

*Cure*  
***Arthritis***

**ORISSOR**

# “Cure Arthritis”

By

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# ***Cure Arthritis***

*The following is in the form of an interview by author Bill Dawson of a person enquiring into the way to understand and cure his Arthritis.*

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Arthritis is curable. Know it! Believe it! Thousands of people already do – because they have been cured completely.

The cure is not medical. The medical people have no cure: even top doctors, consultants and specialists are crippled with Arthritis too. So what chance have you got, as a member of a state health scheme?

And with the medical profession doling out ‘treatment’, trying out dangerous drugs on people or putting plastic joints in, it’s not quite a case of the blind leading the blind, but rather the crippled leading the crippled.

**\*\*Q.** *So, I accept the cure is not medical! But how do I know it works?*

**\*\*A.** The answer is you don’t – until you try it. But at least you know, to begin with, that it cannot harm you in any way – it’s simply a natural way of eating, and the correct use of Thought. In fact, even if it didn’t cure Arthritis (which it certainly does), it could be nothing but beneficial to the body and mind.

**\*\*Q.** *But what proof have you that it really works?*

**\*\*A.** I offer no proof – only the cure itself! If I invited you home for dinner, before eating it would you ask for proof first that it tasted good? And if you did, why should I bother to go through the rigmarole of theories, arguments and conclusions, when you could easily prove it for yourself merely by popping the food into your mouth and tasting it?

There again, do you ask your doctors and consultants to prove that their drugs will work, or even that they’re safe, before you accept them?

**\*\*Q.** *Well, to be honest – no! I don’t think anybody does.*

**\*\*A.** No, you dare not! You’d find yourself crossed off their list before you could say ‘Opren’ or ‘Thalidomide’. Every day there are programmes on radio and television, articles in journals and newspapers, enquiries and investigations going on – in fact, exposures in all spheres – of the thousands who are maimed, crippled, blinded, living in agony or even killed off, by drugs doled out by medical people.

Yet they still glibly say, in calm tones and reasoned words, that these ‘side effects’ are merely a calculated risk which we have to take. ‘We’ meaning YOU.

Of course, all these horrific drugs have been medically proven to be “safe” – all of them proven to be beneficial to Arthritis (or whatever the ailment may be), and many of them hailed as ‘wonder drugs’ or ‘miracle drugs’ – that is before it was discovered that they had injured, maimed and deformed thousands of trusting victims. Now that sort of ‘**proof**’ we would all be well to do without.

On the other hand, if you were to ask one of the thousands who have tried the Orissor Way and been cured, what proof they had that it works, they would probably answer:

‘I no longer have any pain, my deformity has all but gone, and I am free from the terrible effects of drugs – so what do I want with proof?’

**\*\*Q.** *Yes, that’s fair enough, but what is this cure going to cost me? And what about the fancy ‘health’ foods, treatments, consultations and special dietary advice, as well as check-ups and even extra vitamin pills, and so on?’*

**\*\*A.** The answer is — the cost is NIL. No fancy diets, ‘health’ foods, treatments or consultations are necessary. The CURE is as simple, as it’s free. The cure is non-medical, non-religious, and also **non-profit making**.

**\*\*Q.** *You say the cure is “non-religious” – but has it anything to do with faith-healing or ‘mind-over-matter’?*

**\*\*A.** It’s just a case of understanding how the body works, what causes Arthritis to come about, and therefore knowing what the Cure is. From there it is just a matter of plain COMMON SENSE.

Let’s face facts now! You wouldn’t even be listening to me now, if the ways of medicine or fringe healing had been able to cure you, or your friends or relatives – or even to take away the pain of Arthritis. You are only listening to this because those ways have failed – expensively and disastrously.

So why don’t you look with an open mind at a NEW way. Don’t expect it to fit in with the old medical ways and theories which have failed to provide a cure – because it just won’t fit in. In fact, the Orissor way of Cure is quite contrary to the fashionable medical theories of today. Instead, let us stick to plain FACT, spoken in plain ENGLISH.

**\*\*Q.** *All right. Can you tell me then, in plain English, just how to get rid of the pain?*

**\*\*A.** Let me explain. The Intelligence that designed the human body (no matter how you think of it) is certainly anything but stupid.

