

ARTHRITIS INDEX

- 0:00 Arthritis is not what you think.
Muscles are funny.
- 0:47 Your doctor might say it's not curable.
- 1:15 In my book of a symposium by Osteopaths, it said four times that radiographic evidence does not correlate with the pain.
- 1:30 Dr. John Sarno, an internist, said he's seen a patient with a back that looks like an old oak tree with no pain and sees another with a perfectly fine back almost doubled over with pain.
- 2:36 Cartilage? If use wears it away, how can it be gone at 46 years old with people in so much pain they ask for surgery?
- 3:20 The friction coefficient of a good joint and a bad joint is the same pointing to something other than bone-on-bone restrictions. The range of motion problems are caused by contracted and painful muscles, tendons, ligaments - sinews.
There are no nerves in articular cartilage.
- 4:25 Subchondral bone/spongy bone have very few nerves. Nerves grow into the joint as the inflammation increases. It's a timing thing. The nerves are autonomic - balance the osteoclasts and osteoblasts activities of tearing down bone and building back it back up. It's an unbalance and a weakening of other muscles around the joint.
- 5:00 Bones don't have to touch in order to form a skeleton. They are not like bricks but more like wooden rods held together by rubber bands.
- 6:10 Nociception. Nerves are different shapes and forms. When stimulation of many kinds exceeds a high level, then we experience pain.
- 6:54 I asked six different Orthopedic Surgeons where the pain comes from in osteoarthritis. None of them knew. One MD just came from the O.R. and she said, "We think it's extra capsular." Another guy said, "I'm having good luck with weight bearing exercises." Another liked yoga.
- 7:40 An MRI doesn't tell you for sure where the pain is coming from. Two New York Times articles said that. I have jokingly heard that the side effect of an MRI is needless surgery. Stress from having an MRI can be a component.
- 8:35 Depression can be a direct cause of pain.
Anecdotal #1 - A lady down the hall from me had a knee replaced after her pain went from mild to excruciating in one week. That's not slow onset arthritis!

- 11:00 Anecdotal #2 - A guy in my building has had two or three joints replaced with back emboli, etc.
- 11:30 Both these people had a very negative worldview. Pain is your friend.
- 11:55 Pain shows you a direction, it's not an affliction. What we normally try and do is disable the alarm.
- 13:00 The body is not built to suffer long term.
- 14:00 Antibodies are changing thousands of times per minute trying to mutate into an effectual form against the antigen present. The Vagus nerve is also in on the work to take over should the pain get too bad and then it will cause circulatory shock and you'll faint to keep as much blood as possible going to your brain.
- 15:00 Use your joints. Instead of walking the dog, say, "I'm going out to feed my joints." Nutrition for the cartilage requires movement. If you don't give it movement, then you enter a downward cycle - less movement, more pain, less movement.
- 16:00 A guy down the hall had knee pain and after hearing this stuff I'm saying here, he walked half the Mall of America and lessened the pain by 1/2. My plan here was working for him, but he went for a knee replacement anyway.
- 16:23 Me. I was limping and couldn't do stairs. I was in real pain!
- 16:45 Book. Surgery — the Ultimate Placebo.
- 17:30 Be sure and do an X-ray evaluation to find any tumors, vertebral fractures, etc. Walking is the best exercise. It is an out of balance system always correcting itself exquisitely. Do at least 100 steps per minute for two to three miles. It doesn't take much. Just standing uses 300 of your 600 muscles. If you look at your knees from behind when you climb stairs, you can see how firmly the muscles around your knee tighten up. This shows you how much they are working all around you.
- 20:00 Biotensegrity. Comes from Buckminster Fuller and his geodesic dome built of struts and tension ligaments. Here is a model of your torso under tension. Your body has to keep itself together and yet maintain the proper tension while moves so it doesn't fall over. If the system gets too tight, on the other hand, you can experience pain.
- 23:00 Pain is a neuromatrix now. Not just a sending and receiving pathway but mediated by many different pathways, cells, substances and your brain and its chemicals. A lady on the beach house said, "My shoulder's gone." What does that mean?

24:00 A doctor did an experiment while undergoing an arthroplasty. He watched an x-ray of his joint as the operating doctor loaded and unloaded his joint. The spacing between the bones of a joint is dynamic depending on the joint loading. Sometimes, with a light load and yet motion, the bones don't touch. The joint acts more like a guide race.

