



No Such Thing as Incurable Arthritis

A Guide to
Self-Healing
Inflammatory
Diseases



Annemarie St. Michael

Who healed herself from 5 so-called incurable illnesses
and shares her method in easy-to-follow plus
1 meditation CD



Angels to the Rescue

**No Such Thing as
Incurable
Arthritis**

A journey to self-healing joint pain

by

Annemarie St. Michael

**Registered Hypnotherapist and Health Educator
Angels to the Rescue, LLC**

Important Cautions to the Reader

This book is not intended to diagnose any condition or disease, provide specific medical or other professional advice, or promote the sale of any product or service. None of the information or suggestions in this book should be used without first consulting a medical doctor and obtaining the doctor's consent to do so.

This book is sold on the condition and with the reader's understanding and agreement that the author and publisher shall not be liable or responsible for any damage, injury or loss alleged to be caused, directly or indirectly, by the information and suggestions contained in this book.

© 2007 by Annemarie St. Michael

All rights reserved. No part of this book may be reproduced in any form or by any means without prior written consent of the publisher.

Printed in the United States of America

Published by Earthangels, LLC
Ashland, OR 97520
541-201-3262

www.NoSuchThingAsIncurable.com

CONTENTS

Annemarie's Story	1
My Arthritis Remedies	4
Making It Easy	9
Believe In Yourself	12
Funsheets	13
Shopping List	15

ANNEMARIE'S STORY

For many years I suffered with swollen knees, stiff neck, sore shoulders, lower back pain and bulging spinal discs, the result of various forms of arthritis, bursitis, injuries, inflammation and calcium deposits. I tried prescriptions, ultrasound and physical therapies. Although my doctors were sympathetic, their recommendations did not work. After two weeks on this program, the swelling and redness of my knees went from an *intense* 10 to an *easily bearable* 4. After six more weeks, the pain reduced down to a *barely noticeable* 2. I now rarely feel any discomfort. These remedies worked so well for me that I began to share them with my family and friends.

I tried acupuncture, massage and homeopathic compounds. Although I felt much better after these treatments, I was still not completely healed. With nowhere else to turn, I found myself praying for some answers.

The next week, while visiting a friend, we stumbled upon some natural treatments used by an old Civil War physician named Dr. Handler which had been passed down to her family. You might say that this collection of remedies is a compilation of both heavenly and earthly information from several physicians, past and present.

The basis for these remedies rest in the understanding that the human body *can* and *will* heal itself. You can accelerate your own natural healing process by expanding your healing knowledge. In order to heal completely, one needs to know a very important principle - *disease does not start out in the body*. Most of us know that each of us have four bodies - physical, mental, emotional and spiritual. However, it is not widely known that for a *complete* healing to take place, all four bodies must be addressed. Have you ever felt that you were over some sickness only to have a relapse?

I have come to believe that D I S E A S E means exactly what it sounds like; dis-ease, an imbalance. Since we all came from our Creator, the source of pure love and joy, any situation that pulls us away from that perfect balance we call LOVE puts us into disease. Dr. David Burns reminds us that our thoughts precede our emotions.¹ Therefore, before any condition or disease

¹ David D. Burns, MD, Feeling Good, The New Mood Therapy (New York: Signet Books 1981), p. 45.

can manifest in the physical body, it comes into being in the mental and emotional bodies first. The thoughts and emotions then create an energy imbalance which in turn creates a hormonal imbalance, thereby causing the breakdown of one or more of the body systems. That allows for the activation of a virus, bacteria or fungus (the three common causes of disease).

Example: Your employer is bad tempered and is difficult to work with. You decide you can't quit your job. You don't discuss it with him/her and you can't *stomach* the situation.

Everything you now say in your head about your boss, the situation, or discuss aloud with others, which is not in love or kindness, will eventually imbalance one or more of the physical body's energy centers. We all have seven major energy centers. The bible calls them the *lamp stands* but in the ancient Sanskrit they were called the *chakras*, meaning "wheels of energy".

The first is located below the tailbone and is called the Root Chakra. The second is located mid abdomen and is called the Pelvic Chakra.

The third is located mid stomach and is called the Solar Plexus Chakra. The fourth is located between the breasts and is called the Heart Chakra.