The whole combined might and expertise of modern science and technology cannot produce one single finger nail such as the one that grows upon the human hand. They cannot produce one single cell of a human brain, or even understand how one works. The human body is a marvel of nature, with such versatility as to enable it to survive an endless variety of changing conditions. Every minutest part of it is valuable, and contributes to the total healthy functioning of the whole. Nothing is missed out which is essential to its natural function.

The Intelligence which designed the body of Man is vastly superior to Mankind himself. That very same Intelligence placed within the mechanism of the body a safety factor, a warning device to tell the body's inhabitant when the body was being mistreated or damaged – a means of discouraging him from continuing to maltreat it. This safety warning factor is called PAIN.

Now pain is an essential element in the mechanism of the human body. It's made necessary because of the low level of Intelligence at present used by Man. A great many people would deliberately damage their body in order to satisfy various emotions – such as greed, prestige, possession, pride, and so on – merely because they consider that satisfying their wants is more important than caring for their body.

In fact, many people still insist on damaging and misusing their bodies to this present day – in spite of pain – in order to achieve prestige and wealth – in order to be able to say, for example – 'Look at me everybody, I'm the fastest runner in this area (or the world). See how great I am!' It could be runner, swimmer, footballer, climber, fighter, and so on. They all seek records of endurance and to 'conquer' the pain factor

What they really mean, in plain English, is to abuse the body as much as they can stand, pain-wise, before the body collapses through unnatural mistreatment. They mostly take drugs of one sort or another to kill the pain or 'overcome the discomfort'.

And yet when a child is born which cannot feel pain (as occasionally happens), the medical people show great concern and the parents are extremely worried because, they say, the child could damage itself seriously, even fatally, without knowing of the injury – because there's no pain to warn it.

But as a normal person grows older and has a pain (which **always** indicates some mistreatment of, and damage to, the body), he goes to a medical man (in the cities) or a medicine man (in the jungle), or a priest-doctor in other parts. Now he tells his medicine man where the pain is and how it hurts, and

the medicine man immediately applies one of his medicines to treat the symptom area, or just sets about taking away the pain generally.

**\*\*Q.** *Well, I don't see anything wrong with that!*

**\*\*A.** But that's just like inhabiting a building with a sensitive fire alarm system installed, and then, when it starts ringing, sending for the fire brigade, who come along, locate the bell which is ringing, and disable it in some way, or even remove it, to stop it ringing. So – the ringing stops, and the firemen go away, having been thanked profusely for turning off or destroying the alarm.

Can you imagine such a ridiculous scene taking place? You would, no doubt, think that society was going mad. And yet that is exactly what happens with most ailments of the human body – and especially Arthritis.

Always, the first priority is to stop the pain. And whose fault is it? Well, both the victim and the medical man must share the blame. After all, in nine times out of ten, when you go to see your doctor, it's because you have a pain (or some discomfort) and you expect him to get rid of it for you. And most people are just not satisfied unless he gives them a prescription for a drug of some kind to take away the warning symptoms – sometimes it's a rash or spots, but mostly it's just a pain.

And never does the doctor say, 'Now sit down and tell me exactly what you have been doing recently, so that we can decide just what it was that caused this pain to come about. And it certainly never occurs to you to ask yourself that self-same question, before you even think of going to see a medicine man.

**\*\*Q.** *Well, that's right. Nobody's ever asked me what I was doing to cause it – or even suggested that I could have prevented it. But are **you** implying it's my fault I've got Arthritis?*

**\*\*A.** Look! We've all been taught, from very early childhood, two false precepts:

**One**, that if you have a bodily ailment, especially a disease of some sort, then it is not your fault, but the blame lies with someone or something else.

And **second**, that pain is evil and undesirable, to be got rid of at all costs – and that once your pain (of mind or body) has been suppressed by a drug, then your problem is solved.

Visualise a typical television advertisement: a harassed housewife, shopping at a noisy supermarket, goes near loud music, allows her children to shout and scream, and rush about, and generally make a nuisance of themselves. She develops a splitting headache. So a friendly neighbourhood drug-pusher

comes along and offers her the latest pain-killer wonder tablet (as seen on T.V.).