Video #2. Lake Riley

Minnesota weather. I had the nicest summer. My pilot picture.

- 26:00 Two kinds of arthritis. Rheumatoid and osteoarthritis. There is some congenital, but not much.
- 26:50 The Wall Street Journal just ran an article saying running is OK if it doesn't hurt you so it probably won't damage you.
- 27:20 Any movement helps. Motion is lotion.
- 28:00 Dr. John Sarno Internist. He said you get weaker as you get older. It's called Sarcopenia. You lose 1% of your muscle mass, not numbers of muscle fibers, each year over the age of 50. The number of your muscle fibers stays the same throughout your life. Chiropractic didn't help me. It should have started working in 3-6 weeks but it didn't.
- 30:00 Wayzata hill climbing. I was so weak, I intuited that stronger effort than that being practiced in physical therapy would help me. So I started hill climbing.
- 31:40 Treatments
1. Chondroitin and glucosamine
 2. Platelet Rich Plasma Injections
 3. Hyaluronic Acid
 4. Cortisol injections
 5. Stem Cells
 6. CBD oil
- 38:00 Mitchel Yaas in the magazine, What Doctors Don't Tell You. The cover article was "You Don't Need a Hip Replacement."
- 39:00 Exercises. I demonstrate two of the best. Lunges and leg raises.
- 41:45 Summary — Exercise 1. DO IT and 2. IT'S EASY As your muscles get weaker, they contracture more easily because you're over stressing them and they cramp up and hurt like hell!
- 42:10 SPIRITUAL

You might consider revamping your concept of god being the big judge in the sky. Some concepts are not helpful, like,

1. are you being punished for some sin you may not even be aware of?
2. You believe pain and agony teach you something.

44:00 In the long term, agony is worthless. Long term pain loses its efficacy and it may take a lifetime to realize this. There are many ways of learning and we have lots of choices. Sure, looking back you may see some lessons learned. But I always ask, “Do you want to do it again?” Obviously, the goal is to minimize those painful lessons in the future.

46:00 Pain is another big topic. You can slip out of pain if you know how.

Spiritual Summary. All is divine and magical and miraculous.
RELAX

Title of a book. Never Underestimate the Wisdom of no Escape

49:00 Gordy in my building. Don’t touch my other hip — I know it’s shot but it doesn’t hurt!

k Barb’s mom. Doctor called her pain arthritis because he didn’t know what her pain was. It was a default diagnosis.

Mary down the hall. Five years after using a walker intermittently, the pain just went away on its own. Muscles are funny!

Enquirer — if you can get rid of arthritis that easily in a couple of weeks, then it has to be stress or at least muscles, not bone.

In my Novartis Osteoarthritis book, pain can develop in the Central Nervous System, rarely from mysterious causes, or it can come from a localized source which is the normal pain path.

50:45 Lack of motion builds calcium and phosphorous sediments to harden and protect the bones from further deterioration.

51:35 Bones are completely replaced every seven years.

There are 100 kinds of arthritis.

If someone points to the outside of their hip and says they have arthritis, it is not the hip. The hip is actually closer to your groin.

The reason to get an x-ray is to show any major deterioration or tumors or cracked vertebrae.

52:00 They give you a long list of causes — like you were injured when you were three years old, It’s a tossup — do you exercise now or not is the big question. Sedentary lifestyle causes a lot of painful arthritic conditions like my mom. Another friend of mine is

incapacitated in a wheelchair due to being grotesquely obese. Her arthritis is getting worse. Please do some exercise — even walking a mile a day does wonders.

54:00 The stronger you are, the potential for bad to worse arthritis is there without exercise. This is counterintuitive to being in good health. A friend of mine was in great athletic shape being a firefighter in Montana. He has really bad arthritis. In a strong person, the weakenings and imbalances are exacerbated. It's still all muscle.

My great aunt reached 99 years old and she said, “Oh those aches and pains — they go away.”

New humanoid robots use what's called Series Elastic Joints. The spring like tensioned joints return the gravitational energy back into the system when you “fall” when walking.

Back to the six orthopedists I talked to and a little review. Here are some of their explanation for the pain.