The fifth is located at the base of the throat and is called the Throat Chakra.

The sixth is located mid brow and is called the Third Eye Chakra and, The seventh is located at the top of the head and is called the Crown Chakra.

There are also what we call *sub-chakras* located in the palms of the hands, soles of our feet and inside our elbow joints, all of which respond to the electrical messages sent to them by our brain formulated through thoughts and beliefs and fortified by our speaking.

In the above example, your Solar Plexus Chakra, the one located about 4" above your navel and which controls your stomach and surrounding systems, is most likely to become imbalanced. You're likely to develop digestive disorders or possibly an ulcer if you don't give up your anger or frustration at the situation. If you say "I can't stomach this any longer" or even *think* those same words, guess what, your stomach will eventually give out.

Remember that when people or situations do not live up to our personal standards and ideals, we become upset. That upset is what the doctors call *stress*. Unfortunately for all of us, it is self-created and very human. Therefore, you might say that sickness is merely a wake up call or message given to each of us by our own spirit or Higher Wisdom to help us redirect our path to perfect balance (unconditional love) by forcing us to examine our thoughts, words and beliefs.

Let's get started and good luck!

MY ARTHRITIS REMEDIES

The following remedies were given to me for personal use. Please consult with your doctor or healthcare professional before starting any new regimen.

A - PHYSICAL BODY

Step 1 - *Remove or dissolve calcium deposits surrounding the joints.*
Choose one of the following three remedies.

1st Choice - VINEGAR & HONEY TEA

1 Tbs. Apple Cider Vinegar
1 Tbs. Un-Filtered Raw Honey
1 Cup Hot Water

Mix together and drink immediately after cooled.
Start with 3 cups/daily for 4-8 weeks then reduce to 2 cups for another 4-8weeks, then reduce to 1 cup daily for maintenance, *or*

2nd Choice - GOLDEN RAISINS & GIN

Soak 1/2 cup golden raisins in enough gin to cover.
Allow to sit for 2 days. Eat 9-10 with breakfast, *or*

3rd Choice - JUNIPER BERRY TEA

(for people with blood sugar problems)

2 Pinches Loose Pack Juniper Berry Leaves
1 Cup of hot water

Allow boiling water to stop bubbling. Pour over leaves, cover and steep at least 20 minutes (up to 1 hour if you have time). Drink one cup with breakfast and one with dinner for 4-8 weeks. Then one cup daily for maintenance.

Step 2 - *Lubricate joints and heal torn tissue.*

External: CASTOR OIL PACKS

Rub a thick coat of odorless castor oil on affected area.
Cover with a piece of plastic wrap to keep clean.

Cover plastic wrap with a thin towel.

Cover towel with a heating pad for 20 minutes.

Do castor oil packs while relaxing to quiet music and focus on the gentle healing that is taking place.

If severe pain is present put Tiger Balm on top of the castor oil before placing plastic wrap. Heat may or may not be needed since Tiger Balm stimulates circulation and works deep.

Internal: ALMOND OIL or FISH OIL

Take 1/4 tsp. measure of either oil or use capsules before bed every 4-5 days.

Step 3 - *Regain strength and movement in the joints*

YOGA or WATER EXERCISES

Buy a beginners video. Use easy stretches to rotate and realign joints. Do in sets of three stretches. 1 - easy, 2 - a little stronger, 3 - strongest. Don't hurt yourself.

FIND A CHIROPRACTOR who is gentle, easy to work with and reputable.

Step 4 - *Eliminate toxins and dissolved debris from system.*

MASSAGE SOLES OF FEET

Take a shoebox and fill with marbles or any round small ball-type objects. Rub soles of feet, one at a time for about five minutes. Drink a full glass of water right afterward to flush out your system.

DIET - Switch from acid (high protein) to alkaline (high complex carbohydrate).

