritis...Since this type of joint pain can be a symptom of a food allergy, dietary change sometimes has a profound effect. Dairy products, the most common food allergen, are one likely candidate as a contributing causative factor." [46]

In his book 'No Milk', by Daniel Twogood, D.C., writes "In systemic arthritis, like Rheumatoid, the cause is coursing through the blood, and it got there through the diet. When all of the joints are involved, the cause is not physical, but chemical. It's usually casein. (Eighty percent of milk protein is casein). I once saw a 65 year old man, Bob, who complained of neck stiffness and headaches. His hands were so stiff and sore. Bob lived to play golf. I instructed him to give up all milk and dairy products. Since giving up dairy products, he no longer experienced pain and headaches, and his hands were also pain-free. Joy, a 42 year old woman noticed that her knees were pain-free after eliminating dairy products. Once, after drinking a glass of milk, her knees swelled within 20 minutes." [47]

Doctor Neal Barnard writes "Certain foods trigger the symptoms of rheumatoid arthritis and eliminating these foods sometimes causes even long-standing symptoms to improve or even remit entirely. It is important to avoid the problem foods completely, as even a small amount can cause symptoms. All dairy products should be avoided: skim or whole cow's milk, goat's milk, cheese, yogurt, cream, etc." [48]

Below are three scientific studies to support the above claims about dairy products:

- A 38-year-old mother with 11-years of rheumatoid arthritis recovered from her disease and attained full mobility by stopping all dairy products. Since her early 20s the patient had had a passion for cheese, consuming up to 1 lb (0.4 kg) a day. Although there was no clear history of allergy or diarrhoea after eating cheese she agreed to try the effect of restricting dairy produce, with the elimination of milk, cheese, and butter from her diet. The authors reported "Three weeks after starting the diet she began to feel better - both the

synovitis and the morning stiffness diminished. She was reexamined frequently over many months, and eventually morning stiffness completely disappeared and the synovitis almost completely resolved...The improvement was maintained, apart from when she inadvertently ate dairy produce again-after which the symptoms returned within 12 hours” [4]

- An experiment was conducted where all dairy products were removed from the diet of patients with seronegative rheumatoid arthritis. Out of 15 patients, 7 went into remission [9]
- A comparison was made of the arthritis-inducing properties of cow's milk, egg protein and soy milk in experimental animals. The 12-week cow's milk feeding regimen produced the highest incidence of significant joint lesions. Egg protein was less arthritis-inducing than cow's milk, and soy milk caused no reaction. [12]

## **Meat**

A review of meat was undertaken by a set of scientists who published the following conclusion about the consumption of meat and Rheumatoid Arthritis:

- “...meat and meat fat have been found to have the highest dietary links to RA symptoms”. The authors conclude that “The primary finding of the literature review and statistical analyses is that meat and offal may be a major risk factor for the expression of RA. The fats may contribute through inflammation or free radical production”. [43]
- A decade later, in 2010 a report was published which had the interesting title ‘Meat- induced Joint Attacks, or Meat Attacks The Joint’. In this study a 32-year-old woman was seen for a possible diagnosis of food allergy. She had a diagnosis of rheumatoid arthritis and had been monitored for the last 8 years. She was taking methotrexate, prednisolone, and a nonsteroidal anti-inflammatory drug; her medical history was otherwise noncontributory. On detailed questioning, she reported having several arthritis episodes (left knee as well as left temporomandibular and left ankle joints) when she ate a diet rich in animal foods (eg, eggs, milk, and meat). The episodes started 6 to 10 hours after ingestion of animal protein (most severe with meat) and lasted 2 to 3 days. She was free of arthritic episodes when she stopped ingesting animal products. She did not notice any symptoms when she followed a vegetarian diet [52]



All of the above scientific research, along with my own experience with my diet and pain levels, made me 100% convinced of the diet-disease link. As if that wasn't enough, there are also reports in the general literature from doctors and patients describing experiences with RA recovery. Admittedly, published success stories are few and far between. However, they do exist as we will see next.

One of my first sources of inspiration for using foods to heal came from the work of Dr Barbara Allan, author of 'Conquering Arthritis' and previous RA sufferer. Barbara's work was pioneering, and gave me the belief that I, too, could overcome this crippling disease. In the early stages of my condition I also read a book by Sonia St Claire called 'Freedom from Rheumatoid Arthritis' in which she describes her cure via a raw-food diet. Other success stories include the husband of Victoria Boutenko, whose story is told at the start of Victoria's book 'Green Smoothie Revolution'. Dr Andrew Saul, author of 'Doctor Yourself' describes in his book how both his mother and a patient healed their RA through dietary changes. Finally, there is the work of Dr John McDougall, author of many books including 'The McDougall Program' who has described the complete healing of 'many' of his patients at his live-in programs. Watch their video testimonials yourself under the 'Star McDougallers' section of his website [www.drmcDougall.com](http://www.drmcDougall.com)

Table 1 below summarizes the general approach described by each of these authors for their own healing, or for that of their patients:

Author	Primary Approach to totally eliminate RA
<b>Dr. Barbara Allan</b>	Fasting, Elimination Diet, Raw Foods and Green Juices
<b>Sonia St. Claire</b>	Raw Foods
<b>Victoria Boutenko's Husband</b>	Raw Foods, in the form of Green Smoothies
<b>Dr. Andrew Saul's Patients</b> -His Mother -Mrs. Kelremor	High quantities of raw sprouted lentils Raw foods and vegetable juices
<b>Dr. John McDougall's Patients</b>	Low-fat, whole-foods plant-based diet

**Table 1** – Authors who have described the healing of RA and the primary method that was used.

All of the reports that are summarized in Table 1 used dietary intervention as their method to eliminate RA. Further to this, the diets that were used had the following in common:

- Free of meat products
- Free of dairy products
- Lower in calories than the Standard American Diet (SAD)
- No preservatives or artificial items
- Raw food component

Four out of five of them were also low in fat (Barbara's approach is more via identifying food sensitivities, rather than a one-diet-for all approach). I am unaware of anywhere in the world where a person has been successful in reversing RA using a systematic process that *does not* include a dietary change.

After I got well, a discussion with my Rheumatologist gave me a final insight into this diet-and-disease puzzle. I showed up to his clinic drug-free for the first time in years and described to him the humble plant-based diet that had allowed my body to heal. Naturally, he was impressed, and laughed that I was one-of-a-kind in my determination and my results were incredible, which was a nice pat on the back. After these congratulations, he shared with me a story about the connection between diet and RA which involved some Prisoners of War (POW's) that survived World War 2 camps in Changi, Burma under the control of the Japanese army. The Australians and New Zealanders who were imprisoned there were fed extremely small, basic meals such as rice and potatoes. An Australian doctor, Dr 'Weary' Dunlop, who was also imprisoned at the camp and cared for his sick comrades, wrote regular newsletters to a supportive community in Australia, where he described the POW camps and reported how they were fairing in the tough conditions. To the surprise of the medical community, all sufferers of RA went into remission on the measly camp diet. These newsletters are now available for the public to read and I am in the process of trying to get my hands on the reports, which I believe are located in Canberra, Australia to include in a later edition of this book.

I am not telling you this final story to scare you into thinking that we have to eat like POW's! I just wanted to add this story, along with the 22 scientific papers which describe a dietary link to RA, and the 5 contemporary authors who have cured themselves, or others, to show you that my case of regaining my health is

not a one-off incident. On the contrary, people have been overcoming RA - and I believe they will continue to overcome RA - wherever radical interventions to diets are made and sustained. It is my hypothesis that your underlying problem, too, is coming from one or many of the foods that you eat. How could this be the case? It's time to put on our science hats for a short time and look at the Guts of the Matter!

## CHAPTER 2 – THE GUTS OF THE MATTER

Of all the Chapters in this book where you might be likely to suffer from information overload, this is it. Rarely on a given day would you engage in discussions about intestines, enzymes and bacteria but that's exactly what we're about to do now. We have seen in Chapter 1 the vast evidence that exists between diet (especially meat, dairy, fat and cereal grains) and the occurrence of RA. I think it is worth spending this chapter going through the reasoning behind this so we can appreciate what exactly is going on between the time we swallow and the time we press 'flush'.

Your RA is a symptom of poor inner health, reflecting an intestinal environment that is characteristic of over acidity, along with low levels of 'good bacteria', a compromised mucosal barrier, a perforated intestinal wall (or 'leaky gut'), and an overgrowth of unwanted microforms such as yeast and bad bacteria. Because of this disorder, the pain you experience in your joints is a result of an ineffectiveness of the digestive process. Some say that RA patients have a 'genetic pre-disposition' towards RA, yet a set of negative conditions must exist for the disease to be triggered. For the purposes of this book, we are going to treat RA as if it was a completely digestive disorder and this will address the crux of the problem as such. Thus, I like to think of RA not as the cause of the disease, but as a symptom of an underlying health issue due to malnutrition, acidosis (over acidity in the body), a deficiency in enzymes (the catalyst of all activity in the body) and a skewed bacteria portfolio. So how do things get so bad on our insides?

The only protection that you have between all the items that enter your body through your mouth and what enters your blood stream is the single cellular layer of your intestinal wall. Under normal working conditions, a mucosal barrier exists over the lining of your intestinal wall which absorbs and digests nutrients, using enzymes to break down complex molecules into smaller, simple molecules. These simple molecules are then able to pass through the wall of your intestine, absorbed into your bloodstream and used as nutrients. Problems arise when infections and toxins cause gaps in your intestinal wall, which is referred to as a 'leaky gut'. These perforations in your intestinal wall allow large foreign proteins to pass through the 'leaky gut' and enter your blood stream. These foreign proteins, which may be either undigested food particles and/or microorganisms,

are referred to as 'antigens'.

You have a another line of defense against these antigens, in the form of your Gut Associated Lymphoid Tissue or GALT. In fact, your intestine possesses the largest amount of lymphoid tissue in your body and it contains immune cells that carries out attacks and defends against antigens. However, your functionality of your lymphoid tissue may have also been compromised through a poor dietary regime.

Thus, antigens escape the confines of your intestines and end up in your blood stream, where they are successfully identified as foreign bodies, in the same way your body identifies other foreign proteins of bacteria, viruses and parasites. To combat the antigens, your body makes an antibody and attaches it to the antigen to form a large complex in the blood. Normally, this antibody-to-antigen process is easy to undertake and also easy to remove from the body. However, if there are simply too many of these antigen-antibody complexes for the body to handle then some of them may survive. The complexes are attempted to be filtered out but may get stuck in the small capillaries of the body found in the joints, skin and kidneys. Stuck in the capillaries these complexes cause an inflammatory reaction.

Over time, this prolonged process can trigger a state known as 'molecular mimicry'. This is when your body begins to mistake these invading antigens with the proteins in your own body and begins to attack your joints, in a state of innocent confusion.

The correct diet will allow the intestinal wall to heal, whilst also minimizing the amount of antigens entering the bloodstream. This, in turn, reduces the load on your immune system which is continually making antibody-antigen complexes.. The ideal diet will also allow the defense system in the intestines to work at its full capacity to remove antigens that enter the system. The Paddison Program is designed to do just that.

In this Chapter, there are two components of the The Paddison Program diet that require particular attention. These are the emphasis on consuming foods which contain enzymes and the emphasis on eating foods that are helpful for your good bacteria. We have mentioned both briefly already, but let us look at the critical importance of both enzymes and bacteria for your overall health.

## **Enzymes**

No plant, animal, or human could exist without enzymes since they are responsible for every activity of life. During every living moment, millions of enzymes within each and every cell of your body are working, causing reactions to occur in numbers beyond comprehension. You couldn't breathe, walk, talk, taste or read these words without enzymes. Even thinking requires enzyme activity. Without enzymes, the grass or trees would not grow, seeds would not sprout and flowers would not bloom. Basically, without enzymes, we're all dead.

The enzymes involved in the digestive process are called 'digestive enzymes', which help us to break down, assimilate, utilize and eliminate our food. Digestive enzymes act like tiny scissors, 'snipping' the larger food molecules into their most basic constituents so that we can absorb nutrients in our small intestine.

Unfortunately for us, we all have a limited capacity to produce enzymes, in the same way an engine of a car that has a limited capacity to produce horsepower. Further to this, our capacity to produce enzymes declines with age. It is this general decline in enzyme activity in our body that is a fundamental cause of aging. The presence of enzymes in young adults is 30 times greater than that of older individuals. So, when enzyme activity gets too low, the process of death occurs.

One of the first indication that enzyme activity is waning in your body is a reduction in the efficiency of your digestive system. Virtually all of us have a rapid deterioration in the efficiency of our digestive system as we grow older due to a decrease of digestive enzymes. So serious is this that around two-thirds of all hospitalizations are for problems of the digestive system. Medicines for the digestive system are the number one selling class of drugs. As we age, we lose the ability to produce adequate hydrochloric acid while 35 percent of people over 65 produce none at all. While the digestive system is deteriorating, the enzyme activity throughout the rest of your body is also in decline. This decline is a fundamental cause of aging as well as many of the diseases associated with aging.

One of the reasons we lose the ability to make digestive and other enzymes at such an early age (relative to our maximum life spans) is because we force our bodies to produce excessively concentrated digestive enzymes all our life. This is because in modern society we get little or no enzymes from our food. In the past, much of our food sources were raw so we would eat food and receive the enzymes

from the food. However, in today's society, many foods are filled with additives, preservatives, artificial colors and flavors, plus they are radiated, heated, canned, dried and stored for months or years. All of these processes work towards destroying enzymes. In fact, simply by heating food kills enzymes. Cooking is the enemy for living, enzyme-rich foods and the key temperature at which cooking starts to destroy enzymes is around 40 degrees Celsius (104 degrees Fahrenheit). Temperatures higher than this will wipe out all life force in the food completely. Note that the temperature at which the enzymes are destroyed is roughly the highest temperature that plants exist in nature. Sure, some plants can survive slightly hotter climates in desert conditions, but for the most part we can think of heating foods as defying the environment in which we live on this earth and therefore destroying the life force within it.

Please think about the implications of the last paragraph. Cooked food has no enzymes. This is a disaster for a compromised health system that is already struggling to break down food and needs all the assistance it can get. Man is the only animal that cooks virtually everything he eats. All animals in the wild eat everything raw and get the enzymes in the food they need and are free of degenerative diseases such as heart disease and cancer. This is actually the way nature intended for us to eat all our food. Biologically, we are animals and have the same requirements for enzymes.

The work of researchers such as Dr. Edward Howell has shown that we literally wear-out our enzyme-making machinery by forcing our body to produce such a concentrated flow of digestive enzymes all of our life. By squandering our enzyme-making capacity on digestive enzymes, our body has less capacity or energy to create and preserve the thousands of other enzymes in our body. As a consequence, enzyme activity throughout your entire body declines rapidly.

We are all born with a 'bank account' full of enzymes. Every time we eat raw foods, we put enzymes in our bank account. Every time we eat 'dead' food, or food with no enzymes, we must pull enzymes out of our bank account to help us digest the food. Year by year, our bodies are being depleted of enzymes.

I consider it an oversight to consider foods in only terms of their proteins, fats, carbohydrates, vitamins, minerals and to not consider enzymes. They are the best kept secret in health and in fighting disease and what actually make the body work. It is like saying that for a game of football you need a football, a designated

patch of grass and a goal at each end and forgetting to add that players are required to make it happen.

I first heard about enzymes through a Naturopath many years ago who told me I was depleted in my enzyme supply so I was unable to digest food properly. Furthermore he said I would need to take his enzyme supplements forever. A 2-week supply sold for \$50 a bottle and I parted with a few hundred dollars to this guy before my wallet and I had had enough and I sought out a far better solution.

This money-hungry naturopath failed to give me the full picture about enzymes and their available sources. The truth is that all edible plants and vegetables contain an abundance of enzymes. Of these edible plants and vegetables, some contain such an excess of enzymes that your body can not only digest this food with ease, but also put some enzymes 'back in the bank'. Your body can thus use these excess digestive enzymes to assist with the digestion of the other foods present, or your body can convert these enzymes to metabolic enzymes to heal your body in a way that was not before possible. This came as a great revelation to me as I was naively eating an enzyme-void range of foods like cooked meats, bread, pasta, rice, biscuits, hot chips and noodles that I was enjoying as my regular diet, unaware of the critical component of *living foods* that was missing for my health. ..

So how do we get enough enzymes into our diet? Nature has designed vegetables to contain at least the enzymes needed to break itself down. The secret is to eat foods with your meals that are exceptionally high in enzyme content, over and above what is needed by the food to break itself down, so that there are left over or 'free' enzymes available for our bodies. For example, pineapple contains very little protein, yet it contains a high amount of the enzyme Bromelain which is excellent at breaking down proteins. Thus, nature has offered us this gift in the form of Pineapple and Bromelain has been used as a digestive aid and anti-inflammatory for now decades. For our purposes, which is to eliminate simple sugars for the first 12 Days, we will move past pineapple for now and onto a source of enzymes that are a whole order of magnitude more plentiful.

The most enzyme-rich foods are germinated ('sprouted') seeds (grains) and beans. The process of sprouting is when a seed begins to transform from its inert state and starts the process of becoming a plant. This transition phase is called the 'sprouting' phase



While raw vegetables and fruits have enzymes, they are low in concentration compared to sprouted seeds. The differences in enzyme concentration are enormous. There is 10 to 100 times more enzymes in sprouted seeds than in vegetables or fruits depending on the enzyme and the seed that is being sprouted. There is no food on the planet higher in enzymes than sprouted seeds. They are also a great source of vitamins C, carotenoid A, B vitamins, and minerals. The 2 seeds that are very high in enzymes and recommend in The Paddison Program are mung bean and alfalfa. Vegetable juices, which are also very high in enzymes, are also part of this program.

## **Bacteria**

In an ideal state of health you would have between 2-4 pounds of bacteria living inside your intestines in numbers upwards of 40 Trillion. This may sound like the premise of a horror film, but don't freak out, the vast majority of organisms living in there are helpful, or at least not harmful, to our lives. Beneficial Bacteria (also called Probiotics or Microflora) are the good bacteria that live inside us with the majority found between the end of the small intestine and the distal colon. These tiny organisms are absolutely imperative to our health and we should really think of this big mass of mini life as a vital organ like a lung or a kidney.

The many important functions that our bacteria perform for us includes killing harmful bacteria, killing fungus (also known as candida), and building B vitamins for the rest of our body to use. They also help our bodies produce enzymes, help to change the acidity within our cells and play an important role in the development of the immune system by maintaining a constant dialog with our internal bodies through the surface of the gut. Our microflora also influences many of our hormones. So this healthy bacteria is very important stuff.

The word 'biotic' means 'pertaining to life'. Hence a probiotic is literally pro life. Poor eating habits, stress and antibiotics sometimes found in animal foods can wreak havoc on the good bacteria, allowing bad bacteria to multiply. Taking prescription antibiotics for a long period of time is catastrophic to your internal health. Doses of antibiotics ('anti-life') not only kill the nasties, but also kill the good, innocent civilians in your stomach as well.

A lack of healthy intestinal flora is a serious concern. I believe the cause of my RA was due mostly to taking antibiotics for years to combat some persistent acne. I blindly took these antibiotics from my late teens through into my early 20's without too much of a thought, other than 'gee, my skin looks good!'. I wish I had some idea of the bigger picture. Little did I know that I was creating an environment where I was wiping out my healthy bacteria, thus allowing unwanted pathogens to thrive. Pioneering orthomolecular researcher Dr F. R. Klenner says RA sufferers have a 'shortage of B vitamins'. [28] Since B-Vitamins are manufactured by your healthy bacteria it stands to reason that if you've killed all your bacteria you'd be short of B-Vitamins!

Without the correct approach, the challenge to uphold our intestinal health is a difficult one. Besides antibiotics, birth control pills, alcoholic beverages and many other drugs contribute to the destruction of this valuable intestinal flora. Indeed, two of the most damaging substances to our delicate intestinal flora balance are chlorine and fluoride – which are added in most city tap waters. All of these factors which contribute to the downfall of our inner health come from Western Society, where as a population we are living in a way that goes against nature.

The question, then, is usually not 'how do I move to a Third World Country where Western Diseases don't exist' but 'how do I replenish my numbers of good bacteria so I can stay living where I am?' Well many companies sell probiotics in bottles which enable you to supplement your supply of good bacteria via capsules. But there is a better and more effective way than this, which is to feed the existing bacteria with their favorite foods which allows their populations to grow naturally, rather than trying to add new guys to the mix. From my own experimentation, I have found that this is the best way to go and it's far cheaper. Let's feed the good bacteria and let them multiply! God knows you've been starving them to death up until this point!

So what do your bacteria want to eat? Good bacteria love fiber. The partially digested remnants of our meals, after arrival in our large intestines, become the foods for our microflora. Each species of bacteria survives best on specific kinds of nutrients. Friendly bacteria love all kinds of plant-food remnants, especially fiber from green leafy vegetables, whilst pathogens thrive when the diet is low in plant foods and high in animal products and processed foods.

What we eat determines the predominance of the bacteria species that will live in

our gut. By changing from a diet based on animal products and highly-processed foods to plant foods, you can suppress the growth of harmful bacteria and stimulate those that are beneficial fairly quickly. Major alterations in the microflora take place within one to two weeks of dietary intervention [5] As a treat to your little guys, good bacteria also love raw garlic, raw onion and artichoke. In this program you will be putting some on your salad. Don't worry about having garlic breath or onion breath. Would you prefer a healthy body or simply having to brush your teeth a little more often? Easy one.

In 1997 an experiment was conducted to measure the relationship between the degree of human microflora and the degree of RA symptoms. This was done by measuring the amount of microflora present in the stools of RA patients and how their microflora levels and disease levels were effected by a dietary change. The authors wrote "43 RA patients were randomized into two groups: the test group to receive living food, a form of uncooked vegan diet rich in lactobacilli, and the control group to continue their ordinary omnivorous diets". The experiment conclusion reads "a vegan diet changes the faecal microbial flora in RA patients, and changes in the faecal flora are associated with improvement in RA activity". [42]

Please don't overlook the power of the final sentence in this report. I think it is important to emphasize this result - that by eating a vegan diet an RA sufferer can ***increase their population of healthy intestinal bacteria***, which, in turn leads to ***improved RA condition***.

So to summarize this Chapter, we now know that our digestive conditions are far from perfect and we have a multitude of things wrong down there, causing particles to enter our blood stream and upsetting our immune response. We have also learned that two important contributing factors are a depleted source of enzymes in our body, due to eating only cooked foods (which have had their enzymes destroyed) and because of a low amount of friendly bacteria (which manufacture many enzymes).

Thus, by eating lots of foods that are high in enzymes through raw plant-based foods we can increase our own enzyme reserves. Further, we can kick-start the production of our own enzymes via our healthy bacteria by eating lots of plants that are high in fiber. We will then be able to break down and digest our food better, thereby avoiding the presence of larger molecules in our intestines.

Greater enzyme levels also provide a powerful platform for our body's ability to heal itself.

We will also enjoy additional health benefits as we repopulate our levels of healthy bacteria. This includes the production of much needed B-vitamins, which are linked to energy levels, as well as keeping the unwanted pathogens in our tummy at bay. Sound good? Well keep in mind that large changes are required because we have enjoyed many years of putting foods into our bodies that have been exacerbating our internal horror. No matter how well we eat, we will not succeed on our mission if we continue to also consume foods that are counterproductive to our health. So before we start The Paddison Program and eat our way to health, let's be absolutely clear as to which are the unwanted and offending foods. Chapter 3 is about the foods that kill and why we must kick them to the curb.

## CHAPTER 3 – THE KILLERS

*‘Let no one who has the slightest desire to live in peace and quietness be tempted, under any circumstances, to enter upon the chivalrous task of trying to correct a popular error’*

- William Thoms, deputy librarian for the House of Lords, c. 1873

This Chapter is not going to be popular since I’m going to tell you to give up lots of foods that you enjoy. However, it’s my favorite chapter because I feel like I’m giving you one of the major secrets towards getting well. I’m also very curious as to if you will follow through or not. There is a good reason that most people don’t make improvements to their health, and that is because it’s damn hard! Instead of taking the road less travelled, they fall off the wagon and lay face down in the ditch! This chapter will test your compliance to this program. A chapter about determination! How bad do you want to get well?

If we feed ourselves continually with substances that inflame and irritate the body then you’ll get inflammation and irritation on the outside. If you always do what you’ve always done you’ll always get what you’ve always got. We need to stop the rot. Put an end to the cause of the condition and your body, which is hard-wired to continually heal itself, will take care of the rest in due course.

Most of us get sick because we have very little understanding about food. Our naivety leads us to make the wrong food choices on a consistent, regular basis which in turn leads to our deterioration. Now, we might *think* we make good choices for ourselves, but in reality we do not. The onset of RA can appear sudden, but it is brought about via years of bad habits. Like the straw that broke the camel’s back, a cumulative effect of a long-term poor internal environment has led itself to finally ‘breaking out’ into the onset of swollen joints. It may have manifested itself as another outward sign, such as eczema, gout, irritable bowel syndrome, Crohns disease or a multitude of other unwanted conditions, depending on the exact nature of your internal environment and the weakest area of your genetic predisposition. In fact, often sufferers of one disease show symptoms of many others also.

