

# Arthritis -- Notes on Therapies

*Disclaimer/caution: I'm not your doctor. This communication is not medical advice. See your doctor for treatment of ailments.*

I have arthritis. [2025, April]. It started recently. In my neck. Was very painful to bend, twist, or tilt. Especially in morning.

## Progress:

- Much progress. Thankfully.

## Therapies I'm Using:

- Homeopathics - details below.
- Niacin (niacinamide) - 500mg; ev. 2 hours.
- Vitamin C - lots; 1g+. ev. 2 hrs.
- DMSO - details below.
- Supplements, general - a strong program of.
- Chiropractor adjustments  
(a recent one was extremely helpful; included stretching and massaging tense muscles which had tensed up to "guard" the joint from moving, trying to prevent joint pain).

## Homeopathics

- **Sympyllum 200** + **Rhus tox 30** twice daily
- **Hypericum 200** twice daily if there is a lot of pain, or **Kalmia 6c** twice a day instead of the Hypericum

(For Rheumatoid Arthritis, you can use **Bryonia200+** **Rhus tox 30** twice daily or the protocol above.)

I aim to take each combination *at least for 8 weeks* to reassess any small improvement and continue if there are positive changes.

If these combinations fail to produce positive results, then I would change to:

- **Rhus Tox 1M** weekly  
(from: *Banerji Protocol Tip For Arthritis*)  
<https://cristinavillacorta.com/blog/homeopathy-for-joints-and-arthritis/>

Note re. pain relief: *Rhus tox* and *Hypericum* — these items are aimed at reducing pain, now. I would not wait on these — I start right away. But, like any "symptom-relievers", it's not curing. So, I make sure to implement the other elements of healing.

## Niacin (niacinamide)

- Kaufman found that larger amounts of niacinamide were more helpful. But — *timing is more important*:
  - 250 mg every 3 hours for 6 doses,
    - *is twice (2x) as effective as,*
  - 500 mg every 6 hours for 3 doses.
- Therefore, I use:
  - 500 mg every 2 hours for 9 doses.
- Note: *patience required*: "Some joints are so injured by the arthritic process that no amount of niacinamide therapy will cause improvement in joint mobility, but it takes three (3) months of niacinamide therapy before you can conclude this, since some joints are slow to heal."

## DMSO

- Initially, use 70% aloe gel; apply topically.
- Later, use DMSO internally; a different product.
- Buy only from a reputable source.
- Do a "patch test" before going further.
- Wash well the hands & skin before applying.
- Spread on several times a day.
- Spread widely, well beyond the pain areas.
- Allow to dry before contact w/ clothing, bedding.
- DMSO is a solvent, and can pull dye from cloth.
- Wipe off excess, if needed, w/ very clean (white?) cloth.
- Cleanliness is essential *because* any chemical that DMSO contacts, it will carry inside the body through the skin.

## SUPPLEMENTS (OTHER) / DIET

*The arthritic person should be eating — this protocol :*

- *(In Addition To Primary Therapeutics ... C, B-3, ... )*
- Primarily raw food diet, including cultured dairy products such as cheese and yogurt;
- **Magnesium Citrate**  
Magnesium is involved in more enzymatic processes throughout the body than any other nutrient — and therefore, non-optimal levels can cause all kinds of problems. Get *plenty* of it.
- **B-6** — 75 to 300 mg daily
- **B-complex** supplement (a 'B-50')
- Vitamin **B12**
- Vitamin **D**
- Vitamin **E**
- Selenium
- *Omega-3 fatty acids* (“fish oil”)
- *Gamma-linoleic acid* (GLA)
- *Chondroitin sulfate* -- 1,200 mg/day is a common therapeutic dose.
- *Glucosamine sulfate* -- 1500 mg/day is a common therapeutic dose.

## More On *More C*

### Can Vitamin C actually rebuild cartilage?

The answer is this: ***cartilage cannot be made without it.***

#### HOW MUCH IS NEEDED

***Very high*** doses of vitamin C provide prompt and profound pain relief. [in related ailments].  
***Low*** doses will not work.