8 oz daily maximum of animal protein

8 oz. skim/1% milk or equivalent 3 times/week

1 oz. black cherry juice daily

1 Tbs. flax seed oil daily

Fresh fruits (NO bananas)

Fresh/frozen vegetables (lots of greens)

Whole grains only - brown rice, oats, bulgur, millet

Bread/pasta - whole wheat flour first ingredient
 Legumes (beans/lentils) for vegetable protein
 4 raw & unsalted almonds daily or mineral supplement
 2 Tbs. raw & unsalted nuts and seeds for internal lubrication
 (no peanuts or poppy seeds) sunflower, pumpkin, sesame OK
 8 glasses steam-distilled water daily

Eliminate all high acid products:

coffee, tea, (even de-caffeinated) white flour products, white sugar, candy, fat-free labeled products (high sugar), and nightshade vegetables: tomatoes (unless cooked with a pinch of sugar), eggplant, potatoes, cucumbers, red & green peppers.

Add to daily diet:

1 fresh head broccoli, fresh onions, garlic cloves, watermelon, cantaloupe.

Guidelines: Keep fat to 30 grams/day, Sugar to 48 grams/day, Fiber to at least 15 grams/day and take recommended supplements.

Note: 1 Tbs. Honey = 16 gm. sugar

3 Cups of vinegar & honey tea = 48 gm. sugar

Step 5 - Support repair of bones, joints, tissue and all body systems.

DAILY SUPPLEMENTS

Supplement	When/Duration
1 pkg. Knox Gelatin in 6-8 oz. apple or pear juice.	2x/day - 1 at breakfast and 1 at either lunch or dinner. Take for ten days then drop to 1 pkg./day (anytime)
<i>OR</i> – 2 scoops of <i>Joint Vibrance</i> dissolved in apple/pear juice	1 scoop 2x/day - 1 breakfast and 1 at either lunch or dinner for 14 days, then go 1/day at breakfast
1 Vitamin A & D or Beta Carotene 10,000 I.U.	Take at breakfast
2 Vitamin B complex - 100 mg	1 at breakfast and 1 at dinner = 200 mg/day

4 Vitamin C 500 mg	1 at breakfast , 1 at lunch, 2 at dinner) = 2000 mg for 10 days then drop to 1,000 - 2,000 mg daily
2 Vitamin E 400 I.U.	1 at breakfast, 1 at dinner = 800 I.U./day
Minerals - 40 drops Liquid Mineral Supplement	20 drops AM, 20 drops PM
Calcium - 1,000 mg	1 at breakfast, 1 at dinner) = 2,000 mg

Notes:

Calcium must have boron & magnesium to be absorbed. Stay away from oyster shells - not easily absorbed. I like *Tri Boron Plus* from Twinlab.

Joint Vibrance helped pull me out of a wheelchair in less than 2 months when I tore my meniscus and cartilage in my right knee. It is a product by Vibrant Health and can be purchased on their website or at retail stores and other online sites. For more information visit: <http://www.vibranthealth.us>

All the above supplements should be taken for 28 days. Stop for 7 days then start the 28 day program again keeping Knox gelatin to 1 pkg/day. Continue 28 days on - 7 days off right through maintenance.

B - MENTAL & EMOTIONAL BODIES

Notice that I could not separate the two. Dr. Burns, explains that before any of us can have an emotion, a thought must be present, even one so fleeting that we can't recall or recognize it. It is our thoughts about a circumstance that brings up a reaction, not the circumstance itself.

Example: *You wake up in the morning and it is raining.*

THOUGHT	=	EMOTION
"Gee, I don't have to water the lawn today."		Happy
"Traffic will be backed up. I'll be late."		Anxious/Cautious
"Every time I buy a new pair of shoes, it rains."		Disappointment

Step 1 - *Examine your thoughts about life. Look especially for areas where you are unbending.*

QUIET THE MIND and its subsequent emotional responses by learning meditation to control pain, assist the body's own natural healing functions and receive valuable information.

Step 2 - *Pay close attention to your speech. Words have power and our bodies respond to what we say.*

SPEAK IN THE AFFIRMATIVE *never* IN THE NEGATIVE

Statements like *I feel lousy* or *my bones are killing me* only support the already painful situation. You **MUST** speak in the affirmative. *I'm fluid motion*, or *I am getting better and better, stronger and stronger, healthier and healthier and movement is easier and easier.*

Step 3 - *Expand your knowledge of the body/mind connection.*

READ BOOKS and/or listen to tapes from the many fine authors on how our thoughts affect not only our behavior but also our body. i.e., Dr. David M. Burns, Anthony Robbins, Jose Silva, Dr. Deepok Chopra, Dr. Bernie Segal, Marianne Williamson, etc.