Some sufferers of disease, particularly chronic ones such as RA, look perplexed at others who appear healthy and can eat anything they want, such as fast food,

without appearing sick in any way. But don't be so sure about the true health of those gluttonous individuals! These apparently healthy people are likely to be harboring disease of many kinds, controlled by medications, or are currently pre-symptomatic, on their own path towards disease. If you could see that person's blood test or if you knew the quality of that person's sleep, or their blood pressure, skin condition, quality of their eyesight or their reproductive organs, the quality of the moods, the frequency of their bowel movements and the overall health of their digestive system you would find that they, too, are suffering. So although RA is only around 3% of the Western population, it's just a different outward representation of the result of the same high-fat, high-sugar, high-protein, low-fiber diet that is killing everyone around you. 70% of adults in the US or Australia take at least one prescription medicine each week. As an animal species we're very, very sick.

We have seen in Chapter 2 the strong link between diet and disease and it is now time to examine the worst offenders. These foods are identified in their link to disease. These foods are perpetuating your arthritis. Fortunately, I am well aware about the ease of replacing something rather than giving it up cold turkey (so to speak, but you might as well take that literally since turkey, both cold and hot, has got to go!). Thus, immediately after this Chapter we will cover the new way of eating to maximize your health and explore the new foods that you can choose from after finishing the The Paddison Program. This way you can still reach your arm out for food, you'll just grab a different thing.

Remember the paintings of European Kings and Queens from previous centuries? Unlike the trim and healthy poor people of the same era, the royalty were all pale and fat, had bad skin conditions, and suffered from diseases like arthritis. Sound familiar? Today we all eat like Kings and Queens and we suffer their same diseases. We have access to any kinds of foods we want, on pretty much any budget. The problem lies in that we are tempted by taste and have very little knowledge about the detrimental effects of the foods we eat. Sometimes we know that they might not be good for us, but we are not clear as to the catastrophic long-term implications of regular crappy meals. Worse than all, some of us don't know which ones are crappy. You might be very surprised and confronted by some of the information in this Chapter and it might be the first time you have heard negative things about common, popular foods. That's because typically we might go out for dinner and admire a meal that is chicken, white rice and boiled vegetables as 'high in protein, some carbohydrates for

energy and a few veges to keep me healthy'. Rarely would you hear someone describe that exact same meal as 'dead food with no enzymes, high in fat, will cause thickening of your colon, breed your bad bacteria and other pathogens in your digestive tract and migrate your body towards acidosis'. That's why I don't get invited out to dinner much!

By the end of this book you'll understand the terminology above and why. But for now, let's start at the start. We will begin by looking at one of the main things that all of the food 'killers' create in your body...acidity.

## **Acidity**

Everything that you swallow will either help you or hurt you. One guideline as to which way it will go is a measure of the acidity levels of the food after it has been digested. That is, once a food gets 'burned' via the stomach digestive juices, it leaves an ash in the same way that a log on the fire will leave an ash after it is burned. This ash has a pH level (or 'potential of hydrogen') which, once it is assimilated with the human body, will either raise the acidity level of our cells or lower the acidity levels (i.e. make us more alkaline).

If we consider cancer for the moment, we might recall that cancer thrives in an acidic environment, and can't live in an alkaline environment. This was established in 1931 when Dr. Warburg won his first Nobel Prize for work proving cancer is caused by a lack of oxygen respiration in cells. In keeping with these findings, it has been my personal experience, via trial and error, that alkaline-forming foods are also helpful for Rheumatoid Arthritis.

As a result of eating the Standard American Diet (SAD) our bodies invariably end up overly acidic. All meat and dairy products are highly acid-forming, along with foods that are processed, foods that are sugar-rich, and beverages like sodas, alcohol and coffee. So unless you are acutely aware of this effect that foods have on your body, your body is *way* too acidic. In The Paddison Program we shift easily onto an alkaline diet.

## **Meat**

Most people love meat and consider it the main part of every meal. They also believe it is essential to the diet to be healthy and strong, providing beneficial protein, iron, energy and nutrients. The truth is, meat is not essential to human

wellbeing whatsoever and any positive benefits it offers can be easily obtained from plant sources, without all the negative side effects that meat holds.

There are many downsides to meat from the point of view of an RA sufferer:

- Meat, including fish, is very high in fat as a percentage of calories. As we have seen in the scientific research in Chapter 1, fat seems to interfere with the autoimmune process and worsen RA conditions [43]
- Animal meat contains no dietary fiber. As we discussed earlier, our healthy bacteria need to eat plant fiber, whilst unwanted pathogens thrive on animal waste. In addition, fiber is key for steady, regular stools that are easy to pass. I've found that it makes no sense to have a substantial part of my meal that contains no dietary fiber when I've found fiber such a key component to getting well.
- Carbohydrates are easier to digest than meat, thus relieving workload off a stomach that is currently under stress.
- Proteins are acid-forming since they are composed entirely of amino *acids*. (More on amino acids below). The most acidifying for the body are the sulfur-containing amino acids which break down to sulfuric acid. These sulfur-containing amino acids are most abundant in animal products like meat, chicken, fish and eggs. In fact, meat contains 4 times the amount of the highly acidifying sulfur-containing amino acids than any vegetable-based protein. You might remember from chemistry in school that to neutralize an acid you need a base. The body neutralizes the acids from these animal products using the most effective base that it has – calcium. The calcium gets withdrawn from the bones and is used to offset these acids. Through this process the bones are weakened, resulting in osteoarthritis and osteoporosis.

There are also several valid arguments put forward by others, which are non-specific to RA, but worth knowing also for your overall health and wellbeing:

- Animal proteins (including all animal products like milk, cheese and all dairy products) are linked to other chronic diseases, including the top 3 killers of Heart Disease, Cancer and Diabetes. (By the way, the fourth biggest killer in the US behind these is prescription medicine, and that is taking the medicine *as prescribed!*) By eliminating all animal-based foods from his diet for 4 days my Dad was able to reduce his blood pressure from 160/110 to



127/78. This kind of express improvement is unheard of in Western medicine, yet entirely predictable and repeatable when you understand the effects of foods on the body. Why eat something that contributes to other diseases when you're already dealing with a damn tough condition already?

- Animal proteins develop fat cells on the body, by creating store houses for the over acidity that the body is trying to cope with. The fat you eat is fat you keep.
- Animal foods are high in cholesterol. Nobody wants that in their bloodstream. There is zero cholesterol in plant-based foods.
- Animal products contain uric acid, the excess of which is behind arthritic conditions like gout
- Not eating animal foods is the single biggest thing that can be done to help the environment (a whole book called 'Diet for the New America' is all about this. It's got to do with the amount of land and resources required to produce animal food vs. the tiny fraction required to produce the equivalent calories via plant-based foods). If everyone only ate plant-based foods our world would be an extraordinarily different place.
- A plant-based diet is non-violent, upholding the Commandment of 'thou shall not kill'.
- Meat tastes bad. Seriously! Try eating it without ketchup, without mustard, without salt or any seasoning whatsoever. Just a plain bit of animal muscle without seasoning. Good luck.

It's worth noting that I have no pre-existing prejudice towards eating meat. I grew up on a farm where steak was on my plate at least once a day. In fact, I was very reluctant to stop eating meat and I only did so once I reviewed the truth about meat and observed the benefits that a meat-free diet had on my body.

Everyone is concerned about getting another source of protein. Westerners seem to have a love affair with protein that borders on obsession. The truth is, protein is just a combination of building blocks called 'Amino Acids' which combine together in various permutations to create various forms of proteins. Think of this in exactly the same way that all words in the English language are put together from various combinations of letters of the alphabet. There are 20 different amino acids that are the building blocks for protein. Plants (and some bacteria) can manufacture all of these amino acids and therefore make 'complete' proteins. However, humans can only manufacture 12 of the amino acids without food, so we require the other 8 in our diet. These 8 amino acids are called 'essential'

amino acids, referring to 'essential to our diet'. Plants contain these 8 essential amino acids in abundance. Not only that, the staple foods in The Paddison Program are complete proteins with a similar protein profile to meat itself! So don't worry about your protein whilst eating on this program. Don't worry about your iron, either, which you will get in large amounts (explained ahead). There are virtually no nutrients in animal-based foods that are not better provided by plants. The only vitamin missing from a plant-based diet is vitamin B12 which I eat from sea vegetables (such as Dulse or Wakame) which I sprinkle on my food. Again, more on this later.

Obviously, feel free to keep eating meat if you want, I'm not your Mother. I can't tell you what to do, but the evidence is strong towards omitting it and I'd be omitting it soon. Does now sound like a good time? I don't expect you will cure yourself of Rheumatoid Arthritis if you keep meat in your diet. Nor, for that matter, dairy products...

## **Dairy**

All of the negative attributes that are associated with meat are as bad, if not worse, for dairy.

Most Westerners like to drink milk because we have strong positive associations with it. We think it is healthy for us. We also think that it is perfectly natural to drink and that it will strengthen our bones. Most would argue that it tastes good.

Very few people are out there criticizing dairy and telling you that it is one of the worst 'foods' that you could eat. The reason that you're not hearing this message is that nobody makes money out of it telling you this message. Who do you know would make money out of telling you to stop consuming dairy products? Absolutely no one. Besides, who wants the argument every day with all of the dairy lovers? I certainly couldn't be bothered hearing another parent insist that they can't possibly remove dairy products because "if we removed milk and ice cream what on earth would we give the kids?"

On the contrary, who makes money out of telling you that dairy is good for you? The Trillion-dollar industry worldwide who is hell-bent on having you and your kids jam as much dairy into you as your body can possibly handle! If you do, say goodbye to your health.

- Milk damages the intestinal environment by increasing the amount of bad bacteria and destroys the balance of the intestinal flora.
- Contrary to popular belief, eating dairy products has never been shown to reduce fracture risk. Countries with lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis. Following on from this, there is a consistent trend between countries that have the highest consumption of dairy products with the highest rates of osteoarthritis. A book called 'The China Study' by Colin Campbell gives amazing insights into these findings. In 'The Enzyme Factor' Dr Hiromi Shinya explains the effect of drinking milk on the body's calcium levels. When you drink milk, your calcium levels in your blood suddenly rise above the usual 9-10mg. Although at first it looks like you've raised your calcium levels, the body responds by dumping calcium out through the urine from the kidneys to return the blood calcium levels to normal, producing the ironic result of depleting your overall levels of calcium in your body. [49]
- Dairy products have been linked to heart disease, high blood pressure, obesity, diabetes, and certain types of cancer. They are completely devoid of fiber and complex carbohydrates but loaded with saturated fat and cholesterol.
- About 75 percent of the world's population is lactose intolerant. They are genetically unable to properly digest milk and other dairy products. Shouldn't this alone give us a big sign that this isn't a food for humans?
- Humans are the only animals that drink milk after weaning from their mothers. But even stranger is that unlike any other species in the world, humans are consuming the lactation juice of another animal!
- Dairy products are commonly contaminated with blood, pus, pesticides, hormones, and antibiotics.
- Ice cream is the worst of all. Some ice creams will use the fat from scraps from slaughter houses. Cooked tallow, suet, and lard are in commercial ice cream. According to Nature's Path magazine, 'retail store ice cream manufacturers in the US are not required by law to list the additives used in the manufacture of their product'. Consequently, today most ice creams are synthetic from start to finish. Even if you found a 'real' ice cream that does not use any chemical additives, you are still ingesting the fat from animal's milk which will wreak havoc on your digestive system, as we have just learned. It will also interfere with your immune process, as our earlier literature review showed. Not to mention a huge load of sugar, which is further detrimental to your health, as we will see next.

## **Sugar**

Make no mistake, sugar will keep you sick. There are many, many reasons to avoid sugar. The most relevant information to an RA sufferer is that sugar feeds negative microforms (harmful bacteria and yeast) in the intestinal tract. These unwanted pathogens wreak havoc with your digestive system in several ways:

- By producing inflammation of the mucous membranes of the stomach, which translates to more incompletely digested proteins entering your bloodstream and thus more inflammation.
- By overcrowding, and thus 'squeezing out' your healthy bacteria which, in turn, reduces your capacity to manufacture your B range of vitamins and your capacity to manufacture enzymes for digestion and overall body function.

When sugar is used in excess, such as the per-capita proportions as Americans (two pounds per person per week) it must be a contributing basic cause of the acute and chronic diseases that are characterized by inflammation such as RA. Stopping this alone will help your condition. So think twice before you reach for that donut, candy or strawberry thick shake. It's simply sweet poison.

## **Fat**

This one probably comes as no surprise. Most people are aware that fat isn't the best food source, but with RA we need to take this to the extreme. Research has shown that dietary fat has a toxic effect on the intestine of experimental animals. One research has shown that the dietary fat causes injury that increases the permeability of the gut, allowing more antigens to enter the body [29] Another study found similarly revealing results - that feeding high cholesterol diets to young animals increases their "leaky gut" [30]

The emphasis on extremely low fat is key for us, since some vegan diet approaches to arthritis have failed since the patients kept up a high consumption of vegetable oils, which are known to damage the intestinal wall. Thus, for us to heal from RA, we must maintain a diet very low in fat which means no oils of any kind and *for now* we must avoid all high-fat foods as avocados, olives, nuts and seeds which we can re-introduce once we are back to better health.

## Coffee

Coffee should be outlawed. It's detrimental effects on the body are numerous. Please never have another cup of acid (read 'coffee') again if you want to get well. You are, honestly, wasting your time following everything else I suggest if you keep drinking coffee. I want to labor this point because of the positive associations and the social acceptance that coffee holds, making it a difficult target to bring down. But it has to go. Let's look at some of the reasons why:

- Coffee has zero nutritional value. Not one vitamin, mineral or enzyme. Those who promote the health benefits of coffee will argue that it contains antioxidants but this is like pointing out that if you fire a fatal bullet to your brain you will gain headache relief.
- The caffeine in coffee is a powerful drug. Caffeine causes anxiety, heart palpitations, increased blood pressure and insomnia.
- Coffee dehydrates you, since it is a diuretic, a substance which impairs the body's ability to use water. As we will see in a later Chapter, this is very serious for an RA sufferer since a body with RA is commonly dehydrated and to further deplete the body of precious water with coffee is a true crime.
- Coffee is highly acid-forming thus weakening your bones and increasing your risk of osteoporosis through the same mechanisms as consuming meat and dairy products.
- Caffeine is a strong stimulant, which gives you an illusion of having more energy but the truth is, coffee actually depletes your supply of B vitamins, which are linked to energy levels through many biochemical reactions in the body.
- Coffee is a heavily-sprayed crop, increasing your exposure to pesticides.
- Coffee drinking can inhibit absorption of iron, perpetuating anemia and limiting red blood cell production.

Decaffeinated coffee is a nightmare too, as the solvent commonly used to extract caffeine from the coffee bean, methylene chloride, is suspected of causing cancer. This solvent may also be responsible for the direct relationship between decaffeinated coffee and the risk of developing rheumatoid arthritis. A study showed women who drank four or more cups of decaffeinated coffee on a daily basis doubled their risk of developing rheumatoid arthritis compared to those who drank *no coffee* at all. [45]

Is right now a good time to quit your acid addiction? If you can't give up a simple exercise of putting boiling flavored acid to your lips each day, what hope do you have of giving up the other causes of your RA? Just because other people do it doesn't make it right. Be the smarter person and don't follow like a sheep. You want to cure yourself from RA more than you want to drink that coffee don't you?

### **Shay's Story**

I had my apartment painted just one week before commencing this book. The apprentice painter on the job was a 27 year old who had been suffering from severe arthritis for 5 years. He had been diagnosed as having chronic uric acid buildup in his body and had trouble breathing from the excessive mucus in his chest and lungs. He openly described his susceptibility to depression and felt that he was destined for a life of misery and worsening joint pain. Naturopaths and doctors told him there was nothing that could be done and he was toying around the edges with some fish oil tablets and glucosamine sulfate and chondroitin. I call these the Three Useless Amigos and they had done for him the same as they do for most arthritis sufferers – nothing. His pain continued to wreak havoc in his shoulders, knees and elbows. During a chat about health and foods and they saw me prepare a breakfast of mixed salad leaves, soaked almonds and dried seaweed. It's not the sort of meal these painters had ever seen, let alone before 8am. So we continued talking about it and I suggested a number of things that this man should try. Firstly, he was a coffee drinker and, like all coffee drinkers, tried to dismiss it as something small. Secondly he enjoyed having a few beers 'every now and then' and enjoyed fast food at night after 'trying to eat healthy during the day but getting so hungry by night time that I just need to go and get a fast food burger to feel satisfied'. So that's the platform that he had set, but fortunately he was in a lot of pain and I've found one thing above all else for motivation towards health – when you want to make changes, intense physical pain is a great motivator!

You can be rotting away your insides with coffee, cigarettes, alcohol, white bread and sugars but unless you feel some kind of physical pain you'll do nothing. When you start to feel pain on an ongoing and consistent basis then you'll start to take action. Good for you! Think of pain as a small baby that is trying to get your attention. This 'baby' needs your attention and support and it's going to cry until you give it what it needs. By trying to ignore it, it just gets louder until you help

however you know how.

So the painter and I debated coffee for a little while. He was trying to find ways to get me to agree that coffee was fine for him since he was addicted like far too many people care to admit. Withdrawals from coffee only last 7 days, at the most, so I promised him that if he could give up coffee for 7 days he'd never need it again. Surely he's got enough common sense and willpower to try that. Well, he not only gave up coffee for a week but he did a lot more! He cut out meat and dairy for the entire week and replaced his evening cravings for fast food hamburgers with healthier alternatives that I gave him, similar to the ones coming up in this book. The results by the following Monday were nothing short of remarkable. He wrote me the following:

*Dear Clint,*

*I have had painful joints and swelling for 5 years before I undertook your advice. It hurt to climb my ladder and to use a paintbrush! I have tried naturopaths and tried eating various diets to help but some of the things I was eating to get well were actually making me worse! I thought I was going to get worse and worse and that I would be depressed for the rest of my life. I can't tell you enough how helpful your program has been. I can't believe that I am pain free after 1 week, it's incredible. I am getting all my family to make changes to their diet too and I expect them to improve their various health conditions also. Needless to say, THANK YOU!"*

The incredible turnaround of this man was absolutely sensational to watch. Although this story falls under the heading of 'coffee' it was certainly not just the coffee that had kept him in constant pain. It was the burgers, the alcohol, the fried foods and everything else that we know as common and may even think as 'normal'. Our diets are horrific and whatever vice that you have in the Forbidden List above may seem very difficult to give up. However, anything's possible, and with the tasty options that you will have as alternatives I hope that you won't need to eat any more of the crap described above and you can quickly move out of pain and into a new life that's Pain Free, Drug Free and Full of Massive Energy! Are you ready to eat your way to health? Let's now check out the types of foods that need to be on the menu.

# CHAPTER 4 – EAT TO HEAL

*'let medicine be thy food and let food be thy medicine'*

- Hippocrates

Knowing that my food was causing pain I decided that I would 'simply' work out which foods were the ones that were doing all the damage. Before I got diagnosed I thought I was eating well and I told my friends and family that I had a healthy diet. At that time my diet included chicken instead of red meat, milk, yoghurt, lots of vegetables and the occasional dessert. But as my research into the effects of diet and RA began, I found out quickly that I was miles off target to get well from this chronic disease and improve my health overall. I also quickly found out that this task was far from 'simple'!

When most of us think of our next meal we take into consideration taste, calorie content, and perhaps some nutrition. Some of us look at foods as providing us with certain vitamins or minerals and we might be aware that we need 'healthy oils' and that fiber is good for us, but we're not sure how much we need and we probably believe it's a nice-to-have rather than a need-to-have. The calorie consideration is one that is infinitely confusing, as every second person advises different foods for their weight loss programs and generally weight loss programs fail miserably.

Further to this, even if an extremely dedicated and pro-active person followed the recommended dietary intake of vitamins, minerals, essential fatty acids (EFA's) and calories it is my belief that they will eventually get sick, either in a minor way (like a cold) or something more chronic. How can that be? Why would we get sick if we meet all the nutritional requirements that are laid out for us by the so-called experts? What is missing? This is what I wanted to find out.

I went in search for the most healing diet, and in particular, one that had been demonstrated to heal RA, or similar autoimmune diseases. Of course, this was far from easy, since health experts rarely agree on even the simplest of topics. A quick review of the most popular 'eating for optimal health' books will reveal literally thousands of books similar to The Atkins Diet (high in animal protein), The Paleo Diet (high in animal proteins but lots of vegetables), The McDougall Plan (High in carbohydrates, vegetables and fruit), Eat Right For Your Blood Type (a



different diet for every blood type) and endless options for the growingly popular Raw Food diets. Each book sells thousands, if not millions, of copies, telling every second person the opposite information on how to get well. The truth is, the public love to hear about ways to get well that are new, exciting and research-based, fuelled by a claim that healing will take little effort and happen overnight. Thus, with such an easy 'sell' to a desperate and sick public, the really helpful books get crowded out by the get-well-with-no-effort-tonight varieties.

Eventually, I was able to separate the authors who really knew what they were talking about from the vast majority of authors who are completely off with the pixies. If you're suffering with a chronic disease, the way to separate the good authors from the bad is their results. All the convincing theoretical arguments in the world pail into insignificance compared to actual results. Without results, all claims should be ignored!

Fortunately, the diet that appears to be most effective in disease prevention and disease cure is the same. It is what I call the 'Diet for Optimal Health (DOH!)' and it is:

*A whole-foods, plant-based diet that is low in fat and rich in starches, fresh fruit and vegetables.*

Why do I suggest to eat in this way above everything else? Because this dietary approach, above all others, boasts the most convincing set of results against chronic disease:

- The largest study ever conducted on health was undertaken by Colin Campbell and reported in the book 'The China Study'. Based on decades of research, it was concluded that the dietary approach described above was responsible for the lowest incidences of chronic disease worldwide. In fact, cultures that eat in this way are completely unfamiliar with many of the Western diseases that are killing us.
- Dr John McDougall ([www.drmcDougall.com](http://www.drmcDougall.com)) has been an advocate of this starch-based diet by 30 years and has used this approach to cure not just several patients with RA, but thousands of patients with thousands of symptoms for decades. Heart disease, diabetes, obesity, high blood pressure, high cholesterol are just a sample of the symptoms that can be relieved using this dietary approach. (His website contains several video testimonials from

folks who have recovered from RA and many videos of his lectures which are outstanding and I highly recommend you watch).

- One of the most famous doctors in the area of gastroenterology, Dr Hiromi Shinya, describes in his book 'The Enzyme Factor' how a starch-based diet of cooked whole grains has kept him healthy without missing a day of work to sickness in his entire professional career spanning 50 years! He has examined the stomachs and intestines of over 350,000 people and maintains that the inner conditions of your digestive organs reflect your outward conditions. A plant-based diet high in enzymes from fruit and raw vegetables is the diet that he recommends to maintain your inner wellbeing and overall health. In every single case of colonic cancer that Dr Shinya has treated, he has the incredible track record of ***never having had a single patient relapse after surgery by maintaining this diet*** (and drinking lot of 'good' alkalizing water – see Chapter 7 for more on Water).

This Diet for Optimum Health is simple and humble, yet it is amazing in its ability to heal or avoid disease completely. Up until 1957, there was no record of rheumatoid arthritis in Africa. The people in Africa up until that time were eating diets based on vegetables and grains. It is well documented that inflammatory arthritis like RA were extremely uncommon in rural populations of Asia and Africa [32] Some researchers believe rheumatoid arthritis did not exist anywhere in the world before 1800 [34], before the widespread availability and uptake of rich and processed foods into human diets.

Studies show that when healthy individuals or families from developing countries move to countries such as America, they quickly suffer the same fate as the locals, developing heart disease, cancer, strokes, high blood pressure and arthritis by abandoning their traditional diets of grains and vegetables for meat, dairy products, and processed foods [33]. For example, although the autoimmune disease Lupus was unknown in Africa before 1960, African-Americans now lead in the incidence of this disease in the US [35]

So the solution is to replace your meat, dairy and processed foods with a low-fat, plant based diet. That's it. That's the big moment you've been waiting for, the way to eat for the rest of your life to be healthy and happy forever.

There's a good chance that you're disappointed with this solution. I see this reaction all the time, not just on the faces of the people I talk to, but around the

world as a general trend. Although this exact diet has been successful in sustaining civilizations for thousands of years it is losing ground worldwide to the Standard American Diet (SAD) which is a meat, dairy and fast food nightmare. Why would the most healing diet be losing ground to the SAD diet? Well, I have my theory on this.

