



THE ARTHRITIS CURE



WEST CLINIC
ENERGY • BALANCE • LONGEVITY

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Hello, everyone.

My name is Dr Jason West. I have a message to share with you, well actually, everyone. It's about hope, and there's always hope. I don't believe in a life half-lived because of sickness or infirmity. I believe everyone should live at their full potential. Miracles happen, lives change, and patients that thought they couldn't get better, do.

Health is a "state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." World Health Organization

There's never a good time to be sick. Don't delay. It's so frustrating to outline a program for a patient and them not take action.

Frequently those patients will come back months or years later when that same time period could have been used for healing. It's also more affordable than waiting for the perfect set of circumstances.

Let's not focus on the past treatment failures; instead let's work on life from here forward. With your health, you can accomplish your dreams. Let's get started.

*Dr Jason West
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4th Generation Doctor
Best Selling Author
2x Doctor of the Year
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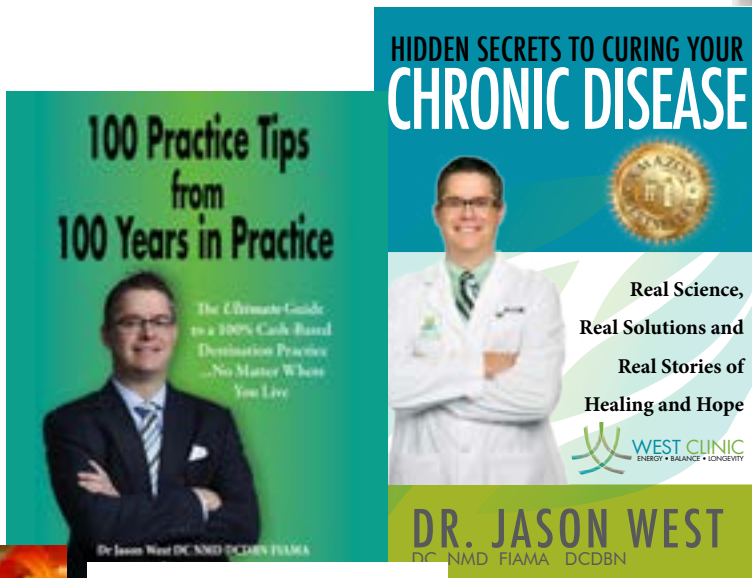
A PROMISE

I routinely see miracles, matter of fact; we jokingly said we were going to rename the West Clinic, the Clinic of Spontaneous Remission. This was after I saw a note from a doctor that had been managing a chronic disease and the patient came to our office and got better. The patient made great progress and her doctor wrote, "Observing the patient for non-prescriptive spontaneous remission." Another patient told me his doctor told him this, "There's no way that stuff Dr. West is doing does anything, but a lot of people go there and seem to get better. It's really just placebo." The patient told me, "I told the doctor that perhaps he should get some of the placebo medicine."

If you follow the recommendations in this eBook by taking accountability, educate yourself on your options and balance your body's biochemistry, biomechanics, hormones, energy, and emotions, then improved health is possible.

Be the one that thrives not just survives.

- 4th generation doctor
- 100 Year Clinic Experience
- Functional Medicine Collaborator
- #1 Amazon Best Selling Author
- Featured in:
 - Doctored
 - Undoctored
 - Breakthroughs
- Chiropractor of the Year
- Presidential Award Winner
- Peer-reviewed Author



Is Arthritis Normal?

No, and you can do something about it! Osteoarthritis (OA) is the most common type of arthritis. It is usually found in people that have had trauma to the joint, chronic joint misalignment (makes the joints wear/tear), accumulated toxins, and/or hormonal imbalances. It can be called many things – arthritis, osteoarthritis, bone-on-bone arthritis, or degenerative joint disease. It is sometimes called a degenerative joint disease. This disease mostly affects the cartilage. Cartilage is a smooth material that covers the end of the joint to cushion the bone and allow the joint to move easily. With OA, the surface layer of the cartilage breaks down and wears away. This allows This allows to rub together. This can cause pain, swelling, and loss of motion of the joint.