Housewife then swallows this, and in a few minutes – headache gone! Now she's free to carry on doing all the things which caused the headache in the first place. The alarm bell has been effectively silenced – well, for a while. Not a very intelligent way to behave is it?

If this process is repeated many times, over a period of months – without either changing the circumstances of the situation or the lady becoming tolerant of the other people concerned – then the pressures can build up to a dangerous level – one that stronger drugs will only worsen.

Now, are *you* following the same pattern with *your* Arthritis?

**\*\*Q.** *Well, not the same detail – but yes!*

**\*\*A.** Of course you are! And remember – the drugs doled out for Arthritis are normally much more powerful than headache pills and far more damaging to the body – yet they cannot kill the pain without harming the patient. Still, they are indiscriminately used, and widespread and serious damage is caused by them.

As the drugs fail to silence the alarm bell of pain, the next medical step is to rip out the bell altogether, throw it away, and insert a silent one in its place – in the case of Arthritis, a plastic joint. It's quite common for a person to have a plastic hip joint inserted at one side, and then, because the Arthritis is still uncured and continues to spread, to allow the doctors to replace the other hip joint one or two years later.

The uncured Arthritis could then, for example, spread to the knees, and the operations follow it, and so on. Temporary relief is the most to hope for – if the operation is a success: if not, further agonies. In either case, the disease continues to spread.

And, of course, it must spread, for the Cause of the ailment has been ignored, and therefore no Cure applied.

**\*\*Q.** *It's true. I've seen some terrible examples of operation cases. And that's why I want to know about this cure you say you have got.*

**\*\*A.** Well, we have just looked briefly at how **not** to cure Arthritis – at the methods which have proved, not only to be a failure, but to be downright damaging and dangerous; namely, drugs and surgery.

There's no doubt about it – in order to cure Arthritis, or any other ailment for that matter, it is absolutely necessary to know the cause, and to eliminate it.

**\*\*Q.** *Well then, how do we cure Arthritis?*

**\*\*A.** The way is common sense – we find the cause and eliminate it. Then allow the body to right itself naturally.

**\*\*Q.** *That sounds sensible. So, what is the cause?*

**\*\*A.** Well, some ailments of the body are brought about by **wrong eating**, and others are caused by wrong use of **thought**.

And there are still others are caused by harmful bodily activity, damage by external objects, or the taking of drugs or poisons. Arthritis is, in every case, a combination of the first two causes, incorrect eating and incorrect thought, with usually one or more of the others in addition.

So, let's start off, first of all, by realising that all forms of Arthritis are, in fact, just one illness having the same basic cause – and the same cure available.

Now medical people say there are over two hundred different types of Arthritis (and no doubt they have a strange Latin name for each one), but this is merely a classification of the different ways in which the **symptoms** show themselves, or the various parts of the body in which they arise.

But, of course, analysing the symptoms in a complex way has never done any Arthritis sufferer any good, and it has certainly never enabled the medical profession to find the cause, let alone the cure, for the ailment.

The main feature of Arthritis is, basically, stiffness of the joints. And this is caused, quite simply, by lack of lubricant or, more accurately, by lack of renewal of the lubricant. Now in joints of the bone system, which are functioning naturally, the two parts of the joint never actually touch each other, for separating the two surfaces there is a layer of lubricant – not an oil, for that would clog the millions of tiny channels present all over the bone, but a special ultra-smooth fluid which has a nice cushioning property.

This lubricating fluid is made up of two liquids which are produced in two different areas of the body. One comes direct from the area of the bone interior – that is the marrow – and is fed, drop by minute drop, at regular intervals, through a tiny channel leading to the joint area itself. The other liquid component of the combined lubricant comes from the Pancreas itself – also drop by minute drop.

It's essential, in order for the lubricant to do its work properly, that this complete renewal takes place. And if it does not – if either one or both of the sources of fluid fails to feed the joint – then the lubricant present begins to get worn and 'stale', and it starts to crystallise. In such a case, instead of a super-smooth cushion of fluid separating the two areas of bone of the joint, you have a thick, 'lumpy' type of fluid, often with sharp crystalline substances within it. This can be most painful, and disabling to the joint.

So it's clear, then, that any malfunction in the body which causes a lack of one or other of the component fluids that 'feed' and keep fresh the joint lubricant, is the cause of Arthritis.