The healing diet isn't popular because it is humble. It is simple, inexpensive and common. These words are not exciting to most of us who are obsessed with excessive spending, extravagant lifestyles, rich flavors and mind-bending solutions to problems. The foods we eat have been linked to our status. We get to show off to others by being able to afford fine dining and eat rare delicacies. This is a reflection of our success and a reflection of how good we are. The food we place on our plate strokes our ego.

In Japan, healthy brown rice used to be the norm. With the technological advances in food processing, white rice became an option and the consumption of white rice became an indication of wealth and status. Unfortunately, white rice is far less nutrient-dense compared to brown rice as most of the nutrients are removed in the processing. However, since it is faster to prepare, looks nicer, has a fluffier consistency and represents higher status white rice is unfortunately now the norm in Japan and around the world. The long-term health problems that are associated with poor meal choices are ignored for the desire to appear successful, appease our ego, overwhelm our taste buds and have instant gratification.

## **LEAN diet**

I have analyzed the DOH and found that it satisfies the body's needs because it meets the four criteria that are of utmost importance in the human diet:

**Living**

**Energizing**

**Alkalizing**

**Nutritious**

Let us review each of these in more detail so we can see the true value of the DOH, as measured against the parameters that are most critical.

## ***Living***

Living foods are foods that contain enzymes. We have seen in Chapter 2, enzymes are critical to the body in countless ways, essentially kick-starting or assisting in every metabolic activity. One metabolic activity that is of particular importance to us is digestion, as this has been compromised from years of poor food choices. Thus, by eating foods with a high enzyme content, we are able to not only assist with the digestion of that particular meal, but also 'give back' enzymes to our enzyme bank to slowly replenish our enzyme levels for future bodily functions. The DOH contains raw fruits and vegetables which become your supply of enzymes and contribute to your body's healing and maintenance.

## ***Energizing***

You will receive most of your energy from complex carbohydrates, or simply 'starch'. Starch doesn't exactly sound terribly appealing, modern or exciting. For many, it may even set off alarm bells regarding weight gain. This is how little we understand our bodies and dieting. Asian, Indian and Latin-American countries like Mexico and Peru have been living off staples like rice, beans, corn and potatoes for centuries without a sign of obesity or a thought towards calories or dieting of any kind. You won't be able to find an obese Chinese farmer or a Peruvian native who had Rheumatoid Arthritis in the pages of history books! Before the major introduction of a high-fat, high-sugar, high-protein Western diet these countries had citizens who were pain free, drug free and full of massive energy.

Using a plant-based starch as the foundation of your meal is the alternative to thinking of meat as the usual foundation. For example, meals become a brown-rice based or a sweet-potato based or a quinoa-, buckwheat-, amaranth- or sprouted-bread based meal, rather than meat. This takes lots of pressure off your digestive process as starch is easy to digest and provides a steady release of energy. This frees up your body's resources to undertake some much needed housekeeping - remove waste and heal.

Energy is a critical indicator of the overall wellbeing for someone with RA. As we have discussed above in the section on Chlorophyll, up to 60% of RA sufferers are anemic. However, there is a big difference between Anemia of Chronic Disease and Iron-deficiency anemia [50] As inflammation levels rise, the body produces less iron, since the body believes that iron is required for the invading pathogen

(causing the inflammation) to thrive. Thus, by limiting iron supplies, the invading pathogen will be more easily overcome and eliminated.

That is, inflammation actually causes the anemia in most RA folks since it inhibits the production of iron. So as you have more energy it is actually a reflection of a reduction in inflammation. So, if you are getting an increase in energy, then there is a strong chance that your CRP levels will already be down compared to when you started this program. Starch provides you with this increase in energy, facilitating a reduction in inflammation and, in turn, an alleviation of anemic conditions.

Such is my belief in starch as the way forward in healing I have coined the acronym for STARCH - 'So That A Rheumatoid Can Heal'. My progress in pain-reduction on a whole-grain starch-based diet was steady and consistent and I was able to have excellent energy levels throughout the day. You've heard of carbo-loading for athletes who want to have a huge amount of energy for a long race. Why not carbo-load to go to work? Wouldn't it feel good to attend every meeting and make every phone call with a feeling of vitality inside you that almost makes you vibrate with energy?! As you read this do you feel like breaking out into a few pushups? I do! I'm doing squats as I type!

Well, not exactly, but I'm always so full of energy from a high-carb diet that fatigue is a thing of the past. Fatigue is a common symptom of RA and I used to require 8.5 hours of sleep each night and still wake up tired. Now I feel fresh on 7.5 hours of sleep, which is something I haven't been able to do for my entire adult life! Our bodies are capable of great athletic ability and we function most efficiently and effectively on vegetable-based carbohydrates, which are simple, humble and inexpensive.



**Figure 2** – The Red Army. Incredibly fit Porters on the Inca Trail who use plant-based diets for fuel

When I was in Peru hiking the Inca Trail in 2007 our hiking team was supported by Porters who were local Peruvians who carried all of our luggage and all of the food and cooking equipment for our groups meals. These men were incredibly fit, lean and resilient. They would run past us in single file with 20kilogram (40 pound) bags on their backs covering up to 14 km (10 miles) every day! When the team would eat I would observe their meals – brown rice, quinoa, potatoes, bread, lentils, and some occasional fish. Always with a salad. That was it.

### ***Alkaline-Forming***

Generally speaking, all vegetables and leafy greens are alkaline forming. We need to concentrate our efforts enormously on recreating an inner alkaline environment for ourselves. Although we know from chemistry that when an acid and a base combine they cancel each other out, it does not work the same when it comes to the human blood. In the human blood, it takes about 20 times as much base to neutralize any given acid, so it is very difficult once we are in a state of acidosis to return to balance and regain optimum health. [27]

### ***Nutritious***

Plant foods are the most abundant sources of nutrition on earth. Animal foods don't even come close in comparison. Despite what you've been told, plant foods will provide you with all the essential minerals, calcium, protein, amino acids, vitamins and fats. Plants have far greater nutritional value than animal products. Animal foods tend to offer concentrated amounts of individual nutrients, such as protein or calcium, while being deficient in many others. Only plants contain powerful substances called phytochemicals, which scientists are now discovering protect us from cancer, heart disease, and an array of other serious illnesses.

Nutrients are, essentially, the raw materials your body needs to function properly and to grow. In general, there are two types of nutrients – the ones your body can make, and the ones it can derive only from your food. The latter are called "essential" nutrients, for the simple fact that your diet must provide them for you to sustain your health.

There are 13 essential vitamins, meaning that we cannot synthesize them ourselves and we must consume them in our diet. Eleven of the essential vitamins are made in abundance by plants. The two that are not produced by plants are vitamins D and B12. Vitamin D is attained easily through sunlight, and B12 can be obtained from sea vegetables like dulse or wakame, or from Kombucha Tea

drinks. I have heard some speakers claim that B12 is in the carbon dioxide that we exhale and that we are exchanging B12 with each other when we communicate! Both of these vitamins are stored in your tissues for long periods of time. I don't think B12 ever needs supplementation, even if maintaining a meat-free diet for years. However, one of my heroes, Dr John McDougall says to supplement B12, so who am I to argue? I haven't myself, but feel free to make your own choice regarding B12 if you want to go animal-free for a long period of time.

When it comes to minerals, plants are the primary source of all minerals that we consume. In fact, all minerals are originally derived from the soil end up in our food supply via plants. Animal foods only contain some minerals because the animals eat plants, or they eat animals that have eaten plants.

Plants are also the only sources of fiber, which binds in your intestines with fat, cholesterol, environmental pollutants, and disease-causing hormones and eliminates these dangers from the body. Fiber also decreases intestinal transit time and promotes healthy bowel elimination. Fiber binds bile acids in the intestine and causes them to be eliminated in the stool. Bile acids are created from cholesterol, so as bile acids are removed from your body then cholesterol is reduced. You will experience a direct relationship between the amount of fiber consumed and a reduction in blood cholesterol.

Importantly for this program, fiber feeds your microflora, allowing the health and wellbeing of your good bacteria which, in turn, provides a foundation for your overall health and wellbeing. Outside of our concern with RA, fiber may have other important benefits, especially with regards to heart disease. Fiber lowers insulin levels which is important since high insulin levels are associated with heart disease. Fiber also decreases the blood's tendency to form clots, which can instigate a heart attack.

## **Summary**

As we can see in this Chapter, the Diet for Optimal Health (DOH) is one that is associated with the lowest levels of chronic disease and is also used to successfully heal those who are already sick. It is a diet that provides the best internal environment to support digestion and protect you from pathogens entering your bloodstream. It is a whole foods, low-fat plant based diet that is **Living, Energizing, Alkalizing and Nutritious.**

# CHAPTER 5 – THE PADDISON PROGRAM

I believe that the evidence that we just reviewed in the previous chapter should be sufficiently convincing to at least try a dietary approach towards healing your RA. I have presented a case for the Diet for Optimal health (DOH), a plant-based diet with low fat and lots of fruits and vegetables, as the best blanket-style approach to make improvements to any health condition.

However, is this diet absolutely ideal for us to go from a state of chronic sickness to health in the shortest possible time? My feeling is ‘no’, or at least, not necessarily for every case of RA. I believe that it was completely essential in Chapter 4 to go through the DOH in detail, so that you have my opinion on the best long-term eating approach for the future, but to have the best chance of reversing your inflammation *right now* we need even more additional prowess to conquer this persistent problem.

To heal RA it is all in the details. When you have a chronic autoimmune disease you have a leaky gut syndrome which commonly results in food sensitivities, meaning that certain foods which are normally harmless can exacerbate the condition even when you think you’re eating ‘right’. Thus, it is a total minefield as to what to eat since what is fine for one person might be totally inflammatory for the next. So the DOH is excellent once you are well to keep you well, but to have the greatest chance of success I have gone beyond the DOH and turned it into The Paddison Program.

The Paddison Program is a modification of the DOH that maximizes vitality, is nurturing to the body, accelerates healing and minimizes the dreaded issue of food sensitivities. I hope you’re excited! We are now preparing to commence an intervention into your dietary habits like never before. We will hydrate, cleanse, repair and heal in a way that was never previously possible. If your body was a car, you’re about to get the best servicing you’ve ever had.

Let’s look at the modifications that I made to the DOH to turn it into The Paddison Program.



## **Cleanse**

It is a good idea to clean things out and make way for the new. If you have an immediate and serious health concern you are best jumping in to the healing process in this way. If you wanted to plant some trees you first would need to prepare the soil and get rid of all the garbage. Cleanse the body to rid it of impurities, normalize digestion and metabolism and start to shift towards an alkaline balance

## **Alkalizing**

All foods – every *single* one – on the first 10 days of this program are alkaline forming. This gives you the peace of mind that you are bringing your body back towards balance with every single bite! *‘Could life get better? I submit that it could not!’* – Brian Regan (my favorite comedian – watch his vids while cleansing!)

## **Greenamania**

You will know by now that I am a huge advocate of leafy greens. Think salads. Big salads. In the place of fruits and vegetables we are going to eat greens. This is because greens contain over and above any of the nutrients that individual vegetables and fruits can offer us, as well as eliminating food sensitivity issues and some acidifying effects. More about greens shortly.

## **Nightshade Free**

Many people believe that the nightshade family of vegetables, such as tomatoes, potatoes and eggplant, seem to exacerbate their symptoms. I was never able to definitively conclude as to whether or not they were a problem for me, since I never ate them out of paranoia! However, I eat them now that my digestive process is back to an optimum working condition. To be safe, though, all nightshades are avoided in The Paddison Program. I still am yet to conclude as to the effects of nightshades on my body, and I eat them only occasionally and with some caution.

## **Gluten Free**

The Paddison Program is free of gluten, which is a plant protein that is particularly hard to digest. It is present in wheat, barley and rye. Celiac disease (gluten intolerance) is sometimes associated with RA and in many cases goes

undiagnosed. For safety, we are going to go gluten-free on this program even if you are unaware of any gluten intolerance.

## **Sugar Free**

I'm recommending you avoid sugar completely, including fruit, for the first 12 days. This may be counter-intuitive, given the commonly-known health benefits of most fruits, but as we will see in a later chapter we can easily gain all of the nutrition that fruit provides from other sources during the Repair phase of the program.

## **Potassium Rich**

In one of my favourite scientific studies that has been conducted on RA, researchers investigated the role of potassium on pain levels. The reason for this is that sufferers of RA had been found to have significantly lower potassium concentrations in the blood than that in people with no RA symptoms. [58] In addition, RA sufferers have inappropriately low cortisol levels, which suppress inflammation. Since there is a link between the production of pain-reducing glucocortisol and potassium, researchers thought 'maybe if you gave people with RA some extra potassium it would boost steroid levels and help with their inflammation'.

So a double-blind, placebo controlled trial was conducted in which patients with RA were given Potassium supplementation for 28 days (an intake of 6500mg/day, nearly double the USDA recommendation of 3,500mg/day.) [59] The result was "a reduction of disease activity and pain intensity reflecting an anti-pain affect of potassium" and the authors recommended a 'much higher use of leafy vegetables which are inherently high in potassium, and therefore boost the natural anti-inflammatory hormones in the body'. [58] This is one of the many, many reasons why specific green leafy vegetables are key components in the Paddison Program for RA diet as you'll see shortly.

I also take great interest in the role of potassium because it happens to be one of the 4 key alkalizing minerals for the body when used to determine the acid/alkaline ash [60] (in addition to Calcium, Sodium and Magnesium). Thus, an increase in Potassium is directly proportional to increased alkalinity. So I believe that the effects of Potassium on pain reduction are also partially due to a

reduction in the acidity in the body which, in turn, creates an environment for healing.

As if this wasn't enough motivation to up our potassium intake, it turns out that 98% of Americans are deficient in Potassium, falling short of the recommended 4,700mg/day. [62] This is purely from not eating enough plants. For much of the last 3 million years or so, we ate so many plants that we probably got 10,000 mg of potassium in our daily diet. Today, we'd be lucky to get 3,000.

Finally, to top it off, a review of all the best studies ever done on potassium intake and its relationship to two of our top killers, stroke and heart disease, was recently published in the Journal of the American College of Cardiology. A 1600 mg per day higher potassium intake was associated with a 21% lower risk of stroke. The paper concludes: "These results support recommendations for higher consumption of potassium-rich foods to prevent vascular diseases." [61]

Rest assured, you're about to get your share of plants and potassium on the Paddison Program!

## Summary

In summary, avoiding nightshades, gluten and sugar, whilst following a plant-based diet that is low in fat and high in alkalizing minerals is surely a recipe for success. It was for me! So let's now review the entire The Paddison Program process, starting with an overview diagram shown in Figure 3 below.



**Figure 3** – The Four Phases of the The Paddison Program process

Given that most people have Monday-Friday jobs, this program is configured to start on a weekend. This is not entirely necessary, but the 2-day cleanse is ideally suited for a Saturday and Sunday period, allowing you to return to work on the Monday with the food that you will have prepared in line with this program. If you don't have a 9 to 5 then you can start any day you wish.

In the next chapter we discuss each of the phases and learn how each phase will bring us closer to regaining health.

# CHAPTER 6 – PHASE 1 BASELINE

Before embarking on anything new it's important to check in where we are currently at so we have a reference point as we move forward. It's also essential to know that we are actually up to the task in the first place! So in this short chapter we are going to record several aspects of our current health and also make sure that we are safe to proceed with the task ahead. Let's deal with the latter first.

The goal of the Paddison Program is to help you reduce RA symptoms quickly and effectively. But we know that RA comes with serious medications – not to mention that sometimes folks with RA have other health conditions as well which are also being treated through medications. Dietary changes can create powerful healing, and in the process of increasing your plant foods your body will make changes well beyond your levels of RA pain. For example, swapping out meals containing meat and dairy products with more starch-based meals such as rice will usually lower any high-blood pressure or high-cholesterol conditions naturally, effectively and quickly [71, 72]. So, for example, if you are taking cholesterol-lowering medications or blood-pressure-lowering medications and then you change to a more plant-based diet then you may find that you begin to be 'over medicated' as your overall health improves in the first few weeks. Since your medications may need monitoring, I suggest you talk to a licensed health professional such as your doctor or Rheumatologist before you begin this process to assess your unique medication status and physical constitution.

If you're all good to go then we need to now establish your 'before' condition, which is your current condition, by measuring as many things about your RA as you can. For example, for elbow joints I would frequently measure the distance of my arm span from finger tip to finger tip since the greater the swelling in my elbow joints the less my arms would extend. This gave me a quantifiable measurement on my elbow condition and as my elbow joints improved and the swelling went down my arm span increased accordingly. I also did measurements for my knee (distance from heel to glut muscle) and fingers (distance from fingertip to palm where my fingers couldn't close). I measured these daily, upon rising, and charted each joint against time, thus giving me a visual indication of my overall condition at a glance.

The First Phase is to establish your ‘before’ condition, which is your current condition, by measuring as many things about your RA as you can. For example, for elbow joints I would frequently measure the distance of my arm span from finger tip to finger tip since the greater the swelling in my elbow joints the less my arms would extend. This gave me a quantifiable measurement on my elbow condition and as my elbow joints improved and the swelling went down my arm span increased accordingly. I also did measurements for my knee (distance from heel to glut muscle) and fingers (distance from fingertip to palm where my fingers couldn’t close). I measured these daily, upon rising, and charted each joint against time, thus giving me a visual indication of my overall condition at a glance.

DATE (October)	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>th</sup>
<b>Left (pain /10)</b>										
Index finger	2.1	2.2	2.2	1.8	1.8	1.7	1.7	1.7	1.7	1.6
Middle Finger	3.1	3.4	3.1	3.0	3.4	3.4	3.5	3.2	3.1	3.0
Pinkie	2.1	2.2	2.3	1.9	1.9	1.9	1.9	2.0	1.8	1.8
Ankle	4.5	4.4	4.4	4.4	4.6	4.4	4.4	4.4	4.4	4.3
Knee	1.1	1.1	1.1	1.0	0.9	0.9	0.9	0.7	0.7	0.7
Elbow	2.8	2.9	3.4	3.3	3.2	3.1	3.2	3.2	3.2	3.2
<b>Right (pain /10)</b>										
Index finger	2.0	2.0	2.1	1.7	1.8	1.4	1.6	1.7	1.7	1.6
Middle Finger	3.1	3.4	3.1	3.0	3.4	3.4	3.5	3.5	3.1	3.0
Pinkie	2.1	2.2	2.3	1.9	1.9	1.9	1.9	2.0	1.8	1.8
Ankle	4.5	4.4	4.4	4.4	4.6	4.4	4.3	4.3	4.4	4.3
Knee	1.1	1.1	1.1	1.0	0.9	0.9	1.0	0.7	0.7	0.7
Elbow	2.8	2.9	3.4	3.3	3.2	3.1	3.2	3.2	3.2	3.2
<b>TOTAL PAIN</b>	<b>33.1</b>	<b>34.1</b>	<b>34.9</b>	<b>32.7</b>	<b>33.6</b>	<b>32.6</b>	<b>33</b>	<b>32.4</b>	<b>31.5</b>	<b>30.8</b>
<b>ENERGY (LEVEL/10)</b>	5	6	6	7	6	5	7	7	6	7
<b>WEIGHT (KG)</b>	72	72	72	71	71	71	71	71	71	71

**Table 2 – Table of Joint measurements each day**

Secondly, I created a table and listed every one of my painful joints and gave them a rating out of 10 for pain. This gave me a snapshot of the condition of each joint. Then, with my daily recording of pain in each joint, I was able to see how my body was changing with the diet. See the example above.

In addition, take some photographs of your joints at the limits of their range of motion. This way you can look back and get an immediate comparison of how your body is progressing. You may even want to shoot a video or make an audio recording of your status right before you start, to refer back to later.

You will also see in Table 2 a measurement of energy levels. Try to gauge how you feel in terms of your enthusiasm and 'get up and go' power. You should start to feel an increase in energy from about Day 5 onwards. As we discussed in the LEAN diet protocol, Starch will infuse you with energy, partially since it is the ideal fuel for human metabolism and also since it sidesteps inflammation which inhibits iron (and hence oxygen-carrying red blood cells) in the body. [50]

Finally, measure your weight first thing in the morning, each day, after going to the bathroom. Generally speaking, you will lose weight. If you are like I was, and have no more weight to lose, then weight measurements provide re-assurance that whilst you are healing your body you aren't sacrificing your muscle mass. If you do start to lose a little too much weight then no problem - adjust the size or frequency of your meals to increase calories which effectively stops the 'problem'.

Finally, it is important to have your blood results taken close to the start of this program. If your last blood readings are more than a few weeks old, then please get your blood measured to show your levels of CRP (C-Reactive Protein) and ESR ('Sed Rate) before you begin. This is absolutely critical and I insist that you have your blood reading before you begin. Even if you 'feel better' soon, it is very difficult to quantify this without the initial reference point in your bloodwork.

If you aren't already, ensure that your doctor requests on your blood test forms to have a copy sent to you every time you get your blood tested. The more information you have, the more you are in control and taking ownership of your health. Since many RA patients have their blood tests done on a monthly basis, your blood results should become one of your best sources of feedback as to how you are progressing. If you aren't already having your blood tested once a month, I recommend it for the above reasons.

## CHAPTER 7 – PHASE 2 CLEANSE

Why cleanse? A good cleansing program will not only release you from many disease symptoms, it will also give you mental clarity. Some folks claim that it will also provide a boost of energy and ‘freedom from negative thoughts’ but that might be pushing it. I encourage doing a cleanse for several reasons.

Firstly, it is important to experience for yourself the link between food and your inflammation. The greatest way to see this is to not eat solid food for 2 days. Secondly, you should enjoy some pain relief and remember what it is like to have some increased movement in your joints and know that your body still remembers what it is like to move more freely.

Cleansing also gives your body a rest from the constant demands of the digestive process, which is the most labor-intensive activity that your body undertakes. To make a digestive enzyme your body needs to use 9 metabolic enzymes which, in turn, takes these metabolic enzymes away from their maintenance and repair processes. When there is little to digest, the digestive enzymes can be converted back into metabolic enzymes and your body can go about a spring cleaning like never before. With all of your enzymes free to mop up the body’s issues, an accelerated healing can take place. In fact, whenever your stomach is empty you are entering into this state of healing and cleansing. If you want to harness the power of your body’s healing on a regular basis, then you should learn to make friends with gentle hunger.

To aid the healing of the body during the cleanse, vegetable juices will be consumed regularly. These vegetable juices are rich in vitamins, minerals and enzymes, which your inflamed and damaged body desperately lacks. By consuming regular vegetable juices, the enzymes are entering the body quickly and easily and are able to be put to work for metabolic processes (as they are not required for digestion). In this fashion, some progress can be made towards replenishing your ‘enzyme bank’ in your body.

My earliest fears with fasting were regarding weight loss. I’m a naturally thin person, so for me the thought of losing weight has always been terrifying. (I’m a man and I’m meant to be big and strong, God damn it!) IF you have weight to lose, then fasting is going to be immensely satisfying since you can shed around



1kg (2.2 pounds) after the 2 days. You will lose fat cells and a little muscle mass. Don't worry about a little muscle lost since only the weakest or damaged proteins are broken down and used for fuel first. You won't wake up on day three with half a quadricep!

If you are already underweight then I do not recommend you undertake the fast. This is very unfortunate but the problem of doing a fast if you are already underweight is several fold. Firstly, I have found first-hand that joints which are supported with the most muscle strength are less inflamed and less painful overall than their weaker counterparts. So to lose any of that supportive tissue around the joint could be of future detriment to that joint.

Secondly, being underweight with RA makes it very difficult to be able to put weight back on since the type of weight resistance training required (low joint strain) and the concurrent diet required to minimize inflammation (Phase 3 of this book) will provide only slow and steady muscle-building that requires much patience and regular gym attendance. Although this is indeed not impossible, it can become frustrating and lend itself to wanting to freely eat more calorie-dense or protein-dense foods outside of the program, or training harder to try and gain faster results. Believe me, I've done both and suffered each time and.

Finally, there is a degree of self-confidence that we must uphold that comes with our personal appearance. If you are underweight and you feel it affects your confidence in social or business circles then the self-esteem hit you will take from further weight loss through the fasting process will be detrimental.

So, if you are overweight, or normal, lucky you! The cleanse will be awesome. Let's check out what you'll be drinking.

Vegetables juiced in this cleanse are Cucumbers, Celery, Cabbage and Mung Bean Sprouts.

Cucumber Juice contains vitamins A and C as well as minerals Calcium, iodine, iron, magnesium, phosphorous, potassium, silicon and sodium. Cucumber pulp through the juicer is low so that Cucumber juice feels very 'light' and is easy to drink, like flavored water. It is extremely alkalizing, and also has anti-inflammatory properties. Wash and peel cucumbers before use to remove the wax on the cucumber surface.



**Figure 4 - Cucumbers**

Celery Juice contains vitamins B and C as well as minerals Iron, magnesium, phosphorus, potassium and sodium. Celery juice, like cucumber juice, is a refreshing light liquid that is mild and pleasant on the taste buds. There are many anecdotal reports of celery juice as being excellent for easing arthritic conditions and joint pain and I certainly attest to that. Choose celery stalks that are firm and straight that show no signs of wilting. Wash the stalks thoroughly.



