

Help for People with Ankylosing Spondylitis

A Course in
Relief and Remission
from AS



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Introduction

In a perfect world, no one would have to endure the many hardships of Ankylosing Spondylitis. Only those who have it can truly understand how excruciating the pain and suffering can be. For most, the merciless fate of this chronic degenerative disease impacts every part of their daily lives.

I know how it feels to suffer with Ankylosing Spondylitis, and I have compassion for you if you have it. I was diagnosed with AS in 1984; for ten long years I suffered the ungodly pain and stiffness, mind-numbing mental and emotional anxiety, and the fading hope for healing and wellness in a world that seemed to offer no real answers.

It's a cruel irony that AS is often accompanied by other conditions and ailments. If you are like I was, you also cope with some or most of the following:

- Depression
- Anxiety
- Fear
- Insomnia
- Addictions
- Brain Fog

Worse still, you may suffer from other chronic conditions which accompany AS like a package deal. I have helped AS sufferers who are also victims of fibromyalgia, Crohn's disease, rheumatoid arthritis, psoriasis, uveitis, and other debilitating diseases.

A Better Life

After years of searching, I found treatments that successfully stopped the pain and anxiety of Ankylosing Spondylitis. By using them regularly, I completely recovered and achieved full remission from my symptoms. I've been free of all pain and symptoms now for over thirty years, and I can say with complete confidence that I am healed.

I am incredibly grateful to have recovered from the devastating, life-altering agony of Ankylosing Spondylitis, and that's why I have made it my intention to help you do the same. I want you to know how good it feels to be free of AS.

How My Approach Is Different

The methods I used to make a full recovery are not based on diets or drugs, and they are not taught in western medical schools. They are specific brain-body techniques which create fast relief, lasting remission, and timely recovery from AS. Medical researchers are now catching up with the efficacy of the cutting-edge methods I used, and clinical studies are proving beyond all doubt the positive effects of what you are about to discover.

This information will help you recover from all manner of symptoms—physical, mental, and emotional. No matter how severe your condition is, you can and will experience relief by following the steps I lay out in this book.

Even if you choose not to do everything I recommend, you owe it to yourself to do some of them. Find the ones you can relate to and begin there. As with everything, your positive actions create positive results. You literally have NOTHING TO LOSE BUT THE PAIN.

A Word About Nutrition

As a nutritional counselor, I'm a strong believer in proper nutrition. When it comes to *real* healthcare, there is no substitute.

There are lots of articles and programs online that promote nutritional approaches for relieving inflammation and easing the pain of AS and other auto-immune conditions. Many of these strategies involve strict elimination diets. While the short-term effects can be helpful, fighting your symptoms by eliminating more and more foods from your nutritional profile can devolve into a life-long battle against yourself and your body. The immune system weakens over time, while the symptoms show up in the body in new and different forms. And if you ever stray or quit the diet, your symptoms will likely return with a vengeance.

For me, I can eat whatever I want whenever I want to, without a relapse of any kind. I found that cutting the gluten, starches, dairy and all the rest from my diet just to avoid the pain was not an optimal choice for me. I eat wherever I choose; I choose whatever I like and I eat starches, sugars, and dairy whenever I wish. I also enjoy cocktails, beer, or a bottle of wine whenever the occasion calls.

Look, I'm not advocating you can eat junk and processed foods all day long and think that's going to lead to better health and healing, because it's not. But I feel that if you don't have to give up your favorite tasty, nutritious foods (and a little comfort food now and then) why would you want to?

Turns out, many people on the ultra-strict diets are subconsciously punishing themselves. They give up the pleasures of eating wholesome, delicious food while telling themselves this practice is necessary and even good for them.

True, people often feel a sense of control when they take on a strict diet and see the results of their efforts. At one time I did the same thing.

The uber-strict diets can help with the pain, but at what long-term cost?

