

All Things Medical

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BLOCK



Chicken bones

There is an inexpensive arthritis treatment. Chondroitin sulfate and glucosamine are used to treat arthritis by alternative as well as orthopedic physicians these days. These are proteoglycan (mucopolysaccharides) that enhance the integrity of cartilage. Instead of buying these supplements, one can chew the ends of the thicker bones, such as the thigh or leg bones, or with the cartilage there is cartilage on the sternum of a breastbone. Turkey bones, although bigger and harder to chew, can also be used. However, if not cautious, one can get splinters of bone lodged in the soft tissues of one's mouth or gastrointestinal tract. (An article, several years ago, in the New England Journal of Medi-

cine, detailed the effects of ground up chicken cartilage in the treatment of arthritis. Bovine cartilage studies also have shown nutritional help for diseases of this type.

I have been chewing off the cartilage of chicken bones for years and never had a problem. Whether coincidence or causally, I have no symptoms of arthritis.

Nightshade and arthritis

For the last several years, nightshade plants have been shown to cause and aggravate certain types of arthritis. The plant contains a noxious chemical called solanine. Some people are sensitive to this toxin, which can block the acetylcholine and interfere with transmission of nerve impulses. That is why drugs such as amitriptyline, that work on the acetylcholine, seem to help some patients with fibromyalgia and arthritic symptoms.

The nightshades include potatoes, tomatoes, egg plant, tobacco and peppers (green and red, both hot and sweet, as well as chilies). It may take several months for the elimination of nightshade from the diet before improvement is noted.