**Figure 5 - Celery**

Cabbage juice tastes terrible but try to include cabbage in at least one juice per day. Cabbage is a natural healer for the stomach wall since it is high in the tissue-building amino-acid L-Glutamine and high in Vitamin U. The more cabbage juice you can drink the better, so try to get that gear into you, even if you need to hold your nose or something.



**Figure 6 - Cabbage**

I'm Mr. Drinkanything so I can down a 600mL glass of it now, so if you can get to that point please email me so I can have a laugh and I'll add you to the Cabbage Drinkers Hall of Fame - [info@paddisonprogram.com](mailto:info@paddisonprogram.com)

Check out what Bruce was able to achieve by just introducing juicing alone, *before even starting the program*:

### **Bruce's Story**

"Hi Clint, I am away at the moment and will be for about another 6-8 weeks. I haven't been able to do the program as yet but i have been juicing celery and cucumber while I am away and i have had a significant improvement with the swelling in the joints of my toes, which had been quite swollen and sore. At times it has been like walking on marbles or stones. I can now walk with virtually no pain...Once i return home i will try the full program".

These three vegetables are all rich in chlorophyll so for your first time they might be a little bit of a shock to the system and cause a toilet run. This only happens to me if I drink copious amounts in one go (i.e. > 1L) so judge your own body with regards to quantity and don't gulp it down too fast.

Sprout juice tastes just as bad, but you don't need to drink a whole glass full. When I'm talking about juicing sprouts I'm specifically talking about juicing Mung Bean sprouts, which are the long white crunchy things that you often find sprinkled over a stir-fried dish at a Thai restaurant. Why on earth would you want to juice these I hear you ask! Well, I can't think of any way in the world that you

could get more enzymes into your body than to juice sprouts. In fact, it's quite likely that you will consume more enzymes in a mouthful of this juice than you have consumed in total for the past month. Trust me, that is very good news. But just drink about a ¼ of a glass in each mix since sprouts contain a small amount of alkaloids which are toxic in very high doses. In small quantities it will not hurt the human body and will in fact strengthen the immune system. So the secret is to add sprout juice here and there for two days so that you can reap the benefits without going overboard.

Please start drinking the juices immediately so that the enzymes are not lost as they become oxidized. Consider what happens to an apple after you take a bite. Within minutes the enzymes in the apple have begun to decompose the areas that are in the presence of oxygen. Also, swish the contents around in your mouth for at least 10 seconds before you swallow. In this manner you are mixing the juices with the amylase enzymes in your mouth and thus beginning the digestive process.

These vegetable juices will feed your body with an abundance of vitamins, minerals and disease-fighting antioxidants. These fresh and nutrient-rich juices will also help to heal and restore your energy and youthfulness. Green vegetables juices have remained a big part of my life long after my cleanse. After you get a taste for these they may become a craving. Not for any sugar content, but for the cleansing effect they have which make you gain sudden awareness and clarity and sometimes a burst of energy that makes you almost float around the room with vitality and happiness!

### **Salad will Set You Free**

Whenever I get asked 'if I just wanted to make only one change to my diet to get healthier what should it be?' I answer 'eat salad with every meal'. So as we enter the The Paddison Program methodology we start looking to consume greens, greens and more greens. A continual variety of humble, simple greens like baby spinach, kale, bok choy, cos lettuce will set you free.

Notice that Phase 1 of this program is not called 'Fast' but 'Cleanse'. That is because I want you to include salad in the cleanse since it is important to keep moving waste out of the body during the detoxification process. There is an alternative option, which is to self-administer enemas, but I believe that just eating lots of plain salad during the cleanse is a more effective way to go and one that

will have a higher degree of compliance. That is, you are more likely to do the cleanse if you only have to chew on a few leaves instead of sticking a hose in a place that's never had a hose before. I've done a fast, I've done enemas and I've eaten nothing but salad and juices for a few days. From a results and comfort point of view I choose to go with vege juice plus salad!

Please note that I'm talking about salad without dressing. Salad dressing is high in fat which is to be avoided, and of course these dressing have been processed and contain preservatives. Salad dressings are also generally acidifying for the body. I buy bags of fresh salad from the supermarket that are pre-mixed and pre-washed. They normally call them a '4-leaf mix' or the like. Baby spinach leaves are fantastic when present in any mixed leaf salad. It will seem weird at first to just eat salad without dressing, but the dressing is actually the 'weird' thing for the body since it isn't a natural substance. The reason even lemons and limes are omitted as a kind of dressing is because citrus is another possible allergic trigger for some people and I don't want to take any risks on that. After getting used to eating salad without dressing it becomes fine. To this day I still eat salad with no dressing and it doesn't even occur to me to look for 'an improvement' to that.

So let's look at how amazingly beneficial it will be to eat loads of salad and leafy green vegetables not just during the cleanse, but throughout this whole program. Let's start with chlorophyll and it's ability to address anemia, amongst many other things:

- The Chlorophyll in green leaves is miraculous. The molecular structure of chlorophyll is almost identical to human blood. Human blood is 75% hemoglobin and the only difference between the hemoglobin molecule and the chlorophyll molecule is the centre atom. In hemoglobin it is iron and in chlorophyll it is magnesium. Thus, when you eat plants rich in chlorophyll, the body finds it easy to swap out the centre atom and make some new blood cells, thereby increasing the quantity and the quality of your blood cells effectively. This has the extremely valuable benefit to sufferers of rheumatoid arthritis, who are anemic in 33%-60% of cases [44] A review of the literature shows that there is a positive correlation between improvement of symptoms and the resolution of anemia. These results suggest that (1) patients with RA who have anemia are likely to have more severe joint disease and (2) if the anemia is successfully treated, the joint disease will likely respond to treatment as well. [44] Thus, Chlorophyll has the power to regenerate our

bodies at the molecular and cellular level and will cleanse the body, fight infection, help heal wounds, and promote the health of the circulatory, digestive, immune, and detoxification systems.

- Green leafy vegetables meet ALL of the LEAN guidelines, being Living (raw, containing enzymes), energizing (microform-feeding via the fiber and blood-building via chlorophyll), extremely alkaline-forming and extremely nutritious. Of every food group, only fresh leafy greens match almost all human nutritional needs.
- Protein – On a dry weight basis, leaves are about 25% protein.
- As well as providing protein, the enzymes in raw leaves, and in other raw plant foods, actually help in the digestion of the particular food in which they are found, as well as donating some enzymes to your enzyme bank.
- Essential Fatty Acids - Although leaves are very low in fats, the small amounts of fat that they do contain tend to consist of the essential fatty acids linoleic and alpha-linoleic acid. These are essential for the health of the immune system and in making cell membranes.
- The mineral content of green leaves is outstanding. We have already discussed in detail the importance of potassium at the end of the last chapter. In addition, leafy greens are high in magnesium, and 74% of the American population take in too little magnesium [51]. On a dry weight basis, green leaves are actually as rich (or richer) in calcium than cow's milk. The calcium in Green leaves is present with magnesium in an ideal combination for absorption and in an easily-digestible format. Unlike animal milk, green leaves are very clean, light foods which the body finds easy to handle, and they actually help to clear the body of mucous and toxins, rather than creating them! Greens are rich in iron, further assisting the blood building process. Green leaves are also good sources of zinc, manganese, cobalt, copper and many other important minerals which are required for various roles within the body.
- Fiber - Leaves are an outstanding source of Fiber. The fiber in leaves is particularly beneficial since it encourages the "friendly" lacto bacteria - mainly *Lactobacillus acidophilus* in the intestines to proliferate and grow. These bacteria thrive on green stuff. Inside us they make B vitamins (including B12 – but there is debate as to its absorbability when synthesized internally) and vitamin K. They help in the digestion of food, help our immune system and help in keeping the "unfriendly" bacteria at bay. The "unfriendly" putrefactive bacteria, such as *E.coli*, proliferate when there is an absence of fiber and an abundance of decomposing remains of meat and milk. It is often said that

disease starts in a toxic colon. So - eat plenty of raw leaves to encourage the friendly lacto bacteria. Foods rich in fiber also prevent blood sugar levels from rising rapidly after a meal. Because of this factor, fiber-rich foods prove to be an excellent food for individuals suffering from diabetes, insulin resistance or hypoglycemia. While stabilizing the blood sugar levels this food provides consistent slow-burning energy to the body. Several digestive disorders, including RA, can be positively influenced with a very large fiber intake.



**Figure 7** - Green leaves are jam packed with nutrients

- Vitamin C, which is very important for the function of the immune system, tissue repair, and it is an antioxidant vitamin. Most people tend to be rather short of vitamin C because they do not eat enough fresh raw foods. Our forest dwelling ancestors living largely on fruits and leaves would have had an abundant supply of vitamin C.
- Green leaves are the richest sources of carotene, or provitamin A, from which the body easily makes as much vitamin A as it needs.
- Vitamin E (another antioxidant vitamin) and vitamin K (essential for blood clotting) are also abundant in green leaves.
- The whole B complex (except B12 - which can be obtained by other means - see later). The B complex is involved in many different bodily functions, but two of the most important ones are
  - The release of energy from food.
  - Maintaining the immune system.
- Green Leaves also contain bioflavonoids which are various plant pigments and are associated with chlorophyll. (nb. They are also in many fruits). Bioflavonoids act as an antioxidant and are important for the utilization of vitamin C.



**Figure 8** – (from left to right) Cos Lettuce, Kale and Silver beet (Swiss Chard)

With so many health benefits of green leafy vegetables we can safely gain our Living part of each meal, without the need for various fruits and vegetables for now. This is an effective way to minimize the range of different foods we are eating, thereby lowering the chance of triggering a food sensitivity (since nobody I'm aware of has had flare ups from green leaves).

## **Water**

Water is the basis of all life. This certainly holds true for the human body. Your muscles are 75% water, your blood is 82% water, your lungs are 90% water and your brain is 76% water. Even your bones are 25% water.

We get most of our water (about 60%) from fluids. Of the remaining amount, about 30% is obtained from our foods and 10% from cellular metabolism.

We lose water through perspiration and elimination (in urine and feces) and some even vaporizes out of the lungs as we breath. The amount of water a person excretes in a day, including sweat that evaporates, is said to be approximately 10.5 cups. Water loss and lack of replenishment can result in dehydration, characterized by decreased urine output and flushed dry skin. Of course there is some water in food, but even when you consider that , it is necessary to replenish at least 6 or 7 cups of water per day.

Water has an enormous number of purposes within the body. It improves blood flow and promotes metabolism. Water also plays an active role inside the vessels of the lymph system, which is like a the human body sewage pipe. An effective lymph system purifies, filters and transports waste through the bloodstream.

Water activates the intestinal bacterial flora. It also moistens the areas of the body where bacteria and viruses can easily invade, such as the bronchi and



gastrointestinal mucosa. This enables the immune system to be activated to provide its highest protection.

Water is not only essential for many activities in the body, it is also critical for most enzymes, as well. For example, protease, amylases and lipases are hydrolytic enzymes and require water to do their jobs. Without water, these and other enzymes could not function since water activates the enzymes. In addition, the cofactors (minerals) and coenzymes (vitamins including the B vitamins and Vitamin C) are required for enzymes to work properly and for these vitamins and minerals to be delivered to various cells the body requires water.

Water helps us maintain proper body temperature, whether we're suffering from winter's frozen grip or summer's intense heat. Water also provides a protective cushion around our body organs, such as the brain.

According to Fereydoon Batmanghelidj in his book 'Your Body's many cries for water', Rheumatoid arthritic joints and their pain can be viewed, in part, as indicators of water deficiency in the affected joint cartilage surfaces. Arthritis pain is a local thirst signal of the body [36]. Unlike bone cells, which are immersed in calcium deposits, the cartilage cells are water-dense. The lubricating property of this 'held water' is utilized in the cartilage allowing the two opposing surfaces to freely glide over one another during joint movement.

As the cartilage surfaces glide over one another, some exposed cells die and peel away. New cells take their place from the growing ends that are attached to the bone surfaces on the two sides. In a well-hydrated cartilage, the rate of friction damage is minimal. In a dehydrated cartilage, the rate of 'abrasive' damage is increased. The ratio between the rate of regeneration of cartilage cells to their 'abrasive peel' is the index of joint efficiency.

The most important thing to note is that inside the joint structure the *actively growing blood cells in the bone marrow take priority over the cartilage for the available water*. So to adequately hydrate the cartilage, an abundance of water should be available to each and every joint.

You have nothing to lose and everything to gain by interpreting the pain and inflammation of a rheumatoid joint as a thirst signal in your body and drinking at least 3 liters of water per day. Savvy folks are conscious of the timing of water

drinking and have learnt that it's best to not drink 30min prior to a meal and within 1 hour after a meal, to avoid diluting digestive juices in the stomach. This may be true on a diet of animal proteins, but my experience has shown that as long as you are strictly eating a plant-based diet, especially the one in The Paddison Program, some water even through meal times has no impact on the digestive process. In fact, unless you set a timer, the mindset of 'stopping water intake for 1.5 hours whilst around the period I eat' ends up absentmindedly becoming a 3 hour period and before you know it you're thirsty. Experiment with it yourself. Keep hydrated.

Liquids such as tea, coffee, carbonated drinks and beer all actually cause dehydration. Sugar, caffeine, alcohol and the additives contained in these drinks rob fluids from the body's cells and blood, deviating your body from good health and we will avoid these on this program. In addition, the water from most municipal water systems is either contaminated or loaded with chlorine, fluoride and other chemicals. Therefore, use bottled, distilled, spring, or alkaline water (my choice), or purchase a good quality water purification system like the Kangen system if you can afford it (these are very expensive).

When I was in Iraq to entertain the troops they had signs in the bathrooms that said 'To maintain your hydration, ensure you make at least 5 trips to the bathroom a day to expel colorless, odorless urine'. I think that's a good rule for us, too.

### **Eat Organic**

Organic foods are safe and pure. Organic farming prohibits the use of toxic pesticides, antibiotics, growth hormones and fertilizers. Consumer Reports has found that 77% of non-organic produce items in the average supermarket contain pesticide residues. Organic foods are nutritionally dense compared to foods produced with toxic chemicals and chemical fertilizers. Studies show that organic foods contain more vitamins, cancer-fighting anti-oxidants, and important trace minerals than their non-organic counterparts.

Since we'll be juicing so many vegetables during the cleanse, it is important to eat organic where possible, or at the very least, wash the surface of all vegetables very thoroughly.

## CHAPTER 8 – PHASE 3

Phase 3 is a type of Elimination Diet. Elimination diets were originally devised for people suffering from allergic problems. The simple yet ultimate test for identifying an allergy ( whether it is a food, or an environmental or chemical substance) is to eliminate the substance altogether and then to note if the symptoms disappear and the person's health improves. The diagnosis is then confirmed if the illness returns after adding the offending item back to the diet. We have to accept that the elimination of the offending substances is the *only* treatment for "curing" the allergy and other food-induced problems.

The elimination diet involves eating foods that are least likely to cause you any type of adverse reactions. It's no gourmet kitchen. It's designed to work, not as a way to entertain your friends. Yet nor is it torture, I expect you will find the foods more than acceptable, certainly for just 12 days.

When you begin this diet, know that it could take up to a week in order to completely clear your body of foods that were eaten prior to commencing. By the end of 12 days, if the trouble was indeed being caused by foods, you will begin to steadily heal as the body is free from internal aggravation. You have found a place you can go for relief and you can stay there as long as you like. (Phase 4 is about re-introducing foods and 'testing' their effect on your body. With time, you should be able to increase your acceptable foods dramatically).

Our repair phase is going to involve a combination of raw foods with some healing, nutrient-dense cooked options.

Living  
Energizing  
Alkalizing  
Nutritious

As well as

Nightshade Free  
Gluten Free

We are including both cooked and raw food in this program. Some purists would argue that a 100% raw food diet is the optimal way forward and others argue that an all-cooked diet is preferable. Let's consider both options and why we are about to proceed with a hybrid combination.

Raw Foods are presented to us in the way that 'nature designed' and by consuming a raw-food diet it is the optimum way to get the maximum number of enzymes into your body, without requiring your body's own enzymes to break down cooked food. The benefits are obvious and life-promoting.

Cooked food advocates claim that a lot of nutrients in plants are found in the cellulose, within the plant's fiber, which requires dedicated mastication to rupture the cell wall to allow the nutrients to be set free. Further, some nutritional deficiencies could develop as a result, if chewing is not of utmost importance at each meal. With cooking, nutrients are easily available as heat breaks down the cellulose structures without affecting the nutrients. Yet, it does destroy all enzymes!

So, my approach was to first try a raw-food diet for 8 months, without once consuming a cooked item during that time. From my experience, it is very difficult to maintain your weight on a raw-food diet. The majority of the high-calorie options that you have available are high-fat nuts and seeds. Yet, as we have seen from the literature review in Chapter 1, foods that are high in fat have been shown to be problematic with the RA immune process. So, although I did make improvements to my condition during the 8 months eating only raw foods, I didn't eliminate the inflammation completely until I added starchy whole-foods to my diet as well. My theory on this is that a diet which contains lots of raw foods rebuilds your enzyme and healthy bacteria levels, but some specific starchy cooked foods (e.g. quinoa, buckwheat, amaranth, brown rice) are needed to rebuild the mucosal lining on your gut wall. This is because these specific foods are slightly mucus-forming, providing your intestinal track with the building blocks it needs to protect your gut wall and allow the 'leaky gut' to heal once and for all.

Therefore, a hybrid combination of enzyme-rich raw foods with the energy-providing and intestinal-healing cooked options has been the secret of my success and therefore the approach we will be using.

## **Sprouts**

Sprouts are the ultimate LEAN foods and dramatically contribute to the maintenance of health. Sprouts are rich in vitamins, minerals, proteins and natural enzymes, combined exactly as God intended for us to consume. The "magic" of sprouts is that they are easily grown as a 100 percent organic food. Only clean water and 4 days are needed to get a fully grown, crispy, tasty vegetable. Germination of sprouts does not require soil, pesticides or fungicides what a contribution to our natural environment!

The increase of vitamin content in sprouts during the sprouting period is tremendous. Sprouting (germinating) seeds and grains creates an increase in vitamins, minerals, proteins and enzymes of 25 to 4,000 percent!

There are seemingly endless reasons why sprouts are an excellent addition to your diet. Please refer to Dr Ann Wigmore's book in this area (see 'Recommended Reading').



**Figure 9** – Alfalfa sprouts

## **Buckwheat:**

Not at all related to common wheat, nor even a true grain, buckwheat is actually the seeds from an herb related to rhubarb. Energizing and nutritious, buckwheat is available throughout the year. Unlike more common grains such as wheat, buckwheat is gluten-free and can therefore be enjoyed by people with digestive disorders, like celiac disease, and benefit our program on the path to eliminate Rheumatoid Arthritis.



**Figure 10** – Raw Buckwheat. Buckwheat takes only around 15min to cook in a rice cooker

It contains all 8 essential amino acids, and is particularly high in the amino acid lysine which is used for tissue growth and repair. It is high in magnesium, iron, copper, zinc, manganese, phosphorus and also B vitamins. It is high in fiber which we all know is good for us and keeps our bowels moving. It is high in flavonoids which act as an antioxidant and also contains omega 3 oils. Buckwheat lowers glucose levels which is helpful for people with diabetes and can lower blood pressure, lowers cholesterol and can be cooked in 15 min. It tastes great!

## Quinoa

Prized as a sacred seed in the ancient Inca civilization, quinoa (pronounced 'keen-waa') is still a nutritional treasure. Quinoa has a higher protein content than wheat, barley or other major grains. One cup of quinoa has 9 grams, which trumps a protein-rich egg (6 grams). Quinoa, which contains all 8 of the essential amino acids, is a complete protein and so, even if eaten alone, can translate into body-building human muscle.

Quinoa is a gluten free, satisfying, low-cholesterol source of complex carbohydrates. It is an internal cleanser, which eases the progress of food through the digestive tract. The vitamin B and folate in quinoa also help the liver in its role of eliminating wastes from the body, keeping the mind sharp, maintain brain volume and stabilize mood.

Rich in fiber, it's digested slowly and has a low glycemic index, helping you steer clear of the blood-sugar roller coaster. Its heart-healthy polyunsaturated fats will leave you feeling full while providing more nutritional content than breads or cereals made of refined grains.

Quinoa is a flavorful source of plant-derived calcium. Calcium builds and maintains bones and teeth, helps regulate the contraction of the heart, and facilitates nerve and muscle function. One cup of cooked quinoa contains 30 milligrams of calcium. Quinoa also contains impressive quantities of potassium, magnesium and zinc, minerals that are crucial for heart, nerve and muscle function.



**Figure 11** – Raw Quinoa



**Figure 12** – Delicious Cooked Quinoa. Cooking time approximately 20min in a rice cooker

With its nutty taste and chewy texture, Quinoa is flavorful, filling and can be enjoyed at a leisurely pace.

## **Amaranth**

Amaranth has a long history and has been in use for many centuries by many different cultures. Most species of amaranth are believed to have originated in South America and Mexico. Pre-Columbian Aztecs regarded amaranth as having supernatural powers and used it in their religious ceremonies. A common food source in Africa, grain amaranth is valued for its ability to improve nutrition while supporting rural development and sustainable farming. In Africa, this vegetable is recommended by doctors for people who have low red blood cell counts. Other health benefits of amaranth include:

Amaranth is full of vitamins. It is a good source of vitamin A, B6, K, C, folate and riboflavin. Amaranth includes numerous minerals such as calcium, potassium, iron, copper, magnesium, phosphorus and especially manganese. Amaranth contains large amounts of protein, up to 30% more than wheat flour, rice and oats.



**Figure 13** – Raw Amaranth. Amaranth is a very small grain. It takes around 20 min to cook in a rice cooker.

The protein contained in amaranth is also unusually complete when compared to other plant sources, containing all 8 essential amino acids. Therefore, like quinoa, different sources to obtain the daily recommended dose of protein are not needed. Also, Amaranth is gluten free.

Regular consumption of amaranth can reduce cholesterol levels and lower blood pressure. Through its alkaline-forming properties and fiber content, Amaranth has been noted to help boost the body's immune system. The oils in amaranth have been shown to help prevent and treat those with hypertension and cardiovascular disease. In fact, Omega 3 is best found in these grains. There is no need to supplement with fish oil, flaxseed oil or evening primrose oil or the like. Indeed, if



you have a compromised digestive system, these oils can be difficult to digest and I do not recommend them.

### **Sweet Potato (Yams):**

Sweet potatoes are not nightshade veggies and in fact, they are not even related to potatoes! They are a tasty treat in The Paddison Program, and are nutrient dense. One sweet potato (when eaten with the skin on) has four times the recommended daily intake of beta carotene! Beta carotene is a precursor to vitamin A, meaning the body converts it to vitamin A and it plays a vital role in vision, bone development and immune function. Sweet potatoes are a good source of vitamin C, which helps fight infections, heal wounds and absorb iron. Both Vitamins A and C are powerful antioxidants, which work in the body to remove cell-damaging free radicals.



**Figure 14** – Clint and a sweet potato mound



**Figure 15** – Sweet potato, plain and peeled

Sweet potatoes are made of complex carbohydrates that are released at a steady pace for a constant source of vitality. There are no sugar highs or lows to worry about. Sweet potatoes are rich in fiber, keeping your bowels healthy whilst lowering cholesterol. A medium sweet potato baked in its skin has 4 grams of fiber, more than a packet of instant oatmeal. A medium sweet potato (2 inches in diameter and 5 inches in length) is only about 100 calories when baked in the skin, making sweet potatoes an ideal food for weight management. In fact, if you're overweight, eat as many of these as you feel like and you'll enjoy the steady weight loss.

## Sea Vegetables

Sea vegetables, or seaweed, have been a staple of many coastal civilizations for thousands of years, especially throughout Asia. Sea vegetables are among the most nutritionally dense foods in the world and are often labeled a 'superfood'. Containing about 10 times the calcium of cows' milk and several times more iron than red meat, sea vegetables are easily digestible, chlorophyll-rich, and alkaline-forming.



**Figure 16** – Sun-dried Dulse. Jam packed with minerals, the best known source of electrolytes and wonderful flavor for your meals

Packed with minerals, sea vegetables are the richest source of naturally occurring electrolytes known. Electrolytes allow our cells to stay hydrated longer, thereby improving endurance. Dulse, nori, and kelp are the most common sea vegetables in Western countries. Dulse provides the perfect mineral balance in a natural form and is a superior source of the minerals and trace elements we need for optimal health. Other, less common sea vegetables are agar, arame, kombu and wakame.

In Australia I buy my Dulse from distributors of this product - <http://www.powersuperfoods.com.au/dulse-flakes.html> but you can also buy from them direct.

In the US try Whole Foods - <http://www.wholefoodsmarket.com/products/932> or order online <http://www.mountainroseherbs.com/seaweed/seaweed.html>

My apologies if your country is not listed. Hopefully it won't be too difficult to find a source. It is very important that you do, since the minerals in Sea Vegetables go a long way to alkalisating your system and completing the nutritional profile of the program. Eat them in abundance! (For all alternative options on foods in this program see Appendix D).