Now, the main cause of malfunction of the parts supplying the fluids to the joint is attack by alien parasites. And the presence of alien parasites within the body is brought about mainly by wrong eating.

**\*\*Q.** *Yes, but who's to say what's right and wrong eating? There's a mass of conflicting theories about it.*

**\*\*A.** Yes, there certainly is. But when I say *wrong* eating, I mean *unnatural*.

It's **unnatural** to eat dead bodies – whether human, cow, dog, pig, rat, horse, sheep, chicken, or any other air-breathing mammal or bird. The human body is just not designed to cope with the digestion of animal flesh.

Consider – when food is consumed, special juices are sent to the stomach which break down that food. But the stomach only has juices which will break down certain items: fish and vegetables in general present no problem to it, and the correct juice is produced for each type of vegetation, for example. But items such as wood, plastic and metals just cannot be dealt with – the acids necessary to break them down would be far too strong to be contained inside a human body.

**\*\*Q.** *What about pieces of dead body, then?*

**\*\*A.** Ah! the structure of animal meat and human meat is basically the same. It's plain, therefore, that if the body could produce such juices as would dissolve meat, that is flesh, then they would dissolve the organs of the body itself – stomach, abdomen, and so on. Fish flesh is of a different composition and is easily broken down by stomach juices.

**But the human digestive system was not designed for digesting dead animal bodies.**

Such things cause damage in various ways.

**\*\*Q.** *But surely fish are animals, aren't they?*

**\*\*A.** Look, before we go further, I'd just like to get it clear at this stage that, by 'animals' I refer to air-breathing mammals of land and sea, to reptiles, fowl and other birds, and insects. Apart from any clever scientific or philosophical definitions, and merely for the purpose of explaining about food, I do not include 'fish' under the heading of 'animal'

**\*\*Q.** *Fair enough! I'm just interested in curing my Arthritis, not in arguing about word definitions. Just as long as I know what you mean, I don't care. So let's carry on.*

**\*\*A.** Good. Now, let's talk about Alien Parasites.

Your body is, in principle, a wonderful machine. All the organs, bone and tissue are designed to function efficiently and in precise co-ordination. To ensure that every part of the body is kept in tip-top condition, there are billions of tiny organisms which nurture and care for every tiny fraction of tissue, bone and organ.

Now, unfortunately, any produce which comes from the body of any animal, bird or insect, also contains billions of minute, active organisms. If any of these get into your body – because you have eaten a part of that animal (such as meat, chicken, eggs, milk, etc.) – then they proceed to attack your body tissues and organs.

They are, without doubt, **alien parasites.**

However, your own organisms can deal with these invaders for quite a while, but after years of taking into your body more and more, every day that you eat animal produce, the number of alien parasites becomes too great for your own body organisms to cope with.

It's at this stage that the alien parasites damage the system of the body which produces the very special 'juice' which lubricates the joints of the bones. When no fresh lubricant is fed to the joints, the old lubricant starts to crystallise, causing acute pain and making the joint movement very stiff. Note that it is not the swelling which causes the pain. The body mechanism causes the flesh around the affected joints to swell in order to **protect the joint.**

There's a simple way to effect a cure and eliminate the pain. Stop taking in the alien parasites which are the original cause of the ailment. In other words –

STOP EATING ANIMAL AND BIRD FLESH  
as well as all animal, egg and milk products.

**AND ALSO – STOP WORRYING.**

**\*\*Q.** *Stop worrying? What's worry got to do with it? We're talking about disease – aren't we? Arthritis?*

**\*\*A.** We certainly are. We're also talking about the cause of it. Worry is the second major contributing factor to the ailment of Arthritis.

Worry, nervous tension and mental pressure are one and the same thing. Other words with the same meaning are – neurosis, anxiety state, depression, stress condition – and many more.

So-called experts of the mind, for prestige and business reasons, feel that they must coin new phrases from time to time to describe a common state of mind. In this way, it gives the impression that they have made some sort of discovery about the workings of the mind, and everything is therefore under control.

Even their patients themselves may gain a certain amount of prestige among friends by repeating such phrases as – 'Oh my consultant tells me I have an acute anxiety condition, you know.' He merely means that he worries a lot, and that was probably what he told the doctor and psychiatrist when he went to see them in the first place.

