

Supporting the Muscular, Skeletal System

The Skeleton has roughly 206 bones. Some of the reasons we have a skeleton is to store and protect our organs, tissues and muscles. Otherwise, we would just be a blob rolling around on the ground. There are very few differences between a male and a female skeleton, and it creates a framework for our muscles to attach to. One of the most important functions of the skeleton, is the production of blood in the bone marrow.

The muscular system is the series of muscles throughout the body that moves the skeleton, maintain posture through steady contraction, and generates heat through cell metabolism.

Imbalances in these systems can manifest in many different ways. Some of which are torn and sore muscles, Back aches, Bursitis, Arthritis, Fractures, Bone spurs, Osteoporosis, and Herniated discs. Although, genetics may contribute to certain anomalies within the systems, a bigger contributing factor is disease that sometimes we don't have reasons for, and a lot of times where we do and have soul responsibility for.

I have listed just a few of tried and true remedies that have been around since almost the beginning of time, that we have knowledge about and can use in our own lives to assist western medicine in making the best decisions for our health.

Herbs

Herbs can be dried and used as a tea, they can be ground up and used in a rub, poultice or compress, they can be consumed in capsules, or used as spices in cooking. They have many natural, organic properties to heal what ails us.

Turmeric is an extremely effective anti-inflammatory herb, and thus an effective pain reliever. It contains at least two chemicals (curcumin and curcuminoids) which decrease inflammation (and are very much like the oft-prescribed non-steroidal anti-inflammatory drugs, or NSAIDs).

Ginger (*Zingiber officinale*) In one study, Indian researchers gave three to seven grams of ginger a day to 18 people with osteoarthritis and 28 with rheumatoid arthritis. More than 75 percent of those participating in the study reported at least some relief from pain and swelling. Even after more than two years of taking these high doses of ginger, none of the people reported side effects. Many people drink ginger tea for osteoarthritis. Ginger has been used for thousands of years by the Chinese to cure pain. Ginger helps relieve nausea, headaches, menstrual cramps and muscle soreness. During colder days, ginger can help spice up your circulation, too! A perfect complement to vegetables, marinades and sweets, ginger is also delicious in tea. To make fresh ginger tea, you can cut up the root, boil it for 10 minutes, then strain the water and sip as tea. In a pinch, you can use ginger tea bags, available in health food stores. You can also reap relief from pain by applying a ginger compress to the affected area. Grate the root; wrap the ginger in cheesecloth; place it in hot water for 30 seconds; let it cool and place on the affected area for 20 minutes.

Green Tea is said to be high in anti-oxidants, which help speed healing, and prevent permanent damage. Helpful for Fractures

Essential Oils

Essential Oils offer considerable relief to stiffness and pain in the muscles and joints by stimulating circulation and producing warmth. They can lift spirits and remedy illnesses in a natural way, instead of always running to a pill. Some oils can be consumed internally, used as a massage oil with a carrier oil or used as aromatherapy from a mister.

Wintergreen produces an analgesic, numbing effect on the nerves present in whatever tissue it is applied to. Wintergreen clears obstructions to the flow of blood in the tissues and in the veins and arteries. This increases circulation in general and brings warmth to the area. This warmth is as strong and as healing as anything you will experience with commercial athletic rub products. This warmth also relaxes the muscles in the area to which it was applied. As the circulatory system works more efficiently, many health problems are alleviated.

The stimulant properties of wintergreen apply to all systems and organs of the body. Wintergreen increases the activity of the kidneys, preventing toxins, uric acid, fats, and liquids from building up in body tissues. Wintergreen essential oil aids digestion by stimulating proper secretion of gastric juices and bile. It stimulates the activity of the lungs, intestines, and other organs, preventing the accumulation of congestion and waste materials.

Helichrysum is renowned for its use in rejuvenation of skin and muscle. It drains congestion and reestablishes blood flow to traumatized areas, helping bruises and hematomas to disperse more quickly. Helichrysum regenerates damaged tissue and can help prevent scarring at the site of an injury. Helichrysum is recommended for lowering cholesterol. Helichrysum is anti-inflammatory and analgesic, making it excellent for sciatica and arthritis. Helichrysum is an excellent oil for respiratory conditions and for lymph drainage. It is stimulating to the liver, pancreas, gallbladder, and vascular system. Helichrysum, diluted with a carrier oil, has been used in many cultures as a sunscreen.

Birch has analgesic and anti-inflammatory properties. It is useful for arthritis, muscle and bone pain, tendonitis, osteoporosis, and any inflammatory condition. Birch is also a treatment for bladder infections, recurring cystitis, gout, edema, and kidney stones. Birch helps with eczema and other skin disorders. One of its outstanding uses is reducing fevers.

Nutrition

The food we eat gives our bodies the "information" and materials they need to function properly. If we don't get the right information, our metabolic processes suffer and our health declines.

If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for disease and conditions, such as arthritis, diabetes, and heart disease.

Bone Broth

Homemade broth is rich in calcium, magnesium, phosphorus and other trace minerals. The minerals in broth are easily absorbed by the body. Bone broth even contains glucosamine and chondroitin – which are thought to help mitigate the effects of arthritis and joint pain. Homemade bone broths are often rich in gelatin. Gelatin is an inexpensive source of supplementary protein. Gelatin also shows promise in the fight against degenerative joint disease. It helps to support the connective tissue in your body and also helps the fingernails and hair to grow well and strong.