## Garlic

Garlic is an underappreciated, but extremely effective herb that serves as a powerful antiparasite, as well as an antibacterial, antifungal and antiviral. As it is so easily available and affordable, garlic is an ideal herb for cleansing. To get a significant effect, you need to use the fresh, raw and organic cloves. Best taken with salad leaves, as this can buffer the taste and the aroma from you and your entire family.



**Figure 17** – This will flush out the bad guys, plus it's a favorite food for your good bacteria!

## Onions

Onions are a very good source of chromium and good source vitamin C. They are also a perfect food for your healthy bacteria. Onions have been touted to have many different types of health benefits including anti-inflammatory and antibacterial activity in the body.



**Figure 18** – Onions, a powerful cleanser and food for your microflora

## Supplements

Almost everyone I know is taking something for something. It's gotten to the point where it's ridiculous. People will reach past an orange to take a vitamin C tablet.

We love to think that a few supplements will make a difference to our health and reverse our RA. But I've given it a go, with my heart and soul, over the last 3 years. I've wholeheartedly tried Olive Leaf Extract, Caprylic Acid, Black Walnut Hulls, Slippery Elm, Marshmallow Root, St John's Wart, L-Glutamine, NAC (N-Acetyl Cysteine), Hydrogen peroxide drops, Omega 3 supplements (Fish Oil Capsules and lipids), Multivitamins, Multiminerals, B-Complex Vitamins, Noni Fruit Concentrate, Pine Bark Extract, Grapefruit Seed Extract, Golden Seal, Amino Acid

Complex, Evening Primrose Oil, Devils Claw, Anti-Parasite Formula, Anti-Bacterial formula, MSM (Methylsulfonylmethane), Zinc, Arthri-D, Betain Hydrochloride, Bromelien, Broad spectrum enzymes, probiotics, prebiotics, wheatgrass powder, Vitamin C, Ginkgo Biloba, Calcium, Glucosamine Sulfate, Condroiton, Vitamin B6 and *that's just off the top of my head.*

Call me nuts? I prefer the term 'experimental'! And this experiment was very valuable. Truthfully, it's hard to say what the effects were of taking all of these supplements for several years – we can't compare 'me with' and 'me without' so I'll simply never know. Nor is it easy to 'pick a winner' from the vast array of options, since many of them have such subtle effects that can take months to appreciate, but I will suggest just a few options for you in a moment.

But first, the main point I want to make with supplements is that if you are caught up with your time and energy trying lots of supplements whilst consuming things like coffee, alcohol, soda, dairy, sugar, white bread, white pasta or meats then you may as well flush your money down the toilet. It wasn't until I stopped focusing on what supplements that I should be taking, and shifted by attention to the bulk of what was entering my body was I able to take some massive steps forward.

So the idea is to stop being distracted by which supplements to take next, and instead focus on preventing the cause by eating the right foods to proliferate our good bacteria, allow our intestinal wall to heal and our immune system to recover, in turn allowing for the natural dying away of harmful microforms and the better assimilation of our nutrients in our body. I believe supplements should only be used – if ever – to support the ideal diet to achieve even better results, and never be used to compensate for an improper diet.

Having made this point clear, I have some supplement options for you which are strategically placed AFTER the first 12 days of this program so that improvements to symptoms during that period are not misinterpreted as being due to the supplements. Secondly, it gives you something 'to look forward to' as an additional pain-relieving strategy.

Bromelain – An enzyme that is extracted from Pineapple. This enzyme is very effective at breaking down proteins, which is the task that is difficult for many people with RA. One time I found out the effectiveness of bromelain by accident. I

decided that I would pour the powdered contents of the capsule onto my food and eat the enzymes with the food, therefore guaranteeing a great interaction of the two. After about 10 minutes into the meal my tongue started to burn so much I had to stop eating. My wife and our dinner guest, Zoe, were laughing at me and could not work out why I was the only one at the table with my tongue burning until I made the connection that the bromelain powder was actually digesting the surface of my tongue! I immediately started Googling this and soon confirmed that this is indeed what happens. Try it for yourself if you wish! There is no long-term damage, it's a mild process, but you'll see first-hand that the bromelain can indeed break down proteins – and this is what we want. Since then I stopped mixing the bromelain with the food and simply took it as a capsule the way it was intended!

Potassium and Magnesium – We saw earlier the science behind the importance of potassium. The first 12 days of this program is high in potassium, most likely a lot more than you are getting right now. Then, in the Consolidation Phase, we add foods back into the diet that are even higher in potassium. Cantaloupe, for instance, is chosen almost entirely for this reason. Thus, you may not feel the need to add in potassium supplements, but, as with everything in this program, it's up to you. The magnesium supports the potassium since they usually go hand in hand in the body. Regardless of the cause, the ability to correct potassium deficiency is impaired when magnesium deficiency is present [64]

Curcumin – In a randomized study involving 45 RA patients, supplementation with 500 mg/d curcumin (an active agent found in the yellow curry spice, turmeric) was found to be associated with significant improvement in patients. Curcumin was found to be safe and no adverse effects were noted. The authors conclude, "Our study provides the first evidence for the safety and superiority of curcumin treatment in patients with active RA [65]. From isolated experiments on myself with Curcumin I would hazard a guess that it's pain relief ranges from only 5-20% of a standard NSAID. However, with little side effects, for some people this is exactly what they've been looking for. i.e. an alternative daily pain pill that can reduce toxic pain killers than perpetuate the gut damage. Further to this, I've had some customers report that they get excellent relief through Curcumin supplements, so it's worth a try if you're battling high pain levels.

## **Chew your food well**

Now I'm about to sound like your mum. Who would have thought that the advice offered over the dinner table like 'don't talk with your mouth full' and 'make sure you chew!' would actually be so important. I wish I'd listened to my mum (and sister for that matter, who was certainly not a fan of me eating and talking at the same time) because there is some science behind this stuff that is very worth noting, especially if you have bad habits in this area.

Slow down your eating, it's not a race! Chew each bite of food 30 to 70 times. Such chewing produces an active secretion of saliva, an enzyme that binds well with gastric juice and bile and aids in the digestive process. Careful chewing increases blood glucose levels which suppress the appetite and curbs overeating. It also assists in efficiently absorbing even small amounts of food.

## **Make Every Bite Right**

Making every bite right means eating some portion of raw food with every bite you take. For meals in this program, this will be some form of salad or green vegetable like bok choy, cos lettuce or celery. These raw foods can serve as nature's spoons, bowels and cups and hold the food perfectly for you as you munch away.



**Figure 19** – Make every bite right! Eat each bite on this program with leafy greens

In addition, the enzyme amylase in the raw food comes to your aid immediately as it is released from the plant wall during mastication and breaks down the cooked food as it is mixed with it in your mouth. The enzymes will continue to break down the food further as it passes within the food chime from your mouth to and into your stomach. Thus, making every bite right means that you will have digestive assistance with every mouthful of your meal. This reduces the load on your depleted enzyme bank and gives you unmatched confidence that you've eaten in a way that will not tax the body. It is excellent to have a salad with your meal, but it is outstanding if you make Every Bite Right!

## **Flavor**

After eating the SAD for a long time we develop a type of dependency on sugar and salt. This program will bring your attention back to the subtle tastes of real foods themselves, rather than their artificial counterparts. There is, however, allowance for some Celtic Sea Salt, which you may include on your meals. Celtic Sea Salt is a whole food, as presented in nature that is unprocessed and very rich in life-supporting minerals. It is lower in sodium but higher in nutrients than regular table salt. (Do not use regular table salt!) There are mixed messages regarding the health benefits of Celtic Sea Salt. Some authors say it can be enzyme-inhibiting, yet others insist that it is helpful since these minerals are enzyme co-factors. I have experimented with Celtic Sea Salt and used very little and very large amounts at times and have never witnesses any effect on my RA.

Earlier we discussed the importance of water in our bodies and how especially important the presence of water is for our joint health. Dr Fereydoon Batmanghelidj, author of 'Your Body's Many Cries For Water' recommends some sea salt in the diet daily and says it is essential for optimum health within our 'internal oceans of water' of which one is salt-rich. His interview here is well worth watching for further information -

<http://www.youtube.com/watch?v=slzjceQI2c4>

I would not recommend Celtic Sea Salt unless I felt it was beneficial, yet I suggest use it sparingly until taste is to your liking. On the other hand, the Dulse seaweed has an amazingly salty flavor that you can add to your meals in whatever amount you like.

# CHAPTER 9 - PHASE 4 CONSOLIDATE

*“Of several remedies, the physician should choose the least sensational”.*

- Hippocrates

After completing the 12-day Phase 3 you will check in with how you're feeling. It stands to reason that the longer you have had RA then longer it will take to be over all symptoms. However, generally speaking, your pain levels should be down when compared to a typical day prior to commencing this program.

This part of the program is about transitioning from a restricted low-allergen diet to a more conventional range of foods (well, at least compared to the past few weeks!) Adding more variety of foods into your diet might come as a welcome relief, if you are sick of quinoa or sweet potato! Or, you might be pleased with how you are going and not want to change anything. Phase 3 of this program is designed for the fastest recovery so if you are making a slow and steady improvement then stick with it for as long as you like. If you'd like to transition into a wider range of foods then you may now select from the following food items! Enjoy!

**Mega Miso Soup** – The first item I recommend to reintroduce is actually another 'baseline' meal that you can fall back on in times of need. It is what I call the 'Mega Miso Soup' and it is basmati rice, brown rice miso paste and seaweed.

Despite it being lower in nutrients than brown rice, the basmati rice is less acidifying on the body and therefore less likely to stir things up at this delicate stage.

The miso paste is a potent probiotic, so this assists your healthy bacteria by sending in reinforcements. The reason I suggest brown rice miso paste instead of soy miso paste is that soy products tend to have a higher rate of food sensitivities amongst people. But if soy miso is all you can find, go ahead and use the soy miso paste as an alternative.

The reason for the introduction of this meal is that it is a higher calorie per serving meal than the quinoa and buckwheat combination. Essentially, you can eat it in bulk and stop any weight loss. In fact, this was one of the staple weight gain meals



I used , in combination with the gym, to gain 8kg's (20lb's) of muscle over a 6 month period. So despite it's apparent simplicity, it is one of the good building blocks for building up your body muscle.

Another great benefit of this meal is how easy it is to prepare. Simply cook the basmati rice, add a dollop of the miso paste on top and stir together by adding some warm water (Note – don't use boiling water since you want to preserve the living bacteria in the miso paste). Add seaweed into the mix. Enjoy.

## Oranges

Oranges assist with breaking down of problematic proteins by raising hydrochloric acid levels.

They also contain potassium which is good for both alkalizing and assisting with the body's natural cortisone production.



**Figure 20a – Oranges**

Oranges also come with an additional bonus. We all know that Orange Juice contains Vitamin C.

Well, this vitamin is a potent anti-inflammatory, anti-bacterial, anti-viral and anti-fungal! So the humble orange may soon become a close friend indeed.

Oranges are very common, easy to locate in all parts of the world and are enjoyable to eat with meals or on their own for a refreshing treat. (Don't worry, if you are eating a 100% plant-based diet then you can eat fruit with your meals without upsetting digestion. It's only animal products that have to be eaten separately to fruit)

## **Cantaloupe (Rockmellon)**

Delicious and packing 427 mg of Potassium per cup, cantaloupe is a easy way to get your potassium intake up fast. It is also very high in Vitamin C and Vitamin A.

Cantaloupe provides a wide range of antioxidants that help prevent oxidative stress and a wide range of anti-inflammatory phytonutrients. It has been shown that consuming fruits such as this results in lower levels of CRP in subjects [66].



**Figure 20b** – Cantaloupe

Although this study was for people without RA, any reduction in CRP should be welcomed! Thus, once tested into your diet, cantaloupe is then great to accompany any meal throughout the day.

## **Papaya**

Papaya is one of the greatest RA foods on the planet. Not just because it is packed with Potassium (781 mg/papaya) but it is also has tremendous benefits for digestion since it breaks down proteins. It is rich in an enzyme ‘Papain’ whose name resembles the fruit from which it originates. The enzyme papain is so effective in protein breakdown that it is sometimes used as a meat tenderizer (not that we’ll be needing it for that!).



**Figure 20c** – Red Flesh Papaya

I believe papaya is one of the greatest anti-rheumatic foods on the planet.

## Brown Rice

The health benefits of brown rice are phenomenal, and it is highly recommended by nutritionists and dietitians as an excellent source of nutrition. Despite what anyone else says, it won't make you fat, and is a great source of fuel to build strength via exercise. Brown rice is an excellent source of magnesium, iron, selenium, manganese, and the vitamins B1, B2, B3, and B6. Brown rice is a good source of dietary fiber and protein.



**Figure 20** – Raw brown rice is the seed of the rice plant

Brown rice is much more nutrient-dense than white rice. However, it is slightly more acidifying, which is why basmati tends to be able to be tolerated first out of the two, based on my experience working with so many RA sufferers. White rice is brown rice that has been processed in order to make it easier and faster to cook, and to give it a longer shelf life. This is accomplished by removing the bran which also removes precious minerals and vitamins, such that white rice is lower in vitamins E, B, B3 B6, potassium, magnesium, iron, thiamin and niacin. But, given the quality of the rest of the foods we are eating, it's not like we are missing out.

## **Black Beans**

Cheap, tasty and highly nutritious, black beans are one of the healthiest foods that you can have in your diet. These wonder beans are highly rich in vitamins, minerals and known for their antioxidant properties. Eating these regularly can continue your path to health. Like yellow split peas, black beans are an excellent source of the mineral molybdenum – these beans are also highly rich in protein, iron, manganese, magnesium, thiamine and phosphorus.



**Figure 21** – Raw Black Beans. Mighty nutritious. Just soak them in water overnight before cooking to minimize the gas effect!

They are also loaded with antioxidants. Black beans are very good for the heart, reducing the chances of developing coronary and cardiovascular heart diseases. Magnesium in black beans helps to maintain good blood pressure levels. Black beans are high in fiber they help to stabilize the blood sugar levels. Iron in black beans helps to boost the energy levels. Antioxidant properties of these beans help to reduce oxidative damages and fight against free radicals. Eat your black beans with rice to create a staple meal that is eaten by millions worldwide on a daily basis for energy and health. Don't forget the salad.

## **Pinto Beans** – Staple meal with Brown Rice

Like most of the other beans, Pinto beans are rich in fiber which helps lower cholesterol. The beans are also rich in folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to our health. Both the iron and copper present in the beans help in the production of hemoglobin. Pinto beans enrich the body with fat-free high quality protein, when eaten with combination of whole grains like brown rice. Pinto beans are a source of molybdenum, an essential mineral that enables cells to function normally, activates some enzymes and metabolizes nitrogen. It also helps break down and detoxify sulfites, substances that may be added as preservatives or that occur naturally in foods. Sufficient stores of molybdenum in the body may reduce this reaction.

**Lentils – Great taste, hearty**

Yellow split peas high in fiber and are a source of vitamin B1, or thiamin, potassium, phosphorus and molybdenum. They are also a source of folate, the natural form of folic acid, a B vitamin essential in the formation of new cells. Lentils are high in protein, which on one side is essential to every cell of the body and a major component of organs, muscles and skin, but on the other side can inflame someone with RA. So just don't go overboard. One cup of cooked yellow split peas contain 16g of protein.

Lentils come in a variety of different types and colors. If you enjoy your lentils please feel free to introduce all of the other varieties into your diet also.

**Oat Sourdough Bread – Low-gluten, easy bread to digest**

Sourdough bread is chosen for the reintroduction phase because it contains the bacteria *Lactobacillus* in a higher proportion to yeast than do other breads. The properties and bacteria found in our digestive system are very similar to the ones found in natural sourdough culture.

Futhermore, in the fermentation phase of making sourdough, the bacteria and yeast work to predigest the starches in the grains, thus making it more easily digestible to the consumer. Here again, the longer soaking and rising times in the preparation of sourdough increases the production of enzymes that break down proteins, result in weaker gluten.[63] This is why even some who have a gluten sensitivity can tolerate sourdough breads

**Sprouted Spelt Bread – Fast to prep, more calorie-dense**

Sprouted spelt bread contains some gluten so that this will be a good test, when introduced by itself, to determine if you are gluten sensitive. However, the gluten in this bread is vastly reduced because the spelt is lower in gluten content than wheat (even though it's from the same family) and the sprouting of the grains prior to baking changes the properties of the gluten protein to make it more digestible. Take your time introducing this food since you want to be sure if it has any downsides. Introduce it and eat it frequently for at least 3 days before you

decide if it's allowable or not. Your body should let you know within that time period if it's upset with this food.

With the bread you can smear a covering of sweet potato. Another alternative is to purchase some raw honey and cover the bread with that. Raw honey is unheated, untreated and contains one of the richest sources of enzymes in nature (aside from sprouts). The enzyme amylase in raw honey will begin to digest your starchy bread upon contact. Enjoy sparingly! The high-sugar content of honey has the usual downsides of sugar, as we have discussed above. As with everything, eat with a salad.

## **Green Smoothies**

To get even more greens into your diet, a green smoothie is a tasty way to go.

A green smoothie is a combination of fruit, green vegetable leaves and water that has been mixed together in a blender. Typically, fruits and leafy greens are combined together in a combination of 60% fruit volume and 40% greens volume. The greens are your main desire in this blended mix. Try to find the edge where you're getting as much of the smoothie leafy greens as you can while still enjoying the flavor.

The fiber in greens slows down the absorption of sugar from fruit, which makes drinking green smoothies a possibility for those with sensitivity to high-sugar foods. However, proceed with caution and avoid high-sugar fruits like prunes, dates, figs etc. Instead, use fruits like frozen blueberries, Frozen mixed berries, frozen strawberries, frozen blackberries, fresh pears, fresh strawberries. Mix these with one of the greens such as Kale, Silver beet, Spinach, Baby Spinach Leaves, Lettuce or Bok Choy.

The smoothest, most blended combination is the baby spinach leaves with frozen blueberries. YUM! Another great option is banana and Kale. Kale is the healthiest of all of the greens so this combination is incredibly nutritious. Experiment with different combinations. You will need a good blender to make these smoothies 'ultra' smooth and the best blender is the Vitamix, which is a US brand and top of the range. It's certainly not cheap, but it's incredibly powerful and durable.

As we have learned earlier, Green leaves are typically the most nutritious part of the plant and all and living things therefore want to eat them. Since a plant doesn't want to get eaten to extinction it contains a small amount of alkaloids in its leaves so that animals will move on to another plant to eat after a period of time, since there are different alkaloids in every plant. Alkaloids are poisonous in very large quantities. In small quantities (like a few blenders full a few times a week) will not hurt the human body and will in fact strengthen the immune system. So the secret is to rotate the variety of greens to avoid the cumulative effect of the one alkaloid. In addition, each green will contain a different portfolio of nutrients, thus providing a broader spectrum to your body. It is not necessary to rotate fruits on a frequent basis because alkaloids are rarely present in fruits.

## **Coffee and Tea Alternatives**

It is much easier to replace something than give something up completely. Thus, if you are an acid (coffee) addict and are in the habit of having a warm drink then herbal teas are a good alternative.

### ***Rooibos tea***

Rhoobos is native to South America. It contains no caffeine and has a nice earthy flavor. It's a good choice due to being caffeine-free, having a high level of antioxidants, and it's low tannin levels compared to fully oxidized black tea or unoxidized green tea leaves. Rooibos may assist with nervous tension, allergies and digestive problems. Traditional medicinal uses of rooibos in South Africa include alleviating infantile colic, allergies, asthma and dermatological problems.

### ***Ginger Tea***

Another excellent option is to use your vegetable peeler to shave off some fresh raw ginger into a mug and make yourself some fresh ginger tea. Ginger has a pleasant aroma and is a long-known remedy for a sore throat. Ginger is also used in many formulations to cleanse the liver, and has been used for thousands of years in various corners of the globe as a detoxifying remedy, possibly since it is mildly anti-fungal.

## **Meditation**

RA tends to commonly afflict Type A personalities who are typically overachieving, active types who get lots of things done quickly, efficiently and

succeed in many areas of life. Consistent with this, Type A's are likely to demand the very best in foods and the way they are presented, which, in Western society, is rarely foods that are healing and nurturing for the body. Even worse still, is the direct effects that all this running around has on the digestive functionality.

The nervous has two divisions - a voluntary part and an automatic part. When we are under stress our automatic system kicks in and releases chemicals that hyper activate some systems while shutting off others, known as the 'fight or flight' response. While this is useful in the short term occasion, such as running from lion that is trying to eat us, in the long term it can be harmful to the systems that are shut down. During this 'flight or fight' state the gut is the first place to shut down and blood is shifted away from the digestive organs to serve other parts of the body, thereby hindering the digestive process. Unfortunately for us, this elevated state also depletes healthy bacteria.

A study in 2008 examined the relationship between stress levels and gut flora levels in 23 healthy undergraduate students over two 1-week periods: during the beginning of semester (low-stress baseline condition) and during the first week of exams (high-stress condition). Students also completed a series of questionnaires measuring perceived levels of stress, gastrointestinal symptoms and diet. Saliva and poo samples were taken during these periods and the scientists found that the intestinal flora of the students was approximated 50% less on exam day and then *stayed low* after the exam for another 5 days! The authors wrote "non-extreme, 'every day' stress events affect the integrity of the indigenous gastrointestinal microflora of humans'. [53]

Thus, our responsibility to ourselves to get well is to avoid ongoing stress, or to combat it the best way we can through periods of complete, nurturing relaxation.

Meditation to calm the mind and reduce stress can be very beneficial in re-establishing the proper functioning of your digestion and thus maintaining health. By reducing stress in the mind we calm the whole nervous system and allow a more peaceful, healing environment in the body.

As a side benefit of meditation, I also find it the most likely medium in which my greatest ideas or eureka moments will occur, whilst I am sitting and thinking about nothing. The gentle ideas that pop into my head during meditation are often the perfect solutions to things that my conscious mind has dwelled on



endlessly. It was during meditation or gratitude moments that I have had gentle little promptings come up that have helped me the most to move forward with my healing. The aim though, of course, is to not think! My point is that even the thoughts you do get during meditation seem to be of a higher quality of the usual meaningless chatter.

## **Bikram Yoga**

Movement is essential to joint health. Unlike the rest of your body, joints don't enjoy a regular blood flow to keep them nourished. Cartilage is critically dependent upon the nourishment provided by the synovial fluid which transports oxygen and nutrients into the cartilage through compression by motion and weight bearing exercise.

A healthy body is a moving body. Ask any taxi driver about his back next time you jump in a cab and you'll be invariably subjected to his complaints of his lower back woes. Without moving each day your joints will lock up. If you don't use it, you lose it.

Bikram yoga is a series of 26 postures, conducted in a heated environment, which is effective in providing substantial symptomatic relief of pain from tight muscles and swollen joints. I have taken over 200 classes in the past 4 years and it has been very helpful at times, especially during the tough times where the pain was at its worst.

To understand Bikram yoga, let go of all preconceived ideas of light stretches in a gym with skinny girls in leotards. (Ok, you can think about that a bit if you like). Bikram yoga is a tough cardiovascular workout that gives your body a serious flush and is suitable for RA sufferers who want joint pain relief fast.

Bikram Yoga is hard core. It was put together by an American-based Indian man called Bikram Chowdra who personally developed the program to heal his two shattered knees that occurred when a weight-lifting session went terribly wrong. Remarkably, his shattered knees regained their full movement, flexibility and weight-bearing strength and this series can improve damaged knee joints effectively, along with helping most other physical limitations.

My left knee had a completely torn Anterior Cruciate ligament, with an orange-sized swelling above the kneecap due to leaking synovial fluid, coupled with a meniscus tear and no remaining cartilage. Bikram yoga helped strengthen the muscles around the knee as well as easily fixing my lower back pain. Doing a class will also help you sleep like a baby. If you want to get better, take massive action! Go to Bikram yoga and get into it. If you aren't motivated enough yet, here are some additional benefits of attending a class:

- The room is heated to create sweat, so you'll detoxify your body
- If you get tired you lie down, no problem
- The feeling afterwards is amazing. You're tired but very satisfied. The ultimate feeling of 'I have just done something really great for myself'
- There is always someone attractive in your class wearing next to nothing
- It's easy on your joints and hard on your muscles. You'll tone up, burn a huge 1000 Calories per class (similar to an 8km run) and strengthen everything
- You'll make new friends who love talking about their ailments as much as you do

Just to really drive home the power of this process, I have pasted below an excerpt from my own testimonial that I provided for my Bikram Yoga studio. I wanted to send them this testimonial, since I believe so much in what they are promoting that I wanted to help them to continue to help others.