Do not be fooled – or try to fool others. All these states, conditions and syndromes merely mean one thing – that you are worried – and it didn't need an expensive expert to tell you that. So, if you are to be cured of all your aches, pains and disabilities, you really must start to look at everything in a *common sense* way.

It cannot be stressed too often or too clearly that **psychiatrists, as a profession, have a higher rate of suicide than the general public.** Clearly, then, they have a higher rate of mental disturbance than the man in the street, and yet they make a fat living by advising the latter how to cope with stress and worry, while they themselves don't know how to cope any better.

Applying plain common sense, is it any more intelligent to go to a mentally disturbed person for advice on how to achieve peace of mind, than it is to go to a medically qualified Arthritic for advice on how to get rid of your Arthritis? Either way, it would be the height of stupidity – and yet it frequently occurs.

Now, to get back to the subject of Worry. It is, without doubt, a part of the thought pattern of every Arthritic – to worry. There are no exceptions.

The usual procedure, if the worry is affecting you sufficiently for you to seek help, is to visit your local doctor, tell him that you're sick with worry, and ask him what he can do to help. He will probably tell you that you have a stress

condition, and give you a prescription for some drug or other, and tell you to go home and not to worry.

A similar procedure is often followed if you are sent to a psychiatrist: he will ask you a lot more questions, let you talk more, make lots of notes – and then send you home with a drug and tell you not to worry. But, neither one can tell you HOW not to worry – *because they do not know.*

**\*\*Q.** *Well – can you tell me how not to worry?*

**\*\*A.** Of course! That's just what I intend to do. And it's all so simple. It's no use saying that your 'anxiety state' is hereditary because your mother was a worrier too, or that a bully used to take your lollipops off you when you were three and half years old. It's no use claiming that you cannot help worrying, or that it's your nature or temperament to be anxious. It is not so.

When a person worries it is because they **choose** to worry

**\*\*Q.** *Just a minute. As it happens I do worry a lot. But you can't say I choose to worry. I just can't help worrying.*

**\*\*A.** Not so! If you worry, it's by choice. And I'll show you how that's so.

First, it is necessary to be absolutely brutally honest in looking at just what worry really is.

It's wanting things to go just the way you think they should go, and getting irritated when they don't happen that way, or when there's a possibility that they may not happen that way.

Nervousness is the irritability brought about by the fear that you may not get your own way, and that irritability can easily become a permanent state of being.

A person may worry about the noise of a neighbour's dog that is constantly barking,  
about his son's 'O Level' examinations,  
about her husband possibly losing his job,  
about his wife being ill,  
about not being able to have a baby,  
or about which Party will come to power at the next election.

You can make your own list.

But if you honestly examine each of the items on that list, you'll realise that in each case you're merely wanting the situation to turn out the way you want –

and you're afraid in case it doesn't turn out that way. Now this is sheer selfishness, and unless you're willing to change that attitude of mind, then you'll continue to suffer for it.

**You choose** the attitude of mind you wish to adopt – *tolerance* of people and circumstances or *wanting* everything to go *your* way – and in choosing the attitude of mind, you also **choose** the resulting mental state – worry, or peace of mind.

**\*\*Q.** *Well look, even if I do choose the attitude I adopt – and I'm not saying that I do – I don't worry for myself, but for others, especially my family and friends. So it can't be selfish.*

**\*\*A.** All right then, let's examine some of the worries on our list.

Neighbour's dog barking and, say, waking up your children at night: would you worry about the dog in the next town barking and keeping other children awake? Of course not! Therefore, this is a selfish worry **because it affects you** – otherwise you wouldn't worry about it.

Then again, would you worry in case the boy in the next street did not get his 'O Levels'? Does a husband worry because someone else's wife is seriously ill? Or a wife worry in case a stranger loses his job? Of course not! You only worry when it affects you. You really must start to be honest.

Now it's often thought that a mother who worries over her family is a good mother. On the contrary, **she's a bad mother**. She knows that to worry never helped anyone, and so she cannot be doing it to help her family. She also knows that it causes her family to be anxious about her and her worried state. In fact, it is often used as a form of emotional blackmail, to control the family: 'Don't stay out late, because you know I can't get to sleep, and lie awake worrying about you.'