1. MD lady at U of MN. “We think it's extra capsular.”
2. It's inflammation of the tissues that accumulates cytokines. The list goes on to about 6 possible causes. I won't list them here. No one knows. I concluded that I can do anything I want to heal my pain since no one knows what's causing it. (I can't hurt anything because there is nothing to hurt that we know about.)

56:45

There are three ways this video is unique from all the rest.

1. I include John Sarno's well received working explanation of Tension Myositis Syndrome where Oxygen starvation in a contracted muscle condition in the back and probably applies to contracted muscles in joints.
2. I include the developing discovery of Biotensegrity as a description of joint movement and strength balancing.
3. I discuss the spiritual/psychological realm as being very important to your health. If you believe God is punishing you, I'm out of here.

y Like Ken Copeland evangelist said, “If god was out to get you, you’d done been got!”

Enlightenment is seeing the divinity in all aspects of life. Being relaxed to your core is a big part of the answer to anything healing.

59:00 Ken Wilbur, a well known contemporary philosopher, said there are two tracks to spiritual growth. One is the instant feeling of great liberation, freedom and insight. The second is learning how to integrate your newfound freedom into your daily life which takes a little time.

Again, if you see things like cancer teaching you something very valuable, I always ask, then do you want more of these horrific events in the future to teach you some more? Do you want some more cancer? When do you draw the line? Is it god’s will to treat his or any creation so capriciously with such grave consequences? Or do you have more control over your illnesses and accidents than you thought?

Boat Views

- 1:01:07 Electronics and energetics
Tipping point is seeing the brain as cornerstone for pain. Pain study can be fun. It’s now called the pain neuromatrix. The brain is at the core of any pain.
- 1:01:44 It’s a sign the system is working well. Highly malleable
Acute episodic pain is different than chronic.
- 1:02:22 Again, pain is not an affliction, it’s a direction.
- 1:02:45 Do we discover or do we create and construct our ideas on pain?
- 1:03:20 You can direct ways around this pain thing.
- 1:03:52 Fear is a big factor in the game of life and it can control how you are playing the game back at life.
- 1:04:30 Bottom line is to relax in your core. Living life in different ways are options that are always before you. You can live it below your expectations or optimize it above your expectations. There’s a big choice in there somewhere. Make it good and you’re free to make it any way you want.
- 1:05:00 Life was Never Meant to be a Struggle by Stuart Wilde.
- 1:05:40 The Essence of Life - Neiderer. Basics of life and happiness.

1:06:30 Thinking positively doesn't hurt you and this video will not hurt you. See life as a big enjoyment, a larger spectacle of a big game.

1:07:13 Are there different energy sources based our awareness, or insights depending on the revelations of your life? Maybe the awareness changes put us into another level of fulfillment.

My M.D. friend Bill and I discussed how medicine is moving towards more energetics and electrics.

1:08:00 DNA CRISPR Excitement. What can I give? Can I reveal a safety for nuclear war? Our endpoint here is another way of seeing a beginning. From here we move onto the docks in Wayzata for more arthritis revelations.

1:09:30 Any kind of suffering, pain or sickness, wait one more minute and something might happen you least expect. At least give it that short time and give up the struggle. You don't have all the answers. I did this once with a bad case of the flu and at the end of waiting for the minute, I'd forgotten and life went on almost without me.

Wayzata Docks

1:10:00 At one of my meetings, an orthopedist told me about the joint rehabilitation guy and what he was doing to me. He was bending my joints to their limits with excruciating pain! The orthopedist said it slightly works and lasts about 1 and 1/2 days. That was EXACTLY my experience, so he was onto something.

1:11:03 Another way to build muscle strength is simply stretching them out. You don't have to add a load or do isometrics. The two ways of building muscle are concentric (loaded exertion) and eccentric — simply stretching the muscles out with no load. Movement is all you need.

1:11:14 The rate at which the axons send impulses (firing rates) do not correlate with the pain in the joint.

1:12:20 Proton Jump Conduction - wild speculation that this might be another pain pathway outside the normal nervous system.

1:13:00 Everybody's different in how they react to pain and how they pain on. Pain is unique to you.

Here is an example of using these two ideas.

1. I am not my Mom. She had a hip replacement
2. She was sedentary and I chose to move and do something different so now I was twice removed from getting arthritis.

