

## Ayurvedic And Acupuncture Liken Arthritis Toxins To Endotoxins, Food Allergies And Toxins

The Theory of Arthritis Toxins In the ancient Chinese thinking world of acupuncture, there is a school of thought that arthritis is the byproduct of an accumulation of toxins. And acupuncture isn't the only ancient healing system that's holding fast to this belief well into the twenty-first century. This accumulation of toxins has historically been called phlegm, otherwise known as a toxic invasion of heat, wind, and cold. In India, the Ayurvedic healing system refers to this toxic build-up as AMA. In both systems, the excess toxic accumulation called arthritis toxins is believed to be caused by indigested food living in the gastrointestinal tract. Ayurvedic and acupuncture liken arthritis toxins to the endotoxins, food allergies, and toxins floating in the environment which are most familiar to the Western world of medicine as circulating immune complexes (CIC). There are more than one hundred different forms of arthritis, most of them, especially rheumatoid arthritis can be caused by an overload of circulating immune complexes. Like most hypotheses, the Arthritis Toxins Theory is a controversial one. To most medical professionals, CICs are viewed as a normal biological response to unknown antigens. Circulating Immune Complexes and Arthritis According to arthritis toxins theorists, CICs form in the body while larger molecules are escaping from the gastrointestinal tract as a result of a breakdown in the tract's lining. Circulating immune complexes in healthy people are stable and neutral, but not in arthritis sufferers, say members of the arthritis toxins theory movement. In arthritis patients, circulating immune complexes build-up and begin to negatively affect vital organs like the liver and kidneys. Allergic responses may also be prevalent. CICs are then sent to the tissues, including the tissue of the joints, to be destroyed by the white blood cells. It is in this process that normal tissues may be destroyed-hence the effects of arthritis. The biological presence of antioxidants would ordinarily serve as a barrier against white blood cells destroying innocent tissue, but arthritis toxins theorists believe that all arthritis patients suffer from an antioxidant deficiency. The pain, swelling, and inflammation that commonly characterizes bouts with arthritis is the result of such attacks. Theorists suggest antioxidant supplements, and vitamins C and E can decrease these reactions.

Arthritis And Toxin Alternatives

### About the Author

Run by the Food and Drug Administration. Program areas covering production and hazards, biotechnology, food additives, cosmetics, pesticides.

Source: <http://www.productsherbal.com>