### **Clint's Story – Bikram Yoga**

As I stood at the back of the room before beginning my first Bikram Yoga class I had a lot of thoughts running through my mind. Most of them were regarding pain. My whole body was riddled with Rheumatoid Arthritis, a chronic disease that doctors agree has no known cause and no known cure. It is a chronic state in which the body is attacking it's own joints, in a state of innocent confusion. My prognosis was poor and I was told by the best medical doctors that I would spend the rest of my life on toxic drugs that would prevent me from having children.

At the back of the Bikram Yoga class I was standing on one leg. My left knee could not support any weight due to the enormous swelling and inflammation, and so the knee was bent forward the way that footballers get carried off fields when they tear a cruciate ligament. The balls of both of my feet hurt, my fingers ached

and every exhale breath caused me pain in the chest bone. As we begun Pranayama breathing, I noticed how my left elbow would barely raise up to my shoulders due to the chronic swelling which was dramatically restricting my range of movement. By that day I had already spent thousands of dollars on acupuncture, massage therapy and natural supplements to try and reduce my pain, but my condition was worsening.

After the breathing process I struggled through the standing series on my one good leg. Then I battled my way through the floor series, feeling stiff, swollen and sore everywhere. At one point, somewhere in the middle of my floor-series hell, the teacher walked past me and said 'Clint, you need to come every day'. I managed an exhausted laugh and thought he was joking. Go through this torture? Every single day?! You've got to be kidding! But he had planted a seed.

When I woke up the next day after my first class I noticed something remarkable. My morning stiffness in my joints was dramatically less and I was able to get out of bed with more ease. The improvement after that single class was so obvious that I thought I would go back again a few days later. Once again, I noticed the dramatic improvement from my second class which confirmed to me that this particular yoga style was indeed life-changing. Thus, I decided to go to Bikram Yoga 2- 3 times a week and keep that up as long as I continued to see improvements.

Now, 4 years later I am off all medication. My feet, ankles, chest, wrists, fingers, knees are all pain free and my blood results are now back to normal. Best of all, I have been able to run up to 4km on my left knee that was previously facing replacement surgery. I can now also work out at the gym and I have put 7kg of muscle back on my body that had become stick thin. Not only that, I am now a teacher of natural healing methods, hoping to inspire others around the world to dramatically improve their Rheumatoid Arthritis, and in some cases, get rid of it altogether.

Why does Bikram Yoga work so incredibly well for Rheumatoid Arthritis? My personal journey has led me to believe it is a unique combination of:

- strengthening tendons around joints, thus protecting them from soft-tissue inflammation
- increasing blood flow to inactive and inflamed areas, which reduces pain

- effective dislodgement of problematic 'Circulating Immune Complexes' from the joints
- internal massage of the digestive system to enhance the functioning of the digestive process (I believe a dysfunctional digestive process is the underlying cause of RA)
- realignment of limbs that tend to disfigure from the autoimmune attack

Thus, I found Bikram Yoga to be the single best exercise for reversing RA pain, stiffness and damage. To achieve results like mine, all exercise should be done with the appropriate diet. I believe that a sufferer of Rheumatoid Arthritis can do no better than to adopt a unique, plant-based diet program like my Paddison Program for Rheumatoid Arthritis and attend Bikram Yoga classes on a regular basis. In fact, I believe that if you have Rheumatoid Arthritis and you have nothing else available to you except the right foods and Bikram Yoga I you have a good chance of turning your condition around dramatically.

From the bottom of my heart, thanks to the team at Bikram Bondi Junction in Sydney for not judging me. For allowing me to come in, do my thing, and slowly heal without ever drawing attention to me or making me feel self-conscious. Now I look forward to more hot, challenging and life-changing classes in the future. On both legs.

It's not just me who has made incredible improvements through Bikram Yoga. Read the Facebook comments below my testimonial here - [www.rheumatoidarthritisprogram.com/bikram-yoga-for-rheumatoid-arthritis/](http://www.rheumatoidarthritisprogram.com/bikram-yoga-for-rheumatoid-arthritis/)

Also, here are two more that are posted on the Bikram Yoga official site

[http://www.bikramyoga.com/BikramYoga/Rhematoid\\_Arthritis.php](http://www.bikramyoga.com/BikramYoga/Rhematoid_Arthritis.php)  
[http://www.bikramyoga.com/BikramYoga/Rhematoid\\_Arthritis2.php](http://www.bikramyoga.com/BikramYoga/Rhematoid_Arthritis2.php)

There is also a Bikram Yoga teacher called Valerie Mantzoros in California who reportedly eliminated her RA from this practice and a 'change of diet'. You can see her little bio on this page - <http://www.bikramyogaslo.com/our-teachers.php>

I'd like to remind you again of how difficult RA can be to eliminate. Let us not forget the scale of the enemy here. It's David vs Goliath! So I implore you to find a

class near you – even if you may have to travel - since I strongly believe it's the single most beneficial exercise for reduction of RA.

## Sunshine

In February 2013 a study was released showing the relationship between sunlight exposure and the number of females who later developed Rheumatoid Arthritis. For the study, the investigators looked at about 235,000 participants who took part in two phases of the U.S. Nurses' Health Study. [56] Overall, by the end of the two phases of this enormous study, there were 1,314 women who had developed rheumatoid arthritis.

Among women in the study, those with the highest estimated levels of UV-B exposure were 21 percent less likely to develop rheumatoid arthritis than those with the lowest levels. The authors stated 'Our study adds to the growing evidence that exposure to UV-B light is associated with decreased risk of rheumatoid arthritis'. Quite simply put, you reduce your risk of getting RA substantially by getting more sunlight.

This becomes even more interesting when we consider that the same thing occurs with other autoimmune diseases. For instance, it has been shown that you reduce your risk of getting Multiple Sclerosis by getting more sunlight. [54] In another study conducted in Australia it was shown that people living in the cooler and cloudier climates of our southernmost state Tasmania are **7 times** more likely to have Multiple Sclerosis than those living in the northern sunshine-rich state of QLD. [55] The authors who reported this concluded 'The increasing prevalence with increasing south latitude cannot readily be explained by genetic susceptibility, and suggests that **environmental factors** are important for expression of the disease'.

I believe that we need all the clues we can to get on top of RA. Given that MS is also an autoimmune disease, and is similarly dramatically improved by no-meat no-dairy approach [57] I think it's worthwhile adding some extra sunshine into the RA healing plan. Yes, I acknowledge that the studies I have referred to above for Vitamin D are dealing with *getting* the disease, not *reversing* it, but clearly if the body is strengthened by Vitamin D to ward off the disease from occurring, than it would seem wise to increase Vitamin D to assist us in getting rid of it also.

Personally I am fair skinned and burn very easily. The risks of skin cancer in Australia are very great, since we sit under a big hole in the Ozone layer! Thus, I am very careful with the sun and I am only out for short periods of time, and I have a skin doctor that I go to every 12 months who checks my skin for any suspicious looking spots. Adding a little Vitamin D on a regular basis has something that I've now done for several years after reading the MS in Australia report, long before this Nurse's Study came out. Also, I have a distant relative who I flew interstate to meet when I was first diagnosed with RA and he told me how he completely cured his Juvenile Rheumatoid Arthritis after he became a surf live saver at aged 19. He was out in the sun every day, day in and day out, swimming constantly. Although a) his levels of dramatically increased exercise and change of diet would have played a very large role and b) JRA (now called JIA) tends to have a reasonably higher rate of natural remission as the body moves into adulthood. Even so, this regular sunshine boost may still have been an influencing factor. So it's worth a shot to increase Vitamin D in a sensible manner.

A few final words on this topic. Firstly, note that this section is called 'Sunshine' and not 'Vitamin D'. Although studies show that Vitamin D levels can be raised through supplementation (and in a very poor climate this might be something for you to consider) I highly recommend getting outdoors and soaking up some sunshine to synthesise Vitamin D naturally. This way, in the midst of fresh air and nature, you also get the additional feelings of wellbeing, revitalization and a recharging of your batteries. You simply cannot beat doing things naturally.

Secondly, I want to make clear that although sunshine on the body may be important, it's impact is likely to be lower and slower than most of the other things we have discussed already. So although I strongly recommend more outdoor activity, let's not lose sight of our prime focus which will give you the ultimate reward – and that is healing the gut one bite at a time.

# CHAPTER 10 – YOU CAN DO THIS

“If it’s meant to be it’s up to me”

- You, from now on

RA is a lonely disease and a frustrating disease. It does not get any headline attention the way that diseases like Obesity, Cancer, MS or Diabetes do even though the suffering in RA is often enormous and long lasting.

Before commencing this program you may not feel a great deal of control over your pain and suffering. However, you do have control over your mind, your emotions and the way you interpret the cards that you have been dealt. I believe that we are always going to be faced with some pain in life. But that pain can be experienced in one of two ways – the pain of discipline or the pain of regret. I encourage you to take the former option, and apply discipline so that you can get through the changes that are necessary to regain your health. Up until now, it has been only an exercise for your eyes and mind as you read these pages. But now we get into the fun part, actually beginning to implement changes and interrupting the progression of disease. This is some exciting stuff!

The first discipline you will need to employ is undertaking each of the measurements needed before you start the dietary changes. You will then need great discipline to follow through and eat in the manner described for you. Even though the meals are easy, the food is enjoyable and the guidelines are easy to follow, I understand that few of us enjoy change and you have a life to lead at the same time. I understand that you might get frustrated with having to find foods you haven’t eaten before, having to spend a little more money on a rice cooker, having to eat different things than your family and perhaps at different times. You may even develop headaches from caffeine withdrawal, become irritable as you detox and perhaps at times even feel you’re not healing as fast as you hoped. These worries, frustrations, challenges and hurdles are all going to come up as you attempt to follow this program. So if it all feels like too much of a pain in the arse how are you going to push through?!

## **Create a Compelling Future**

To get through any tough time it is imperative to create a compelling future. A book that I highly recommend is called 'Mans Search For Meaning' by Victor Frankle. Dr Frankle was in one of the prisons in Auswich during the second world war and found that the prisoners who survived some of the worst conditions imaginable were those that gave themselves the biggest reason why they had to survive.

When you get through this you will look at life differently. You will

- Find out how strong you really are. You will have the prize of post-dramatic growth like nothing you've ever experienced before.
- Find out who your real friends are. Your relationships deepen.
- Develop a vaccine about what might happen in the future. You'll know you can pull yourself through anything because you have got through this.

Dream about what it will be like to be well. Dream of the story you will tell, the book you will write, the love you will make, the impression you will have on others, the pride you will feel, the love you will share. Hold that future close to your heart at all times. This is your pot of gold at the end of the rainbow. This is what you will focus on to get you through.

## **Make healing a MUST**

Wanting something really bad does not guarantee that it will occur. Most of us would really like 12 million dollars. But are we likely to get it? The difference in achieving something and not achieving something comes down to your unrelenting commitment. I often quote Bunker Hunt, Texas Oil Billionaire who said "Success is simple. First, you decide what you want specifically; and second, you decide you're willing to pay the prices to make it happen – then pay that price."

You need to establish that healing is not something that you would really, really like to have happen, but rather something that MUST happen no matter what. For me the biggest motivator, or the way that I 'got leverage' on this was that the drug that I was on, Methotrexate, did not allow me to have children whilst taking it. Therefore, since I MUST have children one day for my life to be fulfilled I



absolutely had to get off the drug. No ifs, no buts, end of story. To get off the drug I had to kick the disease. I listed 15 other reasons why I MUST get rid of this disease I suggest you do the same, so that you can really fire up your determination and get motivated to heal. Here is the exact list that I wrote:

I MUST get well!

- To preserve my body, my joints and my muscles
- Avoid costly and painful surgery
- To have children
- To become a motivational speaker
- To save thousands of dollars
- To prove to myself that I am still amazing and I can achieve anything I want in life
- To work through my issue of feeling I have to be big and strong always
- To sleep better at night
- To play sport again
- To enable me to travel anywhere and to climb any mountain
- To use my renewed strength and energy to move on to my next challenges
- To regain my God-given right to be healthy!

I suggest you make a list for yourself right now and put it on the fridge. You MUST get well.

## **Affirmations**

Especially when we're in pain, the brain can become an incessant voice of constant negativity that will drive us mad! Thoughts like 'this hurts, that hurts, I'm getting worse, need to take my drugs, supplements, I'm feeling tired, I look tired, my joint looks worse, I'm spending so much money on my disease, I'll never be able to do this or that again etc'. Come on! Shut up already! How is that going to help you get better? This type of incessant dialogue programs your brain to keep you sick. To get well we have to 'think well' and 'talk well'.

By creating some positive affirmations that you can use on a regular, consistent basis you will program your subconscious mind to your desired outcome, rather than the default state of negativity from the constant drone of your thoughts. With each of the affirmations to follow, they should engage your senses so that

you can actually see the result in your minds eye as though it were actually true at this moment.

Don't skip this section or think it's only for whackos, there is truth in the saying 'fake it till you make it' and MRI scans of brain activity have shown that the brain cannot tell the difference between images it sees and images that it visualizes.

An anecdote that illustrates this well involves Walt Disney. Walt died before the wonderful Walt Disney World in Orlando, Florida was opened. Walt Disney's brother, Roy Disney was taking a journalist through the park on opening day and the journalist said 'what a shame Walt didn't get to see this' and Roy smiled and said 'he did. That's why we're seeing it today'.

In life we attract the outcome that we focus on the most. Where attention goes, energy flows. I strongly encourage you to create some positive affirmations to replace the negative internal dialogue.

Here are the list of affirmations that I recommend that you learn by heart and as you repeat them as regularly as possible, visualize that outcome and see in your mind's eye yourself in these wonderful states of health.

'I am pain free, drug free and full of massive energy!'

'I am so fit, so powerful and so strong with so much energy!'

'Every day I am stronger, fitter and more powerful'

'I have got rid of my pain easily and effortlessly'

'I have systematically discovered the reasons behind my pain and easily and effortlessly cured myself'

'I have used my body's feedback as the way to move towards my dietary changes. My body provided me with all the information I needed to work efficiently to my complete recovery'

Make up your own or use some of these as *often as possible*. You may have recognized the first one on this list from my use in this book. It has become my mantra. 'I am pain free, drug free and full of massive energy!' is fun to say, liberating and has become very helpful in my healing. Feel free to annoy the family with it.

## **Create a new meaning**

There is no right or wrong, up or down, good or evil until we give it a label. The meaning that we give an event *is* the event. Could your rheumatoid arthritis be the best thing that has ever happened to you? This might seem utterly impossible, but if you can really believe this to be, then it can! For example, if you were able to heal yourself naturally from the disease in a manner that was carefully documented and therefore able to be replicated to heal thousands of other sufferers around the world would you not consider the disease to have been a wonderful gift? Or have you got this disease because you needed to reset your priorities towards your health and wellbeing, or because you needed to learn humility, compassion, empathy and therefore become even more of a caring and compassionate person?

I am not suggesting that RA isn't like Hell on Earth. I'm just saying that despite the grim outlook for this disease, I always worked on having a positive attitude and I found first-hand that maintaining this attitude is an absolute must for getting well. Believe in yourself wholeheartedly and remember times that you have overcome something that seemed impossible and you were able to surprise everyone and achieve it. You must believe in your own abilities. Remember the phrase 'if it's meant to be, it's up to me!' since nobody is going to make this happen for you unless you put in the work and maintain the discipline. It is also helpful to believe the following statements which I call my 'Four Agreements':

1. The body has infinite wisdom to heal itself and has an intelligence way beyond our comprehension.
2. The body's purpose of constant healing and regeneration is to prolong my life. It does not want to 'attack' my joints and is only doing so because it is confused and my body can be compassionately forgiven for this.
3. If I was well one day and sick the next then it is something that I have done that has caused this. I am a recipient of a simple case of 'cause and effect'. The arthritis is the effect and I accept responsibility for the cause. This is not something that has 'happened' to me. I am not a victim. I did it. Now I will fix it.
4. RA is just one of the ways a human body can tell you that it's sick. Other ways include weight gain, acne, psoriasis, back pain and so on. I am therefore not worse off or more 'unlucky' than anyone else – their body uses one vehicle to tell them when it's not happy and my body uses another. So be it. Now let's get well.

## **Setting Goals**

It is important to set a goal as to when you want to be off your medication. Your goal should be S.M.A.R.T. which stands for specific, measurable, attainable, realistic and timely. My goal was to be 'Pain-free, drug free, in remission and 78kgs by August 15<sup>th</sup> 2010'. I was specific about what I wanted to achieve, I could measure pain quantitatively through ESR and CRP levels in my monthly blood tests, I gave myself 6 months which I considered attainable, I was realistic about my weight and my overall mission and I set an exact time for all this to occur.

Set your goal now in the same fashion. It's completely ineffective having an aim in your head. It's not going to assist you unless the goal is written down and placed on the fridge/wall where it can be actually seen by yourself and others. Keep in mind we're not trying to attempt some trivial task here, we're setting up a plan to rid the body of an 'incurable' disease! So don't skimp on the parts that I believe are entirely necessary, having been there myself.

## **Gratitude**

What you give thanks for, you attract. Even if you are not religious, you will find a comfort in thanking the universe for outcomes that have not yet occurred as though you have unfaltering faith that it will occur. With gratitude in your heart, give thanks for your healing and know that it will so. I am so deeply grateful that this book has made it to you, so that I have this opportunity to share my information with you and hopefully help you in your journey to wellness. Always maintain an 'attitude of gratitude'.

## **Limiting Beliefs**

Now we have established some powerful new sets of beliefs about our body's ability to get well and we have created a compelling future for ourselves. It is an exciting time knowing that improvements are on their way and we are almost ready to start! However, I know you're going to have some objections or difficulties accepting the food changes that are necessary in this book. This is normal. From country to country, family to family, and even individual to individual we have different tastes and beliefs about food. Most people treat their food choices very personally and suggesting that they make some serious changes to their diet is like asking someone to convert from Muslim to Catholic. Let's look at all the excuses that you might have for not changing your diet.



*“What do you know? You’re not a doctor!”*

True, I am not a doctor. Yet how much do doctors actually know about nutritional medicine? Nutritional education can be as little as 4 hours of an entire university degree spanning many years! I’ve been studying nutrition for 5 years, full time, without a spring break or summer holiday. I might not have a degree in this but I have a PhD in results.



*“I don’t want to have to have a limited range of foods for the rest of my life. I want to eat whatever I want”*

Chances are you won’t have to eat this strictly forever. My promise was to present the eating program that will work best for the most people in the fastest possible time. I hope that with time your digestive organs will heal, your joint inflammation will subside and your food sensitivities will calm down. This may enable you to eat more foods than Phase 4 of this program without getting an inflammatory response. However, this remains to be seen. I encourage you to stick to a strict approach that has been described here and in several months from now you can try a few other foods here and there as you wish to assess where your body is at.



*“But because I have this damn disease food is about the only pleasure I have left”.*

Once you become 100% convinced of your own connection between food and pain you will no longer worship your favorite junk foods or alcohol. After eating well for some time and allowing your body to get back to balance again, you will no longer crave these foods since there will be fewer microorganisms inside you, such as yeast and harmful bacteria, that scream out for foods like sugar. This, in turn, allows you more contemplative space to choose the best foods for you which further enhances your health in a continuous improvement cycle.

This was a interesting observation for me during my own experience and one that I would not have guessed would have been as profound as it has. When I get hungry now, it is a gentle, slow-arriving hunger rather than the sudden, ‘I’ll kill anyone unless I get food in the next 2 minutes’ hunger that a Western high-sugar diet creates.



*“It’s hard to change my diet. VERY hard”.*

Yes, it might be hard to change your eating habits. However, it’s much harder living a life in pain and suffering and believing that you’re going to be a cripple some day. It’s hard spending all of your time going to the hospital or doctor. It’s hard being a burden on those around you with your winging and complaining about not being well all the time when the solution is effective and is right here in these pages.



*“But my family all eat meat/dairy/sugar regularly and they all get to enjoy their coffee! They won’t understand”.*

By eating with them and eating like them you got yourself into this mess. So now you have a choice. Always do what you’ve always done and you’ll always get what you always got.



*“How am I meant to eat out at restaurants?”.*

For now, you’re not. I want to help you so I’ve got to be harsh. You need to put your health first and your tummy last. The restaurants aren’t going anywhere, they’ll still be there when you get better. The people who want to share a meal out with you will understand, if they are genuine friends, that for the short-to-medium term you’re out of the restaurant scene. In fact, they will hopefully see your efforts for what they really are – an outstanding, brave and commendable effort to turn your health around and regain the old you through determination and commitment!

To give you an idea of my commitment, I had a rice cooker in my room during the week of our wedding in Hawaii. On the day of my wedding, whilst guests ate our vast delicious range of plant-based food offerings, I sat and ate my humble brown rice meal. But I was the happiest Groom in the world, because through commitment like this, I went from being almost bed-ridden to being able to proudly bridal dance with my wife.

# CHAPTER 11 – THE PROGRAM

## PHASE 1 – BASELINE

Let the game begin! Phase 1 is to complete all the items on this checklist. Please don't move on to Phase 2 until each and every one of these items is complete.

### CHECKLIST

- ✔ Re-read and understand the disclaimer in this book. Consult with a doctor before beginning the process to check appropriate medication monitoring and your suitability for this program.
- ✔ Recent blood test results showing at a minimum
  - CRP (ask for 'High Sensitivity')
  - ESR
  - Red Cell Count
  - Hemoglobin
- ✔ Book of Graph (Chart) Paper showing 1) Body Weight 2) Energy Levels and 3) Joint Range of motion for 3 consecutive days taken first thing in the morning
- ✔ Photographs of your affected joints and a shot of you in your current condition
- ✔ Details of your current medication levels and frequency of use
- ✔ A new journal notebook that you will call 'Healing Diary' to record everything you eat and make notes/entries whenever you observe or learn something
- ✔ A 'MUST' list placed on your fridge
- ✔ Your personalized affirmation list, or at the **very** least, the words 'Pain Free! Drug Free! Full of Massive Energy!' on the fridge



- An agreement from the other members of your household to be supportive, understanding and nurturing during your program. It is very important for them not to challenge your quest for healing
- Quality Rice Cooker (with Steamer capability)
- Quality Vegetable Juicer
- All the items on the Shopping List below (organic where possible/affordable)

### SHOPPING LIST – PHASE 2 CLEANSE

- Celery
- Cucumbers
- Bok Choy
- Mixed salad leaves (ideally including baby spinach)
- Kale
- Collard greens
- Cos lettuce (or Romaine lettuce)
- Mung Bean Sprouts (3 x large bags)
- Water (purified/distilled/alkaline)

### SHOPPING LIST – PHASE 3 REPAIR

- All items in Phase 2
- Sweet potato x 5
- 2kg Raw Buckwheat
- 2kg Raw Quinoa (white)
- 500g Amaranth
- Celtic Sea Salt
- 150g Dulse Leaf (see page 77 for sources)
- Carrot
- Onion
- Garlic
- Water (purified/distilled/alkaline) x 3L/day
- Alfalfa sprouts

### SHOPPING LIST – PHASE 4 CONSOLIDATION (Not required until after Day 12)

- All items in Phase 3
- Basmati Rice

- Brown Rice Miso Paste
- Oranges
- Papaya
- Canatloupe
- (Optional) Supplements

*Refer to Table 3 ahead in this book for a suggested order of foods*

## PHASE 2 – CLEANSE

*“Men who achieve greatness do not work more complexly than the average man, but more simply”.*

- Mayo brothers

***DAY 1 – Colon Resurrection (see associated video - <http://www.youtube.com/watch?v=W-iGLB77vC8>)***

Today is the biggest challenge since we are all so used to stuffing ourselves with food all the time. So after you get through the cleanse it's all downhill from here on in. You will start to feel light headed and most hungry around 2-3pm today. Just rest, drink more juices and water. It is also ok to drink water or the juices with your salads, this will not interfere with the digestive process. Your body will be so incredibly happy at a cellular level as you hydrate it constantly.

As you feel hunger, remember that hunger = healing! Make friends with your DVD player today. Enjoy some light, easy walks to get some fresh air and enjoy the knowledge that you are putting your health first and doing something that is a wonderful investment into your future.

8.30 am – 1L water

9.00 am – Measure and record Weight and Range of Motion for effected joints

9.30 am – HUGE Mixed leaf salad (Baby spinach, cos lettuce, cucumber, alfalfa sprouts with a little raw garlic and raw onion)

10.30 am – 600ml Green Vegetable Juice (Cucumber, Celery)

12.30 pm – HUGE Mixed leaf salad

1.30 pm – 600mL Water

2.30 pm – 600mL Green Vegetable Juice (Cucumber, Celery, Cabbage)

3.30 pm – Light easy walk

4.00 pm – 600mL Green Vegetable Juice (Cucumber, Celery)

6.00 pm – 600mL Green Vegetable Juice (Cucumber, Celery)

6.30 pm – HUGE Mixed leaf salad

7.30 pm – 600mL Water

9.30pm – Meditate for 20 min before sleep.

Day 1 is complete! You've done it! Congratulations. Time for a good night's sleep.