1:14:00 My Byerly's paper that I wrote on June 24, 2015 in Chanhassen I was hurting pretty bad and totally gave up trying to get healed.

1:14:45 Two weeks later on July 4, I went to the fireworks in Stillwater, walked the stairs to the top of a hill carrying a lawn chair and picnic basket and the next day the pain was half gone! It was something to do with the muscles, the quads in particular, which stair climbing strengthens.

1:15:15 Show Stillwater steps - 115 of them.

1:15:40 Wayne Dyer was climbing a tower with a group of kids and one kid got stuck half way up so Wayne put him on his shoulder and carried him up. Healed himself of the bone on bone pain.

1:16:20 We want a permanent fix. I saw a Billboard — it said, "Jiggling the handle is not a fix."

1:16:35 John Sarno again. Tension Myositis Syndrome. Lack of oxygen to the muscles contractures them and causes extreme pain. He focuses on the back, but I think it hits the muscles which are extra capsular around the joints, as one orthopedist said earlier here. Heavy on your psychological state. Sadness, depression. Change your philosophy - we're here to have fun!

Excelsior Commons, MN

1:18:00 Emotions are big and powerful and play a large influence on pain.

1:18:45 You go into hospital with extreme pain, they cut the femur in half and screw some "sheetrock" into the acetabulum of your sacrum and then you have no pain?! How can that happen?

1:19:18 Your nociceptors - pain nerves - can change form over time. We have a moving target here. There are many kinds of nociceptors. Intrigue is the name of my day here.

Cedar Bridge on the Minnesota River

- 1:20:00 Mini Medical school at U of MN - met Tom. Both his hips looked the same and only one hurt. Doctor couldn't explain it.
- 1:23:00 I asked one orthopedist if he'd ever known someone who walked three miles a day who had advanced arthritis? He said no.
WALKING!!!!
- 1:23:20 Lady in my building was sitting and rubbing her knees they hurt so bad. Just sitting there, the pain went away. Of course, it will probably come back but this points to the muscles.
- 1:23:30 Slow movement is the name of the game. Miranda Esmonde White has a good program and so does Martha Peterson who calls it pandiculation.
- 1:24:30 Doug Mertz Physical therapist. A weak Iliopsoas (psoas) that is being overstressed causes most hip and knee problems. How do we fix that? He said it's your quads (quadriceps femoris) that are weak. Your glutes get overstressed too from weak hamstrings and cause an imbalance overstressing of the piriformis creating lower back pain. (Not in video)
- 1:26:30 Walking - Norm, Cheryl's friend, had arthritis and the doctor wisely told him to walk. At 70 years old he walked fifteen miles. At 85 he walked ten miles. WALKING kept him going pain free. One orthopedist said, just do whatever makes it feel better! Do it.
- 1:27:00 Pointing to outside of your hip is not arthritis. (again) Might be a little bursitis. Sack on outside of hip bone.
- 1:28:00 Rheumatoid arthritis might be diet oriented. One lady was all knotted up at every joint but she'd kept active, so suffered no pain. A joint gets its nutrition from movement only.
- 1:29:40 An increase in 45 year olds getting joint replacements. Too young to have worn out their joints so what is it? Again, points to the muscles.
- 1:31:00 Spongy bone is on the ends of your bones and in your cranium. I was chatting with my periodontist and I told him that spongy (cancelous) bone doesn't have many nerves in it. He said, "I'll go you one better. I can drill a hole in your skull and you won't feel it!"
- 1:32:20 Nerves change in time. Moving targets. John walking around Mall of America got rid of half his pain. He went and had the surgery anyway. Again, a case of the quick fix syndrome and fear.

1:33:50 Biotensegrity. One of the mysteries we haven't solved. Others:

1. Biotensegrity 2. How an airplane stays up. 3. How does osmosis work? 4. How does the eyeball accommodate?

1:36:00 Contracting of a muscle can hold the pain for years.

1:37:00 Here I read my insight about how general anesthesia used in joint replacement can relax those contracted muscles getting rid of arthritic pain overnight. Along with the stretching of those muscles during the operation alleviates the pain. Add the placebo effect which can account for up to 60% of the pain reduction. You've got a lot of healing mechanisms working for you both inside and outside surgery.

1:40:00 Good bye and thank you so much for watching. Here's to your continued good health and pain free life.