Chapter 1 - The Knee-Pain Cure Overview

Many of us with chronic knee pain give up hope or go down the dark road of dangerous drugs, questionable therapies, and in desperation, get the dreaded knee replacement.

So let me share with you the story of my patient and friend, Andrew, who cured his 14-year knee pain and avoided two knee replacements.

Medical Miracle

Andrew is a 245-pound, former professional football player who had 14 knee surgeries. As a result, he has no cartilage left in his knees. He had the worst knee arthritis I’ve ever seen on X-rays. He was literally walking on his knee bones - bone on bone grinding painfully, step after step.

His pain was so severe that Andrew couldn’t play with his daughters, sleep at night or even walk more than a block without terrible pain. His surgeon said the only options were either a double knee replacement or plenty of painkillers. Andrew tried everything from medication to acupuncture to avoid another surgery but his pain just kept getting worse.

After I started Andrew on the Knee-Pain Cure, he was pain-free within 2 weeks. Today, he uses his own knees to bike, run and play with his kids. He works full-time - without pain - as an advanced care paramedic, at times lifting 300-plus-pound patients onto stretchers!

Andrew now has a new life - one without pain, dangerous drugs or surgery. His other doctors consider it a medical miracle that he is pain-free and so active without knee replacements or painkillers.

Let me share with you the Knee-Pain Cure that helped Andrew, me and thousands like us be active, happy and live with less - or completely without - pain.

The first thing to understand is …

Why Does Your Knee Hurt so Much?

All arthritic knee pain ultimately is caused by cartilage damage with inflammation and swelling which fires your pain nerves. In some severe cases, you may also lose the natural painkillers produced in your brain and spine making your pain even worse. Your cartilage damage results from two problems - poor joint health and trauma.
Poor Joint Health

Cartilage is full of essential nutrients like Glucosamine, Chondroitin, Hyaluronic Acid, and Collagen type 2, along with certain vitamins and minerals - all needed by your joint cells to maintain and rebuild healthy cartilage. We’re actually supposed to eat cartilage, bones and seafood shells to get those necessary joint nutrients. If you’re not sure what cartilage is - it’s the tough rubbery bits on animal skeletons - an example is chicken sternums.

Today, in our modern diets, we’re missing those important, healthy joint nutrients because most of us don’t like gnawing on bones and eating cartilage as did our hunting-and-gathering ancestors, 10,000 years ago.

For healthy joints, you also need a diet full of Vitamins A, C, D and E plus mineral-rich fruits and vegetables along with sulfur. When you lack basic joint nourishment, your cartilage becomes weak and soft. Weak cartilage is easily damaged. That damage can lead to early arthritis.

Trauma

If you have arthritis now, then your knee cartilage was damaged many years ago, either from general wear and tear over time (called micro-trauma) or from a specific trauma like a sports injury - possibly, it’s the result of both.

Cartilage is a slippery substance like Teflon that coats your knee bones allowing them to slide across each other without friction. Your knee is full of joint fluid - a thick lubricating gel.

Once you damage your cartilage, it causes inflammation and swelling that fires your pain nerves. Damaged cartilage creates a rough surface over which your bones no longer slide smoothly. Instead, the bones catch on the jagged edges, grinding off more and more cartilage. Damaged cartilage is like having sandpaper on the ends of your knee bones, rubbing together, constantly wearing away your joint - day after day, year after year - until there is little or none left. As you grind the cartilage off, it exposes the pain nerve endings hidden below in the bones. This sets-up a constant, never-ending inflammation pain cycle. Often, you have hidden triggers that worsen this inflammation pain cycle.
Inflammation Pain Cycle

This inflammation pain cycle is extremely difficult to stop. **Single therapies, supplements or treatments are usually not powerful enough by themselves to stop your pain.**

But you’ve already discovered that for yourself - everyone promises you a cure but you are still suffering with pain.

**Knee-Pain Cure Secret #1 – Combine Natural Cures**

The secret to stopping your knee pain is using **the right combination of natural cures to break and permanently stop your inflammation pain cycle.** That is best done in three steps.

**Step 1: Stop Your Pain and Inflammation - Right Now!**

The first step is to get out of pain and stop your inflammation right away with a combination of:

- Natural Anti-Inflammatories with Healthy-Joint Nutrients
- Ice, Heat and Sprays
- Pain Relief Exercises

Most people feel better within a few days; others may take up to two weeks. Once you do feel better, then you can progress to Step 2.
Step 2: Eliminate Pain and Inflammatory Triggers

✓ Avoid the Seven Evil Inflammatory Foods

✓ Take the Weight Off Your Knees

✓ Strengthen Your Knees

After 2-to-3 weeks, hopefully, you will have eliminated most, or all, of your knee pain and inflammation triggers. You can now move on to the all-important final Step 3.

Step 3: Prevention - Stop Your Knee Pain from Returning

✓ Exercises and Activities that Heal not Hurt

✓ Live Stronger, Longer and Younger without Pain

✓ The Knee-Pain Cure Diet

The next three chapters are all about Step One of the Knee-Pain Cure - stopping your knee pain, as quickly as possible. That is a very critical step - you must break your pain and inflammation cycle and get out of pain before moving on to Steps Two and Three.

The recommendations for Step One should be done altogether as a combined approach. If you can’t do all of them, please do what you can.

Remember: to break your pain and inflammation cycle, you need combination therapy.

Friendly Warning!

Let me tell you the story of Rada, a 65-year-old, delightful woman who doggedly chose to remain very active despite 12 years of knee pain, multiple surgeries and repeated cortisone injections. After a few days on the Knee-Pain Cure, she had almost no pain and was able to walk up and down stairs with minimal discomfort for the first time in a decade. So, giddy with success, she decided to clean her bathtub … on her hands and knees … without wearing any padding! Of course, her knee pain flared with a vengeance because, even though she had been enjoying greater mobility with much less pain, her knee joint and muscles were still quite weak.

As Rada learned, once your pain gets better, your knee muscles are still very weak. At first, you must be very careful about choosing the type and limiting the amount of your activities. Start slow and make sure you don’t flare your pain.