## **DAY 2 – Enzyme Awakening**

This morning your pain levels will likely to be ‘as normal’. Although you did your Day 1 cleanse yesterday, your body can take 48 hours to move food through the lengthy path from your mouth to the other end. Thus, at this point you are still being influenced by foods that you ate before Day 1 of this program. So keep up the good work today and know that tomorrow morning is where it will start to get a little more interesting pain-wise.

8.30 am – 1L water

9.00 am – Measure and record Weight and Range of Motion for effected joints

9.30 am – HUGE Mixed leaf salad (Baby spinach, cos lettuce, cucumber, alfalfa sprouts with some raw garlic and raw onion). No salad dressing!

10.30 am – 600ml Green Vegetable Juice (Cucumber, Celery )

12.30 pm – HUGE Mixed leaf salad

1.30 pm – 600mL Water

2.30 pm – 600mL Green Vegetable Juice (Cucumber, Celery, Cabbage)

3.30 pm – Light easy walk

4.00 pm – 600mL Green Vegetable Juice (Cucumber, Celery, Mung Bean Sprouts)

6.00pm – 600ml Green Vegetable Juice (Cucumber, Celery )

6.30 pm – HUGE Mixed leaf salad

7.30 pm – 600mL Water

8pm – Preparation for Day 3.

If you will away from home tomorrow (e.g. going to work) then now is the time to prepare your meals. Tomorrow’s meals will be focused on the ‘Grain Mega mix’ which is a combination of the pseudo-grains Quinoa and Buckwheat. To prepare, pour 1.5 cups of raw quinoa and 1.5 cups of raw buckwheat into the rice cooker. Rinse this mix thoroughly with hot tap water and drain. Repeat this process until the husks and the cloudy water (released from the grains) turns clear. Add boiling water to the mix to cover by approx 1-2 inches and set the rice cooker to around 15-20 minutes (or until the water is absorbed and boiled off). When finished, the buckwheat and quinoa should be puffy, soft and moist. Dish this into a plastic travel container and place in the fridge. Set aside and wash 3 servings of salad/mixed leaves. Think big. Add some sea veggies to the salad if you like the taste.

9.30pm – Meditate for 20 min before sleep. Congratulations! The hardest two days are over!

### **PHASE 3 – REPAIR**

***DAY 3 – Pseudo-Grains to relieve pains (see associated video here – <http://www.youtube.com/watch?v=HxkfQtuMIh4>)***

Today you may or may not start to feel a **tiny** bit better. Natural pain reduction is a very subtle, gentle process which is quite different to the effects of taking prescription medication. So what you're looking for is a tiny change here and a tiny change there. Remember, if you only got a 2% improvement each day, then you'll be feeling 100% better in under 2 months.

If you've had RA for a very long time, then the 'permanent' damage to your joints may be a large component of your day-to-day discomfort. If that is the case, you may take a little longer to start to feel the improvements as your inflammatory component starts to reduce. However, whatever your results thus far it is only early stages and the hardest part (the cleanse) is behind you. Now it's time to eat and eat well! It's time to enjoy foods that have been eaten for centuries by civilizations who never got diseases like Rheumatoid Arthritis.

If you're going to work, pack the Grain Mega mix container and your gigantic amount of cleaned and disassembled bok choy. Also take Celtic sea salt and your seaweed. Take 3 Liters (nearly a gallon) of water in containers so that you will see how much you have to go at any one time. You will eventually get through it all by early evening. It is ok to drink a little water around and during meal times since you are not interfering with digestive juices whilst you are eating this plant-based diet. You're all set!

7.30am – 600mL water (or cucumber and celery juice if time permits)

7.45 am – Measure and record Weight and Range of Motion for effected joints

8.00am – 2 Grain Mix and raw Bok Choy

11am - 600mL water

1pm – 2 Grain Mix and Cos Lettuce/Mixed salad

2pm – 600mL water

3pm – 600mL water

4pm – 600mL water

6.30pm – 2 Grain Mix and raw Bok Choy  
8pm – 600mL water



**Figure 22** – 2 Grain mix with Bok Choy. For this size meal, use about twice the amount of Bok Choy leaves shown in this diagram.

Tomorrow you're going to be adding Sweet Potato to the menu. If you have 25min in the morning then you can prepare it then. If your mornings are rushed then prepare the sweet potato now.

#### Sweet Potato Preparation

Wash 1-2 large sweet potatoes and cut up leaving the skin on. Place into the steamer and set for 20-25 min. Check after 15min periodically until a fork can stab the sweet potato easily.

#### ***DAY 4 – Sweet Potato Joy***

7.30am – 600mL water (or cucumber and celery juice if time permits)

7.45 am – Measure and record Weight and Range of Motion for effected joints

8.00am – 2 Grain Mix and raw Bok Choy

11am - water

1pm – Sweet Potato and Cos Lettuce

2pm – water

3.30pm – Snack on celery, cucumber and carrot sticks

4.00pm – water

6.30pm – 2 Grain Mix and raw Bok Choy

8pm – 600mL water



**Figure 23** – 2 Grain mix with Cos Lettuce. Make it so that you can eat it like a wrap and don't be afraid to consume tons of the greens in the process.

Tomorrow we're going to go to a 3-grain mix. So to prepare, pour 1.5 cups of raw quinoa and 1.5 cups of raw buckwheat into the rice cooker. Rinse this mix thoroughly with tap water and drain. Add 0.5 cups of Amaranth into the water mix and stir a little. Add boiling water to the mix to cover by approx 1-2 inches and set the rice cooker to around 15-20 minutes (or until the water is absorbed and boiled off). When finished, the buckwheat, quinoa and amaranth should be puffy and soft. Dish this into a plastic travel container and place in the fridge.

In the morning you will need to prepare the salad for Day 5 lunch. This will be some mixed leaves, along with alfalfa sprouts, carrots, cucumber and raw onion.

For your evening meal you will prepare sweet potato soup. This is delicious! Steam 4 medium-sized sweet potatoes, 1 large onion, and two cloves of garlic. Whilst they are steaming, place some garlic, celery, onion, carrot, and fresh herbs to a pot of 3 cups of boiling water. Boil these vegetables and then drain them from the water so that you are left with a veggie broth. Pour 2 cups of veggie broth into a blender with your steamed veggies and blend for 30 seconds.

### ***DAY 5 – 3 Grain Mix***

7.30am – 600mL water (or cucumber and celery juice if time permits)

7.45 am – Measure and record Weight and Range of Motion for effected joints

8.00am – 3 Grain Mix and raw Bok Choy

11am - 600mL water

1pm – 3 Grain Mix and large mixed salad

pm – 600mL water

3pm – 600mL water

3.30pm – Snack of celery sticks, cucumber slices and carrot sticks

4pm – 600mL water

6.30pm – Sweet Potato Soup with mixed salad

8pm – 600mL water



**Figure 24** – Sweet potato, 3 grain mix and seaweed on Bok Choy! YUM



### ***DAY 6 to 12 – Hang in there***

The following days you are going to stick with the diet thus far, which is a mixture of sweet potatoes, buckwheat, quinoa, amaranth, bok choy, seaweed, cos lettuce and mixed salad including mung bean sprouts and alfalfa sprouts. Yes, it is fairly repetitive, but you are getting all of the nutrients you need and healing your intestinal environment so just stick with it!

Feel free to mix up the combinations so you may mix the sweet potato in with the grains if you wish, to create a variation (as shown in Figure 24). Or, you may just want to have mostly a Quinoa and Buckwheat grain mix, or sweet potato soup or so forth.

Keep up the water and greens like you're an obsessed person. Celery and cucumber juice is always going to build your health so if you're still able to juice then please do, it's well worth the effort.

One thing you are looking for is an increase in energy. If you get this it is great news since energy levels are linked to oxygen in the blood, which is inversely related to inflammation. So as your energy increases your inflammation generally decreases. So, if you are getting an increase in energy, then there is a strong chance that your CRP levels will already be down compared to when you started this program.

Remember to eat as much as you want since these foods are uniquely selected to heal, rather than irritate, the body. There is no need to go hungry and if you don't want to lose weight then just eat a greater quantity of food. Starches are generally thought of as 'comfort foods' so think of yourself as being able to enjoy an unlimited amount of hearty foods, rather than thinking of it as being restrictive.

Sometimes, throughout these 12 days you may feel some variations in your results. These sometimes inexplicable changes can be accounted for as one of the following:

- More stress than normal
- Sleeping awkwardly on the 'affected' joint

- Pressure during the day on the 'affected' joint. For example, carrying heavy items on inflamed elbows or putting lots of sideways pressure into ankle joints.
- Less exercise than normal
- Eating later in the evening than normal (a very common one)
- Eating faster than normal
- Medications that you may have been previously on are 'fading' and are leaving you more 'exposed' to the RA (only applicable if you were recently changing medications of course)

In addition, when the Circulating Immune Complexes begin to dislodge from your inflamed joints, they may end up re-lodging somewhere new and different. As my Rheumatologist notes, pain moves around the joints for most of his patients, and I certainly felt a dramatic case of this as my knee (which was full of swelling and inflammation) began to heal. I found that the pain was coming out of the knee, but lodging in my fingers, wrists and elsewhere. It was only after several additional months was I then able to remove it from all of these joints as well. So pain moving around generally isn't a major worry as long as the *overall* pain levels are slowly dropping.

So keep it up! You are doing great!

## **PHASE 4 – CONSOLIDATION**

### ***DAY 12 and onwards – Reintroduction of foods***

Although the heading above this sentence says ‘Day 12 and onwards’, the start day of this phase really depends on how you are feeling. By now it is likely that you will have noticed some improvement to your conditions, ranging between subtle to impressive. At the very least I hope that you’ve been able to notice some improvement, allowing you to feel excited that you’ve worked out a way to influence your pain levels without additional medication!

If you are still noticing improvements day to day then the safest approach is to change nothing. Stay with the restricted diet of Phase 3 to continue to improve your condition. This is the philosophy of ‘If it’s working, don’t mess with it’. Yes, this may sound a little boring, but isn’t it better to feel bored than in a debilitating state of pain? Besides, subtle improvements day by day all compound to create large improvements week to week, so your patience and discipline will pay off enormously the longer you keep things simple like this. You will also be building a stronger resistance to foods that previously triggered your arthritis, so the longer you avoid new foods the more of an inner armor you are establishing.

However, if you are ready to move onto this next phase, then more goodness awaits. Up until now we have given 100% focus on alkalizing and cleansing and I’m sure you’ll agree that you feel both of those. Well, now we use some more of nature’s gifts to reduce pain even further and create a wider variety of foods to eat. Not only that, this next section will curb the weight loss and restore energy.

Each of the foods from the following list will have their own additional benefits from a point of view of healing RA, but they need to be tested one at a time since each person’s body has different food sensitivities. I cannot stress this enough – just because I’ve ordered this next stage of the process does not mean it will automatically work for you in the order written. You are now in charge of your own ongoing experiment, testing one thing each day, and seeing what your body tells you. You will then make a note and make a decision based on that.

Thus, there is no absolute ‘correct’ way to go here with choosing which foods to try first, but I consider the order of foods below to be the ‘best bet’ for most people to begin with. These foods can drive pain levels down even if a healing plateau is reached during the 12 day process. So, these foods below are the very

next baby step forward and if you can get onto these without inflaming your body then you, my friend, are looking very, very good from here on in.

ITEM	COMMENTS
<p><b>Mega Miso Soup</b></p>	<p>The first item to reintroduce is actually another 'baseline' meal that you can fall back on. It is what I call the 'Mega Miso Soup' and it is basmati rice, brown rice miso paste and seaweed.</p> <p>Great for increasing calories, providing a platform from which to exercise.</p> <p>Another great benefit of this meal is how easy it is to prepare. Simply cook the basmati rice, add a dollop of the miso paste on top and stir together by adding some warm water (Note – don't use boiling water since you want to preserve the living bacteria in the miso paste). Add seaweed into the mix. Enjoy.</p>
<p><b>Oranges</b></p>	<p>This will be a test to citrus and to a smaller extent, sugar.</p> <p>To find out if oranges are going to affect you, try eating 5 whole oranges in one day and see what happens within 24 – 36 hours, whilst keeping everything else in your diet the same. If you don't notice a change then the benefits of oranges can be utilized in the coming weeks by having 1 orange with each meal.</p>
<p><b>Cantaloupe (Rockmellon)</b></p>	<p>Delicious and packing 427 mg of Potassium per cup, cantaloupe is a easy way to get your potassium intake up fast. Great to accompany any meal throughout the day.</p>
<p><b>Papaya</b></p>	<p>High in Potassium and great to break down proteins.</p> <p>If you are able to incorporate papaya, then try eating at least half a papaya at every meal to gauge results. I anticipate that you'll find the results very positive. I can definitively say that this stands alone for me as the greatest fruit for RA.</p>
<p><b>Pumpkin</b></p>	<p>Alkalizing and very low allergenic. An almost sure bet for most people. Bake or steam and eat with salad for now, or have as a soup (see recipe). A great new addition to add some variety. See the recipe book for a few ideas such as pumpkin soup and</p>
<p><b>OPTIONAL Supplements</b></p>	<p>If you want to test the effectiveness of some supplements, talk to a Naturopath about the following options as a possibility for you. The bromelain, potassium and magnesium are more long-term healing strategies, whilst the curcumin can be thought of as a short-term pain reduction pill.</p> <p>Bromelain (protein digestion).            Potassium and Magnesium (Alkalisising and pain reduction)            Curcumin (pain reduction)</p>

ITEM	COMMENTS
<b>Potatoes</b>	Alkalizing, and a great common food to add to your diet, allowing you to occasionally eat away from home (this is a BIG bonus!). Yes, potatoes are nightshade vegetables, but my feeling is that once your inflammation has settled down, both potatoes and tomatoes should not cause a reaction. Test one at a time, in your order of preference, and allow a few days to monitor how you feel after they are reintroduced. There's a very good chance that you'll be ok now, but make sure you listen to your body and if you react, then you can try them again in a month or two. A great way to test potatoes is to try them simply steamed with some Celtic Sea Salt, or in a potatoe curry (steamed potatoes, basmati rice, onions, curry powder and water – yum!)
<b>Tomatoes</b>	Great to add some diversity and flavor to your salads. Despite tasting acid, tomatoes leave an alkalizing ash in the body
<b>Edamame Beans</b>	<p>A Japanese favourite, these beans are just 100% soy bean, picked from the soy plant whilst the beans are around 80% mature. Then, the beans are steamed whilst still in their pod. These beans are great for rebuilding collagen which is imperative for joint health, and wonderful for your skin to soften wrinkles. Much less allergenic than all other soy products since these beans are unprocessed – thus, worth a try even if previous soy products have caused reactions. They are high in protein, but just test them and see how you go.</p> <p>These can be a little hard to locate, so I always call a Japanese store locally and ask where they get their edamame beans from (which are bought frozen in a bag approximately 1Lb or 0.5kg). Then call that supplier.</p>
<b>Cauliflower</b>	Alkalizing, very low allergen. These are in some of the 'PP Recipes' offering a taste variety and a different range of nutrients.
<b>Oat Sourdough Bread</b>	<p>The properties and bacteria found in our digestive system are very similar to the ones found in natural sourdough culture.</p> <p>Long fermentation process means easier to digest starches and proteins, so may be less taxing on the digestive process than other breads containing gluten. Try</p>

**Table 3 – Suggested foods and order of re-introduction into the diet in Phase 4**

It is now time to refer to the 'The Paddison Program Recipes' Book. This book contains the recipes which will allow you to incorporate all the foods that you are able to eat into 'proper' meals! Oh, the joy! All foods in the Recipe book follow the DOH as we have discussed earlier and as your intestines continue to heal you should be able to build up your 'accepted food portfolio' substantially over a period of time. If you can eat everything in the Recipe book without getting

inflammation you MUST email me and we will celebrate big time. Do not be in a hurry to expand your foods, keep in mind that the body takes time to heal and that an autoimmune response may take many months to stop being 'triggered' by foods. Be mindful that eating in the manner described in this book, and in the recipe book, is not just helping your RA but improving the overall health of your entire body. By bearing the cross of discipline, you will win this battle. Good luck!

# CHAPTER 12 – TROUBLESHOOTING

This Chapter is an addition to the book that I have put together after offering customer service to many people around the world since this program was released in December 2011.

I am now writing this Chapter, several years later, with a degree of awe as to what has transpired since the Paddison Program was first released. My wife Melissa and I have been privy to some of the most amazing success stories, reports of healing, gifts in the physical mail from international customers, video testimonials and personal meetings with RA heroes and heroines who have been through this process and have made remarkable improvements to their physical and mental state. I could never have imagined how much this process has been embraced and welcomed from those around the world who have been desperate for something that really works, and not another medicine cabinet full of pills.

By communicating with so many people I've become accustomed with the most common sticking areas which have been holding them back. By breaking through these areas most people are then able to advance to the next stage, whether that be lowering more medications, reducing their blood inflammation readings or regaining some more physical ability. So I've put together a checklist for you in this chapter that you can work through if you hit a stalling point. Mostly, this stalling point occurs when people fall out of a state that I refer to as The Healing 'Groove'.

## **The Healing Groove**

You're on the right track when you find yourself in a healing 'groove'. This groove is a feeling that each day you're feeling a tiny bit better than yesterday and that the progress is slow, steady and consistent. A slow, steady and consistent healing is one that you can feel excited about, rely upon and one that reflects a gentle change within the digestive system. Remember this is a long distance race, not a sprint.

When you're in the groove, you notice that each day your pain levels (or morning stiffness or joint redness etc) is ever so slightly better than the day before. Your

energy levels are a little better, your mood is less brittle, and you start to find a little more of your true self emerging from under the pain cloud.

There still might be days where you aren't quite as good as the day before, or the pain moves about in your body and you question why it's begun in a new area a little bit – as long as there is a feeling that the pain has transferred, not increased overall, then this is still common and nothing to be alarmed about or requiring immediate panic. Just observe record, measure quantitatively (e.g. monthly blood test) and adjust if necessary.

The interesting thing that I've noticed about the healing groove is that once you drop out of it, sometimes it can be tricky to get back into it. This often happens when Christmas time, a holiday, a birthday or a social get together comes around and some think "it's time to pig out!" I've also seen it happen a lot when people start to feel well after following this process for a few weeks, then begin to get up some confidence and introduce many things (especially ones I have not listed in this book) and then find themselves in pain again. Don't do this. You were going so well, now you're out of the groove, and I can tell you from observation of myself and others that sometimes it's harder to get back into than you'd like.

Fortunately, this has happened to many other people before you, so I have documented below what has helped them get back on track.

### **Pain Reduction Checklist**

- Jump straight back onto your baseline meals such as the 2 grain mix, sweet potatoes or mega miso basmati meal and lots of no dressing salads (especially baby spinach). After just 1-2 days this will usually 'reset' your pain levels down again and not undo your good work. Then you may proceed with introducing new changes and food testing once again. If you have already successfully reintroduced additional foods that you know are safe, you can usually eat these again within a few days and do not need to test them all again.
- Get back into the celery and cucumber juice, at least one glass per day between meals.



- Are you taking NSAID's? This will forever hold you back. Try to 'swap out' these tablets for something less harmful. For example
  - Aspirin (does not cause leaky gut, but it is less potent in pain relief)
  - Curcumin (or a combo of Aspirin and curcumin)

Note that most NSAID's including aspirin are only recommended for use for a few weeks at a time. If you simply cannot get off your NSAID's then the only thing I know that offers equivalent pain relief is...

- Bikram Yoga: Is there a class near you? If you are going twice a week, go three times. If you're going 4 times go every day. You HAVE to do Bikram Yoga if you aren't making progress forward, even if it means taking a break for a few weeks from your regular routine and visiting a town that has it. It will provide such relief that you should probably be able to get off any NSAID's, which will help you advance forward in your gut healing. Simply find a place and go.
- Are you exercising? If there is no Bikram Yoga near you, then it's up to you to get your cardiovascular exercise in your own way. Exercising in an aerobic manner will alkalize you, clean out circulating immune complexes and detox your entire body. It's natural, it's good for your overall health and it simply works. If you are very incapacitated, start out very slow using body parts that are free from RA. Perhaps start with a light 10 min per day, then work your way up to preferably 30 – 40 min per day, so that you work up a decent sweat. You're getting healthy again, and it feels good. *Really good.*
- Do you know your Vitamin D level? If not, have it measured immediately. If your levels are below 150 nm/L then use sunshine and/or consider a liquid vegan vitamin D supplements to raise it slowly and steadily. Measure again in 4 months. Keep on this.
- Are you stressed ? Reduce this stress load as much as you can. Can you spend some time outdoors in nature, even if it's a local park to sit and reflect? At least once a day, find a private place and sit alone. Put some earplugs in and breath deeply and slowly in and out through your nose for 10 peaceful minutes. Exercise also helps to lower stress - so this is yet

another reason to exercise, in addition to these stress reduction techniques, so you can get out of your brain.

- Are you worried? I know this sounds like the same bullet point as the previous one regarding stress, but I have deliberately separated them for good reason. We tend to stress about things like work and we tend to *worry* about our health. I believe that being worried has the same fast-acting negative response on the digestive system[53]. So, if you're no longer making progress and you start to worry, you're working against yourself from the inside out to get back on track or 'get into the groove'. On the flipside, when we're in the groove we are happy and excited (the enemy of worry) and so our digestive process is supported and thriving. So if you've become worried, take massive action to turn it around. What makes you happy and excited? Do it. And do it now!
- Have you omitted all oils in your foods and cooking?
- Have you finished your meal every evening before 7pm?
- Have you added bromelian for protein digestion assistance? (Watch out for 'fillers' in the cheaper brands. Get 100% bromelain as the only ingredient).
- Have you added potassium (with magnesium) for bridging a possible nutritional deficiency and for boosting your natural cortisone production?
- Are you eating your baseline meals with the seaweed included? Although it provides no calories, the seaweed in the meal is extremely effective and fast at increasing alkalinity. Potentially even snack on it between meals.
- Are you sleeping in such a manner that you are aggravating some of your joints when you sleep? Try sleeping alone to spread out your limbs or experiment with side/back/stomach sleeping and look for patterns with what works best for various joints. Watch my video in 'The Advanced Healing Package' on this if you have knee troubles.
- Are you getting at least 2 litres of water a day?

- Have you tested drinking a glass of orange juice with each meal to increase HCL in your stomach to aid protein digestion? (It also increases potassium, vitamin C and iron absorption).
- If the OJ sets you off, have you tested Betain Hydrochloride supplements as an alternative way to increase your HCL in your stomach to aid protein digestion?
- Have you lowered any of your heavy meds recently? For example, DMARD's and Biologics have a several week lag time. As these slowly leave your system, the 'true' state of your underlying pain will be revealed weeks after you have made the dosage adjustment. If this is the case, you will need to wait until the drug levels have settled before doing any further experimentation. Otherwise your results will be clouded.
- Are you bowels moving at least once per day? (Note – this is not applicable during the cleanse phase). Shift some waste by exercising. This will shake things up! If you can't exercise enough yet, try some over the counter laxatives, fresh plumbs, or another home remedy that you have found that works for you, but avoid oil-based solutions.
- Is there something sabotaging your efforts? Ensure you are feeding your mind with positive affirmations and expectations, coupled with realistic and time-based goals on your fridge, and have the support of your family members. Ask yourself 'is there anything in my life that

### **Wanting To Prevent Any Weight Loss**

If you're going great but losing weight don't panic. Stabilizing your weight isn't too difficult, certainly when compared to reversing RA symptoms. Let me guide you through a few options that you have that are fairly low risk in terms of increasing your pain levels but effective at helping you put on some more muscle.

First of all, the to stop the solution is not to increase protein. Many people make this mistake and suffer the consequences. Remember – adults only require around 40 – 50 g of protein per day, but many westerners are consuming 120g a day in an obsessive and damaging manner. That excess protein is waste, acidifying

and is eliminated from the body. In the case of RA, parts of it can end up in our bloodstream and aggravating our disease. So although protein is absolutely necessary for our bodies, as long as an adult is meeting their caloric requirement each day via a variety of different plant-based sources, then they will not be protein deficient.

The solution in every case I have found is to increase calories. This not only resolves the issue of weight loss, but it also sidesteps the likely pain increase that comes with higher protein intake. Let's look at various ways that this can be achieved, as well as some other options which will all stop weight loss, and even allow you to put muscle back on with the right exercise approach.

### **Weight Stabilising Tip #1 - Mega Miso Soup**

Switch from the buckwheat and quinoa (which are low calorie/serving) to white basmati rice (higher calorie/serving). This staple weight gain meal of basmati rice + brown rice miso paste + dulse seaweed mixed together is very hearty and nutritious. When eaten in generous portions it can quickly get high in calories. We have learned that brown rice is more nutrient-dense, but if weight-gain is your number 1 concern then you can probably consume more calories with the basmati since it's less chewy and faster to consume.