THE CAUSE

There are multiple causes of arthritis. A combination of things in the body, your lifestyle, and your environment may add to its development. Several factors increase the risk of developing osteoarthritis. These include:

- Age
- being female
- family history
- being overweight
- repetitive motion
- injury
- Defect present at birth

From a century of patient care at the West Clinic, we have discovered that One of the biggest causes of osteoarthritis that traditional medicine does not recognize is calcium in the wrong place, or hypercalcemia. This is when there is too much calcium in the blood and precipitates into the joint space. This is the precursor to bone spurs. Essential fatty acids (omega 3,6,9) are vital to get calcium into the bones. A lack of EFA is vital to healthy joints.

Another overlooked factor in arthritis is an alkaline substance called guanidine. This is a normal product of protein metabolism excreted by the liver and kidneys of normal healthy people. When people have a congested or toxic liver, they can't eliminate guanidine, a byproduct of eating proteins, and it accumulates in and around the joints. This makes the joint "sticky" and "rusty." This explains why so many people that have arthritis have congested liver. This is different than liver disease.

Warning signs of arthritis:

Osteoarthritis has several warning signs, including pain. However, not everyone has pain. Only one-third of the people diagnosed with the disease report pain and other warning signs. Warning signs may include:

- Steady or periodic pain in a joint,
- Morning stiffness,
- Joint swelling or tenderness in one or more joints,
- A crunching feeling or sound of bone rubbing on bone.

If you have hot, red, or tender joints, you probably do not have osteoarthritis. Talk to us about other possible causes such as metabolic disease, chronic infection such as mycoplasma, Lyme disease or Epstein Barr.

Diagnosis

No single test can diagnose osteoarthritis. Most doctors use a combination of the following methods to find out if you have the disease and to rule out other conditions:

- medical history,
- physical exam
- x-rays, and
- other tests (blood tests, joint fluid)



TREATMENTS:

Treatments - It's not just me saying it, see the hundreds of video testimonials on our video blog. The West Clinic has fantastic clinical outcomes on arthritis. It's important to move, exercise, lose weight (if applicable), and rehabilitation. Chiropractic therapy for joint pain, massage therapy for muscle pain, acupuncture for nerve pain are all good considerations. If pain and discomfort persist and over-the-counter medicines may be used but we advise short course whenever possible. As a last resort, prescription steroidal anti-inflammatory drugs may be used.

There are three game changers for arthritis:

1. Advanced nutritional therapy
2. Prolozone therapy
3. German arthritis therapy (UBVI) therapy

When used together, the above three treatments have shown remarkable clinical outcomes. So let's talk about those treatments.

Advanced clinical nutritional therapy include:

1. Vitamin F (essential fatty acids) – it's so important to have omega 3, 6, 9 fatty acids, not just omega 3.
2. Gallbladder/liver support – the GB and liver create bile which breaks down fat. You can live without a GB but if your liver isn't creating bile, which is usually stored in the gallbladder then you can use the Omega 3,6,9. This is often overlooked in doctor recommendations.
3. Liver detox – clean the liver so the body get's rid of the toxic chemical guanidine.
4. Proteolytic enzymes – if you combine essential fatty acids with enzymes, it literally acts like Pac-man to eat up pain and inflammation. It just takes about 2-3 weeks to notice the effects.
5. Cetyl myristoleate (CMO) – a natural joint pain formula that works better than glucosamine

If you need a trusted source for advanced medical nutritional therapy (AMNT), consider Nature's Nx. The website is www.naturesnx.com. The products are:

1. Ultimate Omega – essential fatty acids
2. The Chose one – enzymes therapy
3. LivaNew – liver support
4. Joint revive & Joint Renew – joint resorations

If you do not respond to the nutritional therapy. You should be aware of regenerative injection therapy (prolozone) and UVBI therapy.

