

# "JELLY good for ARTHRITIS!"

When we think of jellies we tend to think of kid's parties. Jelly used to be a popular sweet. Gelatine was very much part of our diet in by-gone years but today has largely disappeared from our tables. It would have been served up as brawn and jellied meats, jellied pig trotters, jellied eels, aspic (jelly used to coat meats, eggs fish, etc.) jellied beetroot, jellied fruit, trifle, flummery, icecream.

**Jellies actually had a useful part to play in our health. They helped to prevent arthritis! It really works!!**

**Gelatin is the precursor to cartilage formation** in the body. Gelatin itself is very similar in structure to Type 2 Collagen, (connective tissue) which is an important part of cartilage.

Gelatine is a tasteless, odourless, dietary protein derived from animal cartilage. In other words, the animals, usually cows or pigs, have done a lot of the initial work for us so that we can, more easily make, our own body cartilage.

Gelatine is made from boiling animal connective tissue, dissolving it in the cooking water. This gave us our tasty stocks for soups and other meat dishes that jelled.

Cartilage is important as it is formed on the ends of the bones as a tough fibrous pad that helps to reduce friction between bones and acts as a shock-absorber. Cartilage forms the flexible part of the external ear. The majority of body cartilage is in the joints - it is the smooth surface that facilitates movement. The intervertebral disks of the spine are mainly cartilage.

**Gelatin Hydrolysates** (gelatine broken down in water) **reduce pain and inflammation in the joints** due to hydroxyproline (part of the gelatine) facilitating the endogenous production of collagen. *[scientific research - in humans: Department of Sports Medicine, Heinrich-Heine University of Dusseldorf: Gelatin Hydrolysates reduce Joint Pain by enhancing the regeneration of Collagen in the Joints].*

Shop-bought cooking gelatine is an inexpensive means of obtaining Gelatin Hydrolysates with equal potency to significantly more expensive pharmaceutical forms.

For best results, pour boiling water over a heaped teaspoonful of gelatine in your coffee, Milo, cocoa, tea and stir till dissolved. Boiling water activates it. Take away from meals eg morning tea, afternoon tea or supper-time. Take at least 30 mins before or 2 hours after a meal. If taken with food it is used for energy. Without food it is used to make cartilage.



## ENEMIES of JOINT REPAIR

by Tessa Jupp RN

Startlingly, research also shows that **Asprin inhibits repair** of cartilage and actually **accelerates cartilage destruction**.

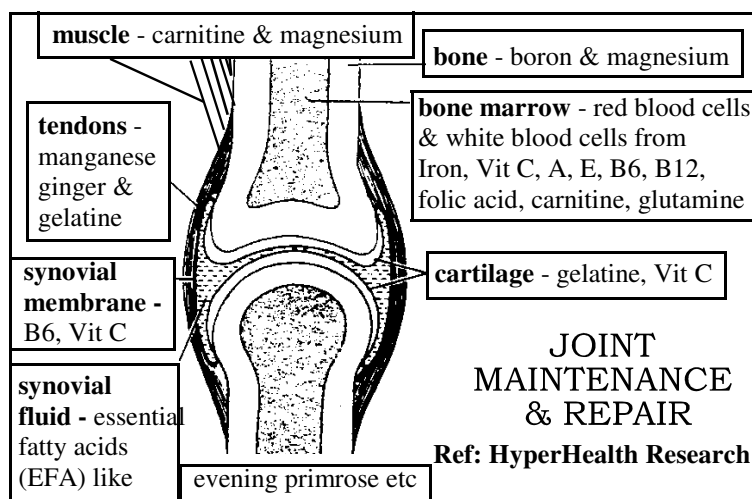
Asprin interferes with the ability of the chondroblasts (cartilage building cells) to stimulate new cartilage production. **NSAIDS** (non steroid anti-inflam-atory drugs) also **accelerate joint destruction** by chondroclasts (cartilage destroying cells). Whereas **Vitamin C helps preserve** the integrity of cartilage and supports new growth and raises the pain threshold.

Free radicals destroy cartilage, as does the food additive aspartane. Vitamin C destroys free radicals. **Excessive sugar consumption causes the joints to become stiff** and brittle by causing cross-linking of collagen.

**Vitamin B6** shrinks the inflamed synovial membrane that lines the surface of the joint, **alleviating twinges** and **sharp pain** and **restoring mobility**. Emu/fish oil reduces inflammation and pain, and improves flexibility.

Manganese allows stiff tight tendons and ligaments in and around joints to work properly eliminating pain.

If we look at the diagram below of a joint we can see some of the natural ways our body normally builds, maintains and repairs movable body parts.



So we can make a difference to joint pain and stiffness simply by identifying where the problem is and taking steps to rectify it by providing what is missing. This may be as simple as adjusting our diets to the foods used by our grandparents, like jellied foods and some of the simple supplements they also used, like magnesium and borax.

**NOTE 1 teasp gelatine = 4 teasp jelly crystals. (but without the sugar!!) Just add 1-3 teasp of gelatine to tea or coffee daily. Must be dissolved in a HOT liquid. Can also add extra to soups or stews or boil your own meat /chicken bone broth.**