<http://www.doctoryourself.com/pain.html>

**For results, vitamin C needs to be taken to bowel tolerance.** That means exactly what you think it means.

[http://www.doctoryourself.com/cathcart\\_thirdface.html](http://www.doctoryourself.com/cathcart_thirdface.html)

<http://www.doctoryourself.com/titration.html>

The dose varies widely from person to person, but the effective amount is in the range of tens of thousands of milligrams per day, taken in frequent divided doses.

[http://www.doctoryourself.com/klenner\\_table.html](http://www.doctoryourself.com/klenner_table.html)  
[http://www.doctoryourself.com/ortho\\_c.html](http://www.doctoryourself.com/ortho_c.html)

**In massive doses, vitamin C (ascorbic acid) strengthens cartilage, reduces inflammation and relieves pain.** *Your doctor may not believe this, but unless you consult a shaman, your health care should not be a matter of belief.*

## ===== SUPPLIES =====

### Homeopathics

#### Symphytum Officinale Pills

Potency: **200C**

Brand : Washington Homeopathic Products  
cost : \$17.09 — 4 dram vial size. 900 count of 2.5mm pellets.

<https://www.homeopathyworks.com/symphytum-officinale-pills/>

#### Rhus Toxicodendron Pills

Potency: **30C**

cost : \$9.99 — 4 dram vial size. 900 count of 2.5mm pellets.

Brand : Washington Homeopathic Products  
<https://www.homeopathyworks.com/rhus-toxicodendron--pills/>

#### Hypericum Perforatum Pills

Potency: **200C**

cost : \$17.09 — 4 dram vial size. 900 count of 2.5mm pellets.

Brand : Washington Homeopathic Products  
<https://www.homeopathyworks.com/hypericum-perforatum-pills/>

## DMSO

### Gel

type : DMSO 70/30 Aloe Vera Gel

Brand : dmsostore

\$14 for 4 oz.; \$25 for 16 oz.

<https://dmsostore.com/collections/dms0-70-30-aloe-gel>

### Liquid

type : DMSO Glass Bottle Non-diluted

99.995%

Brand : dmsostore

\$16 for 4 oz.; \$26 for 8 oz.

<https://dmsostore.com/collections/dms0-liquid-in-glass-bottle>

## Niacinamide

Brand : NOW

item : Niacinamide 500 mg, 100 Veg Capsules

cost : \$6.79 [+ shipping]

<https://www.vitacost.com/now-niacinamide>

## Vitamin C

Brand : Solaray

Type : Vitamin C -- 500 mg - 100 Capsules

cost : \$8.87

<https://www.vitacost.com/solaray-vitamin-c-500-mg-100-capsules>

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## B-complex

Brand : Solaray

Type : B-Complex 50 -- 100 VegCaps

cost : \$16.15

<https://www.vitacost.com/solaray-b-complex-50>

## B-6

Brand : NOW

Type : B-6 -- 100 mg - 100 Capsules

cost : \$5.29

<https://www.vitacost.com/now-b-6>

## Magnesium

Brand : Life Extension

Type : Magnesium (Citrate) -- 100 mg - 100 Vegetarian Capsules

cost : \$9.50

<https://www.vitacost.com/life-extension-magnesium-citrate-100-mg-100-vegetarian-capsules>

## Enzymes (digestive)

Brand : Source Naturals

Type : Daily Essential Enzymes -- 500 mg - 120 Capsules

cost : \$12.95

<https://www.vitacost.com/source-naturals-daily-essential-enzymes-500-mg-120-capsules>

## Vit D

Brand : NOW

Type : Mega D-3 & MK-7 -- 120 Capsules

cost : \$25.99

<https://www.vitacost.com/now-mega-d-3-mk-7-120-capsules>

## Vit E

Brand : Solgar

Type : Natural Source Vitamin E -- 670 mg (1000 IU) - 100 Softgels

cost : \$26.99

<https://www.vitacost.com/solgar-natural-source-vitamin-e>

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