Prolozone therapy – The Arthritis “CURE”

A form of non-surgical ligament and joint reconstruction pioneered by Frank Shallenberger, MD. It is a permanent treatment for many kinds of chronic pain. Prolozone Therapy is derived from the Latin word “prolix” which means to proliferate, regenerate, and rebuild. Prolozone Therapy is so named because the treatment uses ozone to cause the proliferation, regeneration, and rebuilding of new ligament and cartilage tissue in areas where they have become weak.

Injured Ligaments Cause Pain

Ligaments are the structural “rubber bands” that hold the bones, joints, and intervertebral discs together. Ligaments become weakened, torn or strained from injury, excessive use, or surgery. Often they do not heal back to their original strength and tightness. When this happens, this puts a severe strain on the areas that the ligaments are supposed to be holding together, resulting in pain and arthritis in the bones, discs, and joints which are affected. Ligaments themselves have many nerve endings which can present an additional source of pain.

How Does Prolozone Therapy work?

Prolozone Therapy involves the injection of ozone in and around ligaments where they attach to the bone. The injected ozone increases the blood supply and flow of healing nutrients to the area. More importantly, it also stimulates the deposition and activity of fibroblasts and chondroblasts.

These cells synthesize the collagen and cartilage that the body uses to repair damaged ligaments and joints. This increase in cellular repair activity strengthens and tightens the injured tissues, thereby stabilizing the area, and removing the cause of the pain.

What Can I Expect?

The response to treatment varies from individual to individual, and depends upon one’s healing ability and level of injury. Some people may only need one to two treatments, while others may need as many as six or seven. Once you begin treatment, the doctor can analyze how you are responding, and will then be able to give you an accurate estimate of what you can expect from further treatments.

The injection process is repeated every 1-2 weeks until maximum improvement is noted. Prolozone Therapy typically results in a complete absence of symptoms, even in severe pain conditions that have been present for years. And, the most amazing thing about it is that the results usually represent a permanent fix.

What Conditions are Treated?

Back and neck pain with or without degenerative disk disease, shoulder pain from rotator cuff injuries, and osteo-arthritis of the hips, knees, and spine are the most common ailments treated with Prolozone Therapy. Prolozone Therapy is also excellent for many other types of musculo-skeletal pain, including fibromyalgia, carpal tunnel syndrome, TMJ syndrome, sciatica, plantar facititis, neuromas, tennis elbow and virtually any sports injury.

It can be especially effective in treating areas that have previously been operated on because of the significant injury and trauma that occurs to ligaments during surgery.

Ultraviolet Blood Irradiation

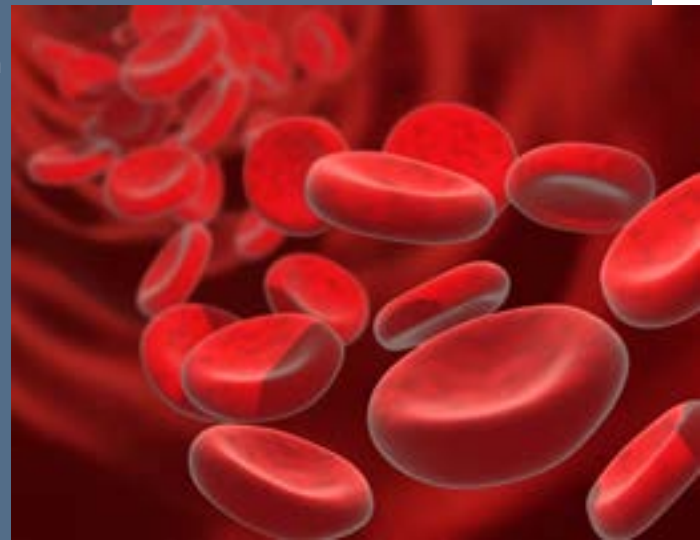
WHAT IS ULTRAVIOLET BLOOD IRRADIATION THERAPY?

This therapy has many names such as Ultraviolet Blood Irradiation (UVBI), Photoluminescence, Hematologic Oxidative Therapy, etc., and was first used in the 1930's to combat the polio virus. Ultraviolet light has been used as a disinfectant for many years. It is well known that ultraviolet radiation is used to purify water and treat sewage. So it too can purify and clean the blood of contaminations in the form of germs.