They can systematically drain your physical stamina, sap your emotional balance, and even down-regulate your immune system. They also do not address the degeneration and other symptoms that can occur with AS. Not to mention, those Spartan diets are often no fun at all and they can be very difficult to maintain.

That said, if your symptoms are highly active, stop eating junk and pay healthy attention to what you eat. Preventing inflammation is the key here. Eat mindfully and choose foods that help to lower inflammation in the body. Steer clear of GMO's and prepackaged foods. Processed foods are literally stuffed with chemicals that can cause abreaactions in the body.

If you have a leaky gut or a colony of sinister intestinal bugs, you will want to address that. And if you're overweight, losing the excess pounds will help to tame your symptoms. Find a nutrition plan you like and stick with it.

To minimize chronic inflammation and pain, the diet plan I consider to be most intelligent and beneficial is the anti-inflammatory regimen known as the **Wellness Diet by Dr. Andrew Weil MD**. Go online and take a look.

Making It Work For YOU

Above all I recommend you stop researching the disease and stop learning more and more about it. You know enough already. More focus and fixation on the disease will simply make it more dominant in your mind, and in your life.

Your job now is to learn all you can about the opposite of *dis-ease*, which is health and healing. Find information that can help you, rather than dwelling on what scares the living daylight out of you. That's what the people who recover from chronic conditions do; they focus themselves on health and healing, and they take positive actions to achieve it.

It's important to note that information is powerful, but the truth is that information without action is all but useless. Case in point: People know

that smoking cigarettes is bad for their health and may even kill them—but that doesn't mean they'll quit.

So, knowledge and information alone don't cut it. Making that knowledge work for you is the key.

The Key to Recovery

To defeat AS, two things are necessary. We must:

- 1. Remove the cause, and**
- 2. Repair the damage**

However you choose to do these two things, **you must get them done to achieve remission and recovery** from AS and related conditions.

When we talk about *removing the cause* of the condition, just what are we talking about? Most of us have heard that genetics, various environmental toxins, or even just a faulty immune system could be the cause of AS. It all seems very mysterious and complicated; AS is an autoimmune disorder, and so something is causing a negative immune response. That negative immune response could stem from a variety of viral or bacterial infections and all manner of dietary toxins and complex pathologies which then create inflammation in the tissues of the body. Inflammation leads to discomfort and pain... and after that's been there a while your genetics kick in and a degenerative disease like AS crops up, which leads to a further breakdown of the body, hence the diagnosis. It all sounds logical, doesn't it?

Not so fast. If negative immune response is the cause of AS... and the immune system is so heavily compromised that it can't do its job properly, I ask: what exactly is causing that? I discovered early on that the source or *root cause* of the immune system malfunction is what I needed to identify if I was ever going to put AS behind me.

Certainly, if you've got the symptoms of AS you will not easily ignore them, and you will wisely take steps to address them. But understand that the

negative immune response in your body is not the *root cause* of your condition. It is just another symptom; it's a natural effect of the root cause.

By treating the root cause of my condition, I was able to successfully put an end to the chronic conditions of addiction, depression, and disease that I had suffered with for more than ten years. In fact I completely recovered from these chronic conditions, all of which are considered incurable by modern medicine, by using the holistic brain-body techniques you will learn from this book.

An Attitude Of Gratitude

I'd like to close this section with an example of what philosophers call the "attitude of gratitude."

Although a magic pill—had one been available—would have eased my condition, I am truly grateful I did NOT have one when the pain and symptoms were at their worst. Sound crazy?

If there were a magic pill to cure AS, I would never have learned what I am capable of, or gained the tremendous personal empowerment and transformative spiritual connection that came out of the process of healing my life. And I would certainly not be helping many others to heal their lives, which is an incredibly rewarding personal mission.

I am healthier now than I've ever been, and my physical and emotional well-being is at an all-time high. These results help me to realize how grateful I am for the journey that led through darkness and depression, pain and suffering, but ultimately delivered me unto true and lasting health, joy, wellness, and peace of mind.

Now it's your turn.



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