Step 4 - *Create an atmosphere where learning and speaking can be empowering.*

TAKE A CLASS or course given by one of our human response educators. My favorite is *the Forum* by Landmark Education. Call their national headquarters (415) 882-8300 to find their nearest location in your state and ask for their free brochure.

C - SPIRITUAL BODY

At least once every day say a prayer to your Creator/Higher Power and give thanks for all the blessings that have already been bestowed upon you while you are drinking your teas or taking your supplements. Remember that these are gifts given to us directly from Creator and should honor them and be aware of what they are doing for us.

My prayer: *Beloved Parent thank you for your blessings, protection, abundance and for your healing plants that are balancing my body. AMEN*

MAKING IT EASY

Step 1 - *Clean House*

Clean out all your cupboards of foods that are increasing your acidity and, therefore, your pain.

Step 2 - *Go Shopping*

Find a health food store in your area that carries all the major brands of food as well as supplements

Purchase substitutes for coffee, tea and cola. Try a grain substitute like **ROMA** or **CAFIX**. There is also an herb tea called **MORNING THUNDER** by Celestial Seasonings that might satisfy your taste for coffee. Ask your clerk for samples.

Pick up raw almonds and fish capsules or almond oil.

Pick up name brand supplements. Check the labels carefully. Make sure you purchase Vitamin C with bioflavonoids (the substance found in the white around the orange). It buffers and protects your stomach lining. Ester C is the number one choice of many holistic practitioners.

Pick up a large pill box at a local health food store or pharmacy. Make sure it is big enough to hold your supplements. Otherwise, look for tiny zip lock plastic bags and labels to create supplement packets. Label them "AM," "LUNCH" and "PM."

When you're on the run, it is much easier to have them all ready and counted out. Just grab and go. Keep extras in your purse or pocket just in case.

Find a chain supermarket that carries Knox gelatin/Joint Vibrance, distilled water, brown apple cider vinegar and raw un-filtered (any blossom) honey, where prices are usually cheaper.

Step 3 - *Affirmation Mug or Cup*

Write my prayer (page 8 or one of your own) onto a piece of paper or label. Tape it onto your favorite mug or cup. Paint it over with a decoupage glaze from your craft store. This will remind you to say your prayers every time you drink from it.

Step 4 - *Daily Routine*

AM

Boil 30 oz. of water. Pour 1-1 1/2 oz. into a cup or mug. Add one package of Knox gelatin. Stir until completely dissolved. Add to your favorite morning juice. You may also add 20 drops of your liquid mineral supplement to this glass instead of chopping almonds for breakfast.

To remaining hot water add 3 measuring tablespoons of apple cider vinegar and 3 measuring tablespoons of honey.

Drink one cup and save or carry the other two for the rest of the day.

Make two water jugs of at least 32 oz. each. Drink from one at home and take the other with you. If you pre-measure as I have suggested, you can be sure of getting in your eight glasses when they are finished and you won't have to count all day long.

Do a morning workout - Yoga Stretches or Walk (no jumping type aerobics if you have pain in hips, knees or ankles). Drink water from prepared jug.

BREAKFAST

Take morning supplements with already prepared juice/water and food. You must eat something. Whole grain cereal (oatmeal, farina), slice of whole grain toast/bagel, baked/microwaved sweet potato (my favorite), fresh fruit, etc.

MID MORNING.

Healthy snack, i.e., cut veggies or fruits with a full glass of water.

PM

LUNCH

Take vitamin C with lunch. Good choice would be a fresh salad with 3 oz. lean meat or fish or fowl, some whole grains and/or steamed vegetables with a full glass of water.

MID AFTERNOON

Keep some fresh fruit on hand for munchies along with another cup of vinegar & honey tea.

DINNER

Take PM supplement pack with your dinner

AFTER DINNER

Enjoy your last cup of vinegar & honey tea while relaxing. Place one foot at a time in your shoe box and rub against the marbles for five minutes. You can do this while watching TV. Drink another glass of water.

BEFORE BED

Rub your painful joints with odorless castor oil (see Castor Oil Packs, page 5). You can thin down with a few drops of peanut oil if too thick.