The most dramatic effect of ultraviolet irradiation is the stimulation of the immune system and various enzyme systems. UVBI therapy raises the resistance of the host and is therefore able to control many disease processes. A fundamental effect of UVBI is to energize or enhance the biochemical and physiological defenses of the body by the introduction of ultraviolet energy into the blood stream. When a small quantity of blood is treated with ultraviolet light, the immune system is activated to "attack" either cancer cells or invading organisms.

UVBI Ultraviolet Therapy has many similar effects to Ozone Therapy. UVBI Therapy is a medical therapy where the blood is exposed to Ultraviolet UVC light as it is removed from the patient's body, and then reintroduced to the patient's body. Some of its effects are:

- Inactivation of toxins
- Destruction and inhibition of growth of bacteria
- Increase in oxygen combining power of blood and oxygen transportation to organs
- Activation of white blood cells
- Immunostimulation of cellular and humoral immunity
- Anti-inflammatory effects
- Increased tolerance of the body to chemotherapy and radiation
- Decreased viscosity of blood
- Cardiovascular protection
- Powerful anti-infection properties
- Improved microcirculation
- Decreased platelet aggregation



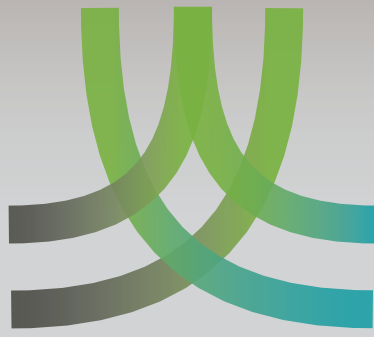
WHAT DISORDERS AND DISEASES ARE TREATED BY UVBI THERAPY?

According to the Foundation of Blood Irradiation, UVBI has been found useful in treating: Viral Infections, Bacterial Infections, Inflammatory Conditions, and Circulation Conditions.

UVBI Ultraviolet Therapy has few (if any) side effects and the beneficial effects are long lasting. It is easily combined with other Vitamin and Medical therapies and is economical, dependable, and gentle for the patient. It can be especially effective in treating areas that have previously been operated on because of the significant injury and trauma that occurs to ligaments during surgery

SUMMARY

Prolozone Therapy is a safe, natural and often permanent treatment for low back pain, degenerated or herniated discs, sciatica, neck pain, unresolved whiplash, rotator cuff tears and osteo-arthritis or degeneration of the hip or knees.



THE WEST CLINIC

The West Clinic was started by Arthur Alfred West (A.A. West) in Pocatello, Idaho in 1916. Now, four generations later, The West Clinic continues to be a leader in holistic health.

Arthur came from a family of vaudeville entertainers from England. His wife, Alice, was in poor health and was having difficulty caring for her eight children. A.A. West decided to go to chiropractic college in order to help his wife. He left her and their eight children in Pocatello and took the train to Chicago to live there for two years as he became a chiropractic physician.

When he returned to Pocatello, the flu epidemic of World War I was affecting many people. A.A. West built an instant practice treating flu victims. One of the victims was his oldest son, Henry G. West. Henry came down with the flu and was bleeding from the lungs - every breath hurt. He was treated twice daily with manipulative therapy and made a full recovery. Henry G. West had a degree in pre-med chemistry and wanted to become a surgeon. He changed his mind about medical school and went to chiropractic school. He joined his father in the clinic in 1930.

Dr. Jason West follows in his predecessor's footsteps and like his father, believes that the best way to achieve optimal health is by harnessing its own healing power. With four generations of knowledge and experience at his disposal, he believes he can help with any condition. Dr. Jason West believes in continuous education. He has earned three degrees and has over 200 hours of continuing education credits. Because of his thirst for knowledge and his unwaivering ambition to improve health and healing, The West Clinic is now considered a world recognized alternative health clinic. Patients travel from all over the world to benefit from our expertise and compassionate care.

We look forward to helping YOU achieve optimal health!!!



Ready to get your health back?
www.ownmyhealthnextstep.com



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