

— All Things Medical —

**Dr. J.E.
BLOCK**



Arthritis

Glucosamine promotes the production of a special chemical called proteoglycans, which are water retaining molecules that are the building blocks of cartilage. Chondroitin Sulfate is the nutrient felt to block the enzymes that destroy your cartilage. Depending on your weight, I recommend taking between 1200 mg of Glucosamine combined with 800-1600 mg Chondroitin Sulfate. Various formulations exist with many other ingredients on the market. Used by me for the last decade for my patients, these compounds are now going mainstream and are being recommended by many mainstream

physicians including the orthopedic specialists.

Taken early, before arthritis begins, it may ward off this disease. The cartilage of cows and even more obtainable from chickens is loaded with proteoglycans similar to Glucosamine and Chondroitin. I have been munching the ends of chicken thighs and legs for the last 40 years.

A nasal enema

Doctors, 300 years ago, recommended a nasal cup to improve upper respiratory congestion to include sinus problems, infections and allergies. I have one in my medical collection. This cup is called a nasal or narial cup. Warm salt water (one teaspoon to a pint) or saline is put in then it is either inhaled and/or poured through the nose to irrigate it. It is extremely safe and very effective. Golden Seal extract or the powder from a capsule can be added to the saline solution and may help fight infection even better.