SLEEP

Listen to your healing tape before going to sleep. Not only will it help you relax and sleep better, but it will also send those messages to the brain that it is time for repairing and re-building your body into its most natural state...*HEALTH*.

BELIEVE IN YOURSELF

Please remember, its probably taken several years for you to get to this state of your arthritis, so it follows that it'll probably take you some time to get healed. Be patient. Unfortunately, there is no magic pill, no overnight cure. If there was, all the drug companies would eventually become extinct, the doctors would be out of business and all of us would be completely healthy after just one dose. (Not a bad concept though.)

You can do it. Just take your time. It is not my intention to overwhelm you with more than you can handle. Start with one morning and one evening remedy that is the simplest for you to do, like the vinegar and honey tea, and the bedtime meditation. Do that for the first week, then add something else. The following week, add something else. Before you know it, you've incorporated everything into your schedule and it has become as easy as brushing your teeth every morning.

Granted, the more you can handle the faster your progress but nobody is holding a stopwatch. You're a unique individual and must decide your own pace.

If I can heal five incurable illnesses on myself, you can certainly heal this. I know you can. It's just time for you to find out what I already know.

My thoughts and prayers are with you. And to further help you, I have asked that a personal healing angel be sent to you to. I wish you health, love, abundance and a lifetime of joy.

May the healing light of our creator bless you always!

Annemarie

Today's Date _____

ARTHRITIS FUNSHEET #1

ARTHRITIS MEDITATION #1 – HEALING JOINT PAIN

- PAIN LEVELS**
- 0 - Completely calm/relaxed/pain free**
 - 1 - Feeling tense/tired/slightly uncomfortable**
 - 2 - Some agitation/nervousness/noticeable discomfort**
 - 3 - In stress/pain apparent**
 - 4 - Agitated/throbbing pain**
 - 5 - Highly agitated/unbearable pain**

Locations of Discomfort	Pain/Negativity Level	
	<i>Before</i>	<i>After</i>
1) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
2) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
3) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
4) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
5) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5

Insights/Comments:

Today's Date _____

ARTHRITIS FUNSHEET #2

ARTHRITIS MEDITATION #2 – FINDING THE CAUSE

- PAIN LEVELS**
- 0 - Completely calm/relaxed/pain free
 - 1 - Feeling tense/tired/slightly uncomfortable
 - 2 - Some agitation/nervousness/noticeable discomfort
 - 3 - In stress/pain apparent
 - 4 - Agitated/throbbing pain
 - 5 - Highly agitated/unbearable pain

Location of Discomfort/Stress	Pain/Negativity Level	
	<i>Before</i>	<i>After</i>
1) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
2) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5
3) _____	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5

What type of flowers did you pick? _____

Are your angels male or female? _____

What are their names? _____

What incident did they show you? _____

Is there more for you to see? Yes No

What was his/her intent at the time of the incident? _____

Other insights received: _____

SHOPPING LIST

- 1 large bottle apple cider vinegar or golden raisins & gin –
(for diabetics or those with blood sugar issues – juniper berry tea leaves/bags)
- 1 jar unfiltered raw honey
- 1 bottle pure cold pressed castor oil
- 1 jar Tiger Balm (topical anesthetic for pain)
- 1 bottle of full spectrum colloidal minerals (or raw almonds)
- Several boxes of Knox Gelatin packages or 1 box ***Joint Vibrance***
- 1 bottle Vitamin A & D or Beta-Carotene 10,000 I.U.
- 1 bottle Vitamin B complex – 100 mg
- 1 bottle Ester C – 500 mg
- 1 bottle Vitamin E – 400 IU
- 1 bottle Calcium – 1000 mg. (Tri Boron Plus or equivalent – no oyster shells)
- 1 bottle flax seed oil
- Coffee substitute
- 2-3 gallons of distilled water
- Nuts & seeds (sunflower, pumpkin, sesame, walnuts, cashews, macadamia, pecans, soy, etc. – no peanuts or peanut butter)
- Black cherry juice + another juice for dissolving Knox gelatin or ***Joint Vibrance***
- Plastic wrap (to cover oil packs)
- 4 bags of marbles (for shoebox)