### **Weight Stabilising Tip #2 - Drink 600mL of Orange Juice With Every Meal**

By doing this 3 times a day you will be getting  $250 \times 3 = 750$  bonus calories every day without changing anything else. The orange juice gives you also acts to increase stomach acid to aid digestion, particularly of proteins. It is also high in potassium, which is a big bonus. If this doesn't upset your RA then keep it as a staple for a week or two at every meal and see if this stops the weight loss and helps your joint pain. It did for me. Naturally, if you think it's irritating your joints, then put it aside for the moment and revisit this at a later time

### **Weight Stabilising Tip #3 – Lower water intake around meal time**

Ease off with the water drinking around meals since it takes up space and makes the stomach feel full. We get signals to the brain when the space in our stomach is reaching capacity. If you are full of water then it's hard to add more food to that space. Note, water consumption should not be reduced, just shifted to times away from the meals (immediately upon rising in the morning is a good time for consuming water, while the stomach is empty).

#### **Weight Stabilising Tip #4 – Beans and Lentils on Rice**

Beans or lentils on basmati rice is hearty and filling and provides ample energy intake. Because both beans and lentils are high in protein they are slightly acidifying, so there is the bit of a trade off there that you need to be careful of. The way I found around this was to make the beans/lentils 'go further' with each meal by eating them more sparingly and concentrating the bulk of the meal on the rice. So you can still get to enjoy the flavour of the beans/lentils and the taste will make you want to eat large portions at the mealtime, but err on the side of more rice than more of the beans/lentils. See recipes for each of these in the Paddison Program Recipe Book.

#### **Weight Stabilising Tip #5 – You have to use your muscles**

Remember, if you don't use it you lose it. We need to teach the body which parts are essential. The body will take care of eliminating the fat and it's your job to move the parts that you want to grow. Wake them up. Get them moving. They will respond and grow. Nobody has every built strong muscles sitting by sitting around and feeling sorry for themselves. The exercise also strengthens the small ligaments and tendons around the joints which can get caught up in the inflammation process, thus directly lowering joint pain as their integrity improves. I would estimate that about 40% of the entire recovery process for me was centered around exercise. This is so much more than most people are usually aware of. We are all very acutely aware of how much diet impacts our future outlook, but so does the exercise. Start slow with whatever exercise you can and keep track by recording your daily reps.

#### **Weight Stabilising Tip #6 – Dry Roasted Almonds or Cashews (Higher Pain Risk)**

If you are beyond the first 12 days then you could try 'testing' in dry-roasted almonds and/or dry-roasted cashew nuts. The high-fat content of these nuts will drive up your caloric intake markedly, but just make sure they're not adding any pain to your body. They're a little more 'down the track' than other foods, but if you're able to tolerate them reasonably well pain-wise, and they stop the weight loss, then that's a wonderful compromise for the time being and should still allow some slow healing.

## **Troubleshooting Conclusion**

It's natural to have hiccups along the way when you're trying to achieve any goal in life. The checklist above is what I have used for the past few years to troubleshoot progress problems with many people and usually uncovers some areas in which they could refine their approach. I hope this gives you some outstanding tools to move forward with, and allows you to proceed with confidence on this new path towards wellness. Melissa and I are sending you much love, light and healing vibes for the journey ahead.

# APPENDIX A – STARCH WILL NOT MAKE YOU FAT

Starch will not make you fat. In fact, not only will a high-starch diet NOT make you fat, I challenge anyone who is overweight to NOT lose weight on a whole-foods, low fat, starch-based diet. Friends, family and those who have asked for my consultation have all lost body fat on as much whole-grain starch as they can eat. And the reasoning behind this is not difficult to understand. Consider, for example, that a cup of rice is 200 calories, a cup of quinoa is 220 calories or an average sweet potato is 100 calories. To function actively an adult woman needs, say, 2200 calories a day and an adult male 3000. So to overeat on rice a woman would need over 10 cups of rice per day and a man 15! Or instead, eat 22 medium sweet potatoes or 30 sweet potatoes respectively. By contrast, two tablespoons of mayonnaise is 200 calories, two tablespoons of butter is 200 calories, a cup of grated cheddar cheese is 450 calories. So don't blame the starch if you're overweight, blame what's on top of it (cheese? Butter? Bacon chips?) and what's near it (sugary drink? Milk products?).

From my point of view, the even better news is that starch-based platform has been entirely adequate for me to work out successfully at the gym, where I have been able to put on 14kg of muscle mass from my raw-food days! So it keeps the fat off the belly and thighs, allows excellent muscle growth and fast repair, and gives you lots of energy in an easy-to-digest format. To cap it all off, it also tastes great.

# APPENDIX B - MAKING IT A MUST FOR ME

<u>Goal</u>	<u>MUST</u>
Pain-free, drug-free Remission and 78kgs by August 15th 2010	I ♥ MY HEALTHY, HAPPY HONEY OF ALL TIME ♥
<u>Why</u>	
So strong, so healthy, so powerful	
<ul style="list-style-type: none"><li>• Preserve my body &amp; my joints &amp; muscles.</li><li>• Avoid costly &amp; painful surgery.</li><li>• To have children . period .</li><li>• To <del>become</del> a motivational speaker.</li><li>• To save <del>money</del> thousands of dollars.</li><li>• To prove to myself that <del>once again</del> I am still amazing &amp; can achieve anything I want in life.</li><li>• To work through my issue of feeling I have to be big &amp; strong always.</li><li>• To sleep better at night.</li><li>• To play sport again.</li><li>• To enable me to travel anywhere &amp; to climb any mountain.</li><li>• To use my renewed strength &amp; energy to move on to my next challenges.</li><li>• To regain my God-given right to be healthy!</li></ul>	



# APPENDIX C – INTERPRETING BLOOD RESULTS

## **Blood Tests for inflammation**

If you have inflammation in the body then extra protein is often released from the site of inflammation and circulates in the blood stream. The erythrocyte sedimentation rate (ESR or 'sed rate') and C-Reactive protein (CRP) blood tests are commonly used to detect this increase in protein and are hence 'markers' of inflammation. Our aim is to bring ESR and CRP into normal range.

The ESR or 'sed rate' refers to the time it takes for your red blood cells to fall to the bottom of a test tube (as a 'sediment'). The red blood cells will fall faster if they are covered by certain proteins that have been released by the inflamed areas of the body.

C-Reactive protein (CRP) test is also used to monitor inflammation in RA. CRP is produced by the liver in response to the presence of inflammation occurring somewhere in the body.

## **Blood Tests for liver damage**

To detect for liver damage blood tests can be undertaken which determine the presence of certain liver enzymes in the blood. Two commonly tested enzymes are AST and ALT which are normally contained within the liver cells. AST is also found in other tissues such as the liver, heart, muscle, kidney and brain and is released when any one of these tissues is damaged. Hence, it is not a highly specific indicator of a compromised liver. However, ALT is most concentrated in the liver and hence it serves as a reasonably specific indicator of liver status.

# Sample Blood Test Report



**DOUGLASS  
HANLY MOIR  
PATHOLOGY**

14 Giffnock Avenue, Macquarie Park, NSW, Australia 2113

**Results:** 98 555 100 Pathologists: 98 555 150  
Toll Free: 1800 222 365 All Hours: 98 555 222

### SPECIALIST PATHOLOGISTS

Dr Erica ARN	Dr Annabelle FARNSWORTH	Dr Peter KYLE	Dr Jennifer ROBERTS
Dr Tina BALLE	Dr Leo FEMIN	Dr Robyn LEVINGSTON	Dr Marcella ROMAN
Dr Karl BAUMGART	Dr William FELBEL	Dr Fiona MACLEAN	Professor Peter RUSSELL
Dr Elizabeth BERNAL	Dr Colin GOLDSCHMIDT	Dr Alpha MALIK	Dr Raed SIMHAIRI
Dr Clare BIRCH	Dr Frances HANLY	Dr Ray MCKINLEY	Dr Garry SIMMONS
Dr Jonathan BLACKWELL	Dr Michael HARRISON	Dr Denis MOIR	Dr Elizabeth SINCLAIR
Dr David BLAKLAND	Dr Theresa HARVEY	Dr Steve MORAN	Dr Vera STOEHRER
Dr Fiona BONAR	Dr Richard HASKELL	Dr Anita MULLONJO	Dr Andrew TAN
Dr Ivan BUICHETT	Dr Lye Lin HO	Dr Helen OGLE	Dr Nick TAYLOR
Dr Grahame CALDWELL	Dr Vicki HOWARD	Dr Simon PALFREEMAN	Dr Joanne TOMLINSON
Dr Ian CHAMBERS	Dr Suzanne HYNNE	Dr Miriam PAUL	Dr Catherine TREBECK
Dr Tony CLARKE	Dr Richard JAWORSKI	Dr Desmond REDDY	Dr Jenny TURNER
Dr Warwick DELPRADO	Dr Debra EYSEN	Dr Greg RHODES	Dr Mark WILSHER
Dr Joanna DING	Dr Ken KNEALE	Dr Paul RICHMOND	Dr Tina YEN
Dr Stephen FAIRY	Dr Marianne KUBE		

Doctor  
**Mr Clinton Paddison**  
PADDINGTON NSW 2021 PST / - / - / - / - / -  
Ref by: Dr J Bertouch Ph: 0293981343  
WALES MED CTR, Suite 6d Level 6  
66 High Street, RANDWICK 2031

Patient  
**Clinton PADDISON**  
Lab ID : 203381676 Your Ref :  
Paddington 2021 Requested : 05/04/2010  
DOB : 21/10/1975 (34 Yrs) Collected : 30/07/2010 11:45  
Sex : Male Received : 30/07/2010 14:42  
Ph : Printed : 02/08/2010 10:07

### Haematology

Haemoglobin	141	g/L	(130-180)
Red cell count	4.7	x10 <sup>12</sup> /L	(4.5-6.5)
Haematocrit	0.42		(0.39-0.54)
MCV	90	fL	(80-100)
MCH	30.3	pg	(27.0-32.0)
MCHC	336	g/L	(310-360)
RDW	14.6		(10.0-15.0)
White cell count	8.5	x10 <sup>9</sup> /L	(4.0-11.0)
Neutrophils	5.48	x10 <sup>9</sup> /L	(2.0-7.5)
Lymphocytes	1.92	x10 <sup>9</sup> /L	(1.0-4.0)
Monocytes	0.60	x10 <sup>9</sup> /L	(0.0-1.0)
Eosinophils	0.43	x10 <sup>9</sup> /L	(0.0-0.5)
Basophils	0.03	x10 <sup>9</sup> /L	(0.0-0.3)
Platelets	262	x10 <sup>9</sup> /L	(150-450)
ESR	7	mm/h	(1-20)

### Comment

Full blood count is within reference limits

Key indicators of inflammation severity

### C Reactive Protein (High Sens)

CRP	3.2	mg/L	(0.0-5.0)
-----	-----	------	-----------

### Biochemistry

Status	Unknown		
Sodium	137	mmol/L	(135-145)
Potassium	4.4	mmol/L	(3.5-5.5)
Chloride	102	mmol/L	(95-110)
Bicarbonate	29	mmol/L	(20-32)
Urea	4.4	mmol/L	(3.0-8.0)
Creatinine	75	umol/L	(60-110)
eGFR	>90		(> 59)
Uric Acid	0.29	mmol/L	(0.20-0.50)
Calcium	2.34	mmol/L	(2.15-2.55)
Corrected Calcium	2.32	mmol/L	(2.15-2.55)
Phosphate	1.17	mmol/L	(0.8-1.5)
Total Bilirubin	15	umol/L	(4-20)
Alk Phos	93	U/L	(35-110)
Gamma GT	12	U/L	(5-50)
LDH	153	U/L	(120-250)
AST	17	U/L	(10-40)
ALT	20	U/L	(5-40)
Total Protein	71	g/L	(68-85)
Albumin	44	g/L	(39-50)
Globulin	27	g/L	(23-39)
Cholesterol	* 2.2	mmol/L	(3.9-5.5)
Triglycerides	0.5	mmol/L	(0.5-1.7)
Glucose Random	4.3	mmol/L	(3.6-7.8)

Key indicators for liver health

### Comment

eGFR (mL/min/1.73m2) calculated by MDRD 175 formula - see www.kidney.org.au

### Surgery Use

Normal

No-Action/ File

Contact Patient

See Patient

See File

Continue Treatment

Signed

Date



Tests Completed: LFT,CT,C,Ucr,E,Glu,PO4,URATE,Ca,CRP,FBC,ESR. **FINAL REPORT**

Clinical Notes: NO HISTORY

Supervising Pathologist: FH, GC, NT

Page 1 of 2

## APPENDIX D – SUBSTITUTE FOODS

If you are suffering from RA in a country where some of the items in this program are unavailable then do not panic. There are some alternatives that I have listed below which should still give you excellent results. Let's look at each of the alternatives below

Not Available	More Common Substitute
<b>Juicer Machine</b>	Eat whole cucumbers regularly. You may get some strange looks from your friends! And you'll get some even stranger looks from your Rheumatologist when he sees your blood inflammation improvements.
<b>Celery (for juicing)</b>	Juice the cucumbers only
<b>Bok Choy, Kale, Collard Greens</b>	Any raw leafy greens are fine. Most countries have spinach. Baby spinach is one of the best greens
<b>Buckwheat</b>	Basmati Rice
<b>Quinoa</b>	Basmati Rice
<b>Amaranth</b>	Omit
<b>Celtic Sea Salt</b>	Himalayan Sea Salt
<b>Sea Vegetables 'Dulse' and 'Wakame'</b>	Sea Vegetable 'Nori' (used in every Japanese restaurant). Just tear up the sheet and put in in the meal... yum!
<b>Brown Rice Miso Paste</b>	Soy Miso Paste
<b>Alfalfa Sprouts</b>	Omit
<b>Mung Bean Sprouts</b>	Omit
<b>Sweet Potato</b>	Pumpkin. Since pumpkin takes longer to prepare, it is ok to cook more and save some in the fridge to warm up to add to meals for the next day or so.
<b>Black Beans</b>	Moong Dahl (no ghee)
<b>Pinto Beans</b>	Moong Dahl (no ghee)
<b>Edamame Beans</b>	Omit

## Replacement Meals for India, Pakistan and Sri Lanka

The following replacement is a suitable substitute for the original 12 Day pseudo grain suggestions.

Original	More Common Replacement
<b>Buckwheat and Quinoa Mix</b>	Basmati Rice with Moong Dahl. The aim is to keep fat and protein levels low so do not use ghee in the moong dahl and eat mostly the rice (rather than an equal portion of moong dahl and rice)

# RECOMMENDED MATERIALS

## **Books**

- 'The Enzyme Factor', Dr Hiromi Shinya
- 'The Microbe Factor', Dr Hiromi Shinya
- 'The McDougall Program', Dr John McDougall
- 'The China Study', Colin Campbell
- 'The Complete Book of Enzyme Therapy', Dr Anthony Cichoke
- 'The pH Miracle' Robert O. Young
- 'Doctor Yourself', Dr Andrew Saul
- 'Enzyme Nutrition', Dr Edward Howell
- 'Thrive', Brendan Brazier
- 'The Wonder of Probiotics', Dr John R. Taylor and Deborah Mitchell
- 'Enzymes and Enzyme Therapy', Dr Anthony Cichoke
- 'The Hippocrates Diet', Dr Ann Wigmore
- 'Green Smoothie Revolution', Victoria Boutenko
- '12 Steps to Raw Foods', Victoria Boutenko
- 'Man's Search for Meaning', Dr Victor Frankl
- 'Your body's many cries for Water', Dr F. Batmanghelidj
- 'Born to Run', Christopher McDougall (A brilliant true story that explores the incredible Tarahumara Indian tribes)

## **Film/Videos**

- 'Forks Over Knives'
  - 'Fat, Sick and Nearly Dead'
  - 'Food Inc'
  - 'Food Matters'
  - 'Uprooting the Leading Causes of Death' – Michael Gregor
- <http://www.youtube.com/watch?v=30gEiweaAVQ>

# REFERENCES

- [1] Scan J Rheumatol 8:249, 1979.
- [2] Clin Allergy 10:463, 1980
- [3] Clin Res 28:791A, 1980
- [4] 'Rheumatoid Arthritis and Food: A Case Study' BMJ 282:2027, 1981
- [5] Clin Res 29:754, 1981
- [6] Scand J Rheumatol 11:33, 1982
- [7] Acta Derm Venereol 63:397, 1983
- [8] Clin Ecol 2:137, 1984
- [9] Isr J Med Sci 21:532, 1985
- [10] Arthritis Rheum 29:220, 1986
- [11] Lancet 1:236, 1986
- [12] Int Arch Allergy Appl Immunol 80:192, 1986
- [13] Food allergy and intolerance. London: Bailliere Tindall 723, 1987
- [14] Ann Rheum Dis 47:69, 1988
- [15] 'Effects of fasting on disease activity, neutrophil function, fatty acid composition, and leukotriene biosynthesis in patients with rheumatoid arthritis' Hafstrom et al, Arthritis Rheum 31:585, 1988
- [16] Kjeldsen-Kragh J, Haugen M, Borchgrevink CF, et al. Controlled trial of fasting and one-year vegetarian diet in rheumatoid arthritis. Lancet. 1991;338:899-902.
- [17] Clin Rheumatol 13:475, 1994.
- [18] Lancet 338:1209, 1991
- [19] Lancet 338:1209, 1991
- [20] Rheum Dis Clin North Am 17:363, 1991
- [21] Lancet 339:68, 1992
- [22] Ann Rheum Dis 51:303, 1992
- [23] Lancet 339:1177, 1992
- [24] Br J Rheumatol 34:270, 1995
- [25] Nenonen MT, Helve TA, Rauma AL, Hänninen OO. Uncooked, lactobacilli-rich, vegan food and rheumatoid arthritis. Br J Rheumatol. 1998;37:274-281.
- [26] Baillieres Clin Rheumatol 10:165, 1996
- [27] The pH Miracle, R.O. Young, pg 16
- [28] 'A Clinical Guide to Vitamin C', Frederick R. Klenner, M.D
- [29] Pediatr Res 33:543, 1993
- [30] J Pediatr Gastroenterol Nutr 9:98, 1989; Pediatr Res 21:347, 1987
- [31] Ted R. Mikuls et al, Arth and Rheumatism, Vol 46, Issue 1, pages 83-91, 2002
- [32] Chung Hua Nei Ko Tsa Chih 34:79, 1995; Arthritis Rheum 34:248, 1991
- [33] J Rheumatol 19:2, 1992; Ann Rheum Dis 49:400, 1991
- [34] Arthritis Rheum 34:248, 1991
- [35] Am Med Women's Assoc 1998;53(1):9-12).
- [36] 'Your Body's Many Cries for Water' F. Batmanghelidj, 1995

- [37] 'Ageless Body, Timeless Mind' Deepak Chopra, 1994
- [38] D. J. Pattinson et al Proceedings of the Nutrition Society (2004), 63, 137–143
- [39] Hafstrom et al 'A vegan diet free of gluten improves the signs and symptoms of rheumatoid arthritis: the effects on arthritis correlate with a reduction in antibodies to food antigens' Rheumatology (Oxford). 2001 Oct; 40(10):1175-9.
- [40] J. McDougall et al Journal of Altern. and Complementary Med. Feb 2002, 8(1): 71-75.
- [41] R.T. Jenkins et al Oxford Journals Medicine Rheumatology Volume 26, Issue 2 Pp. 103-107
- [42] Peltonen et al Oxford Journals, Medicine, Rheumatology Volume 36, Issue 1 Pp. 64-68
- [43] [British Journal of Nutrition \(2000\), 84, 589+59](#)
- [44] American Journal of Medicine, Vol 116, Issue 7, Supplement 1, 5 Apr 2004, Pg 50-57
- [45] 'What Doctor's Won't Tell You' Jane Heimlich
- [46] Vegetarian and Vegan Nutrition', G. Eisman
- [47] 'No Milk', Daniel Twogood
- [48] Neal Barnard, M.D. <http://www.pcrm.org>
- [49] 'The Enzyme Factor', Dr Hiromi Shinya
- [50] [Iron Disorders Institute](#)
- [51] 'Enzymes and Enzyme Therapy', Dr Anthony Cichoke
- [52] Ali Kutlu et al Meat-Induced Joint Attacks, or meat attacks the joint: Rheumatism versus Allergy. Nutr Clin Pract 25(1):90-1 (2010), PMID 20130162
- [53] Biol Psychol. 2008 Feb;77(2):132-7. Epub 2007 Oct 2. Investigating the role of perceived stress on bacterial flora activity and salivary cortisol secretion: a possible mechanism underlying susceptibility to illness. Knowles SR, Nelson EA, Palombo EA.
- [54] Past exposure to sun, skin phenotype, and risk of multiple sclerosis: case-control study BMJ 2003; 327 Published 7 August 2003. I A F van der Met et al
- [55] Epidemiology of multiple sclerosis in Australia. With NSW and SA survey results. McLeod JG, Hammond SR, Hallpike JF. Department of Medicine, University of Sydney, NSW. The Medical Journal of Australia [1994, 160(3):117-122] **Type:** Journal Article,
- [56] Ann Rheum Dis. 2013 Apr;72(4):506-11. doi: 10.1136/annrheumdis-2012-202302. Epub 2013 Feb 4. Exposure to ultraviolet-B and risk of developing rheumatoid arthritis among women in the Nurses' Health Study. Arkema EV, Hart JE, Bertrand KA, Laden F, Grodstein F, Rosner BA, Karlson EW, Costenbader KH.
- [57] The Lancet, Volume 336, Issue 8706, Pages 37 - 39, 7 July 1990 'Effect of low saturated fat diet in early and late cases of multiple sclerosis' R.L. Swank MD \*, B.B. Dugan
- [58] "A pilot study of potassium supplementation in the treatment of hypokalemic patients with Rheumatoid Arthritis: a randomized, double-blinded, placebo-controlled trial" - Rastmanesh R, Abargouei AS, Shadman Z, Ebrahimi AA, Weber CE.
- [59] [http://en.wikipedia.org/wiki/Reference\\_Daily\\_Intake](http://en.wikipedia.org/wiki/Reference_Daily_Intake)
- [60] 'Influence of Diet on Acid Base Balance' Thomas Remer, Research Institute of Child Nutrition, Dortmund, Germany
- [61] J Am Coll Cardiol. 2011 Mar 8;57(10):1210-9. doi: 10.1016/j.jacc.2010.09.070. Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies. D'Elia L, Barba G, Cappuccio FP, Strazzullo P. Department of Clinical and Experimental Medicine, University of Naples Medical School, Naples, Italy.
- [62] Am J Clin Nutr. 2012 Sep;96(3):647-57. doi: 10.3945/ajcn.112.034413. Epub 2012 Aug 1. Sodium and potassium intakes among US adults: NHANES 2003-2008.

Cogswell ME, Zhang Z, Carriquiry AL, Gunn JP, Kuklina EV, Saydah SH, Yang Q, Moshfegh AJ.  
Division for Heart Disease and Stroke Prevention, CDC, Atlanta, GA 30341, USA.  
mcogswell@cdc.gov

[63] McGee, Harold (2004). On food and cooking: the science and lore of the kitchen. New York: Scribner. pp. 544–546. ISBN 0-684-80001-2. Retrieved 2010 June 28.

[64] Gennari, NEJMed; 1988; 339:451-458.

[65] "A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis," Chandran B, Goel A, et al, Phytother Res, 2012 March 9

[66] Fruit and vegetable intakes, C-reactive protein, and the metabolic syndrome<sup>1,2,3</sup>  
Ahmad Esmailzadeh, Masoud Kimiagar, Yadollah Mehrabi, Leila Azadbakht, Frank B Hu, and Walter C Willett

[71] Vegetarian diets and blood pressure among white subjects: results from the Adventist Health Study-2 (AHS-2) Public Health Nutr. 2012 October; 15(10): 1909–1916.

[72] Long-term vegetarians have low oxidative stress, body fat, and cholesterol levels. Nutr Res Pract. 2012 April; 6(2): 155–161.



# NEW - ADVANCED HEALING PACKAGE

If you want more assistance to help you through this process successfully then you might like to consider the Paddison Program Advanced Healing Package.

With over 4 hours of RA-Reversing training modules you will learn:

- How to Eliminate RA in the knees (no matter how bad your knees are)
- How to alkalize as fast as possible through foods
- How to alkalize as fast as possible with exercise, even at home
- The ultimate acid/alkaline downloadable PDF for the fridge
- How to support a loved one with RA
- How to eat out at restaurants
- Beginner yoga sequences with Melissa
- Recipe Videos x 4 with Melissa

Plus, you'll also get

- Priority support (ensure you get answers quickly)

All of this material I present myself, or it is presented by Melissa, through videos. The videos build on the foundations in this book and enable me to demonstrate things that are not possible in ebook format.

Here's the best part:

You don't need to pay another \$99. Since you are already a customer, you only need to make the upgrade payment for all of Advanced Materials!

So if you'd like to review the Paddison Program Advanced Healing package just click here - <http://www.rheumatoidarthritisprogram.com/advanced-package/>

To your healthy future,  
Clint and Melissa Paddison.