Bone Broth is typically made with bones and can contain a small amount of meat adhering to the bones. As with stock, bones are typically roasted first to improve the flavor of the bone broth. Bone broths are typically simmered for a very long period of time (often in excess of 24 hours), with the purpose being not only to produce gelatin from collagen-rich joints but also to release minerals from bones. At the end of cooking, the bones should crumble when pressed lightly between your thumb and forefinger. <http://nourishedkitchen.com/bone-broth/>

Boron

Helps in Bone Health: Boron works in unison with calcium to strengthen the bones. It plays a very important role in minimizing the risks of osteoporosis and arthritis. Boron also helps in the metabolism of minerals that are involved in bone development such as calcium, magnesium and copper. Boron affects various hormones, including estrogen and testosterone, which are also related to the overall health of the body's bones. Important Sources of Boron, are fruits like apples, oranges, red grapes, pears, plums, kiwis, sultanas, dates, as well as certain vegetables, avocado, soybeans and nuts.

<https://www.organicfacts.net/health-benefits/minerals/boron.html>

Redmond Clay

From a gentle internal cleansing to healing wounds in half the time, to stopping Acid Reflux and intestinal disorders, to stopping food poisoning, to detoxing heavy metals, to healing burns and insect bites, to mending broken bones rapidly, to relieving strained muscles, to helping skin rashes, acne and gum problems, to aiding children with Autism, to expelling internal parasites, to stopping anemia, clay is a natural replacement to most drugs with no organ damaging negative side effects.

Clay Baths are quickly becoming regarded as a safe and easy way to detox the body from heavy metals. Besides, they are very relaxing, and they relieve muscle strain and soreness. Your skin feels heavenly after the bath.

<http://mindbodyandsoleonline.com/health-nutrition/redmond-clay/>

A clay poultice is simply a thicker application of clay mask, intended to be held against the skin for prolonged periods of time for the purpose of concentrating the clay's curative and revitalizing action on the affected area. Poultices are good for broken bones, inflamed body organs, sinuses, infected wounds, eye irritations, etc. How to Prepare a Clay Poultice: • Use the topical clay mask mixture. • Apply a ¼ to ¾ inch thick layer of clay mask over the desired area and cover with piece of gauze, a bandage, or plastic wrap to keep the wet clay in place. The timing and repetition of any application will vary from 30 minutes to an hour to all day

<http://www.thepowerhour.com/news4/How to Kick Start Your Day With Living Clay 2011-Apr FINAL.pdf>

Lifestyle

As with anything in life, living a healthy life takes work. If we find ourselves in a position that we get diseased, sick or need to make a change. We have to look at our lives and ask what works, what hasn't worked for me. Quite often we need to make difficult changes in our eating, our physical routines, as well as our mental and emotional attitudes and practices. Sometimes we can do it on our own, a lot of time we go to a doctor, a trusted friend, a google search, or basically someone who has experience is what we are trying to alter in your lifestyle.

"Yoga is great for flexibility, for strength, and for posture and balance," said Dr. Rachel Rohde, Most practitioners would tell you that yoga isn't just about building muscle or strength.

"One of the issues in this country is that people think of yoga only as exercise and try to do the most physically hard poses possible," explained Dr. Ruby Roy. "One of the primary purposes of a yoga practice is relaxation. Your heart rate and your blood pressure should be lower when you finish a class, and you should never be short of breath. Whatever kind of yoga relaxes you and doesn't feel like exercise is a good choice. What really matters is, are you in your body or are you going into a state of mindfulness. You want to be in the pose and aware of your breaths."

<http://www.webmd.com/balance/news/20131230/what-yoga-can-and-cant-do-for-you>

Weight Lifting

Did you know that weight training for osteoporosis -- not just walking or doing aerobics, but lifting weights -- can help protect your bones and prevent osteoporosis-related fractures?

Studies show that strength training over a period of time can help prevent bone loss -- and may even help build new bone. In one study, postmenopausal women who participated in a strength training program for a year saw significant increases in their bone density in the spine and hips, areas affected most by osteoporosis in older women. Maintaining strong muscles through weight training helps to keep up your balance and coordination -- a critical element in preventing falls, which can lead to osteoporosis-related fractures.

Here's one particularly good exercise:

- Sit on a bench or chair with 5-pound weights strapped to each ankle.
- Then "march" in place, lifting the knees alternately.

"You're working the hip flexor muscles, which are attached to both the back and hip, which leads to improved bone and muscle mass in both areas," explains Lein.

Here are seven other important weight training tips:

1. Work under the supervision of a qualified, certified personal trainer, especially at first and particularly if you have any medical issues.
2. Do strength training two to three times a week, with at least one day of rest between each session (especially if you're working the same muscles at each session).
3. Do one exercise for each major muscle group, for a total of eight to 12 different exercises. Do one or two sets of eight to 10 repetitions for each exercise.
4. Lift the weight slowly; lift to a count of four and lower to a count of four, says Lein. "This decreases the likelihood of injury while helping to recruit the muscle better."
5. Don't use other muscles to compensate. You should only be moving the muscle you're supposed to be moving!
6. Tighten abdominal muscles to help protect your spine.
7. Periodically consult with a trainer about increasing the amount of weight you lift as you become stronger.

<http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/weight-training>