The worrying type of mother is the one who wishes to *control* the lives of her 'children', even when they're adults, or when they leave home or marry. She's an interferer. Not always obviously, but nevertheless an interferer.

This doesn't apply only to mothers, of course. Most members of families tend to interfere in the lives of the other members. It's simply a wanting of other people's lives to be organised in the way *you* want them to go, or *think* they should go – which is the same thing.

The mental frustration or irritation when this does not occur is called 'worry'. It's always a matter of wanting your own way. And it's **always selfish**.

**\*\*Q.** *Well, that might apply to some people, but....*

**\*\*A.** All Arthritics share the same Thought Pattern – without exception.

Sometimes they are loud and demanding in getting their own way, sometimes just little old ladies using emotional blackmail, and sometimes just devious people. All of them are frustrated **inside** when it appears they may not get their way.

So now we come to TENSION.

Worry, anxiety, concern over anything at all, as a constant habit, will cause the body to be in a TENSE condition most of the time, whether you realise it or not. When you're in a state of worry, of nervous tension, it's not only your nerves that are taut, but many parts of the body are held in a state of tension also.

Notice how a person's knuckles can go white when he becomes tense. Now that sort of thing can be happening to other joints of the bones, too. The joints are being held under abnormal pressure, and often in one set position. An example of this is a person who is in a constant state of anxiety when driving a car. He probably sits bolt upright, tense all over, clutching the steering wheel hard.

So now do you see the connection between the *mental* state of anxiety, and the *physical* state of pressure on the joints?

**\*\*Q.** Yes, it's obvious when you put it like that.

**\*\*A.** Almost any situation in life can be the cause of tension, if handled wrongly.

For example, one of the chief causes of anxiety, and therefore of Arthritic troubles in women around the age of forty to fifty, is a certain attitude towards sex. The menopause often brings home to a woman her advancing years, and in many instances she begins to fear the loss of attention of her husband or companion. He may be showing less interest in her for a variety of reasons. And this can be a great source of *worry*, and therefore *tension* to her.

This would only happen when she was selfishly looking to herself, and her own wants and insecurities, instead of understanding the other person. In less common instances, the woman may become permanently tense because of unwanted sexual attention by the husband. The loss of interest in sex by either party may be because of a lack of juices produced by the Pancreas for sexual purposes – or merely the partner's disenchantment with married life, or with having to spend twenty, forty or even more years with the same person, without a change or even a break.

One way of describing the attitude of mind which brings about the worry or anxiety state of Arthritics is an absence of the understanding of those people around them. It's the attitude of only wanting to see their own point of view. It makes no difference if it's detrimental to others – their ways are overridden wherever possible.

Of course, this is *not* how things may appear on the surface, especially with the woman of the house: a mask of sacrifice and suffering is adopted, and the determination to get her own way at all costs is often subtle and hidden. But even if they don't admit it openly, Arthritics know exactly what I mean.

If *you* suffer from Arthritis, then you will, no doubt, recognise this pattern within your own thoughts, although you may deviously try to conceal this from others.

**\*\*Q.** *Now that may apply to others, but not to me. Well, in part, it may do.*

**\*\*A.** Look, it's easy to stop worrying – **just stop wanting your own way.**

By **choosing** to insist that the world around you functions the way you wish it to, instead of being tolerant of people and circumstance, then you **choose** to create your own worry.

Now this is **THE FORMULA** for Arthritis –

By creating your own worried, anxious state, you create your own *physical* tension. This tension creates pressures on the joints of the bones, even though you may not even be aware of it, and restricts natural movements, and so, when combined with a lack of lubricating juices being supplied to those joints, it creates Arthritis. And there you have the combined formula:

Eating animal produce damages organs and creates a **lack of lubricant to joints.**

Wanting your own way creates worry and tension, causing **pressure on joints.** Therefore,

LACK OF LUBRICANT + PRESSURE = ARTHRITIS

\* \* \* \* \*

Now let's talk about Mental Attitude – **greed**, for instance.

Pressure is a crucial factor in the causing and aggravation of Arthritis – attitudes of mind cannot be divorced from their effects on the body. If you observe the ailment carefully, you'll see that the disability, the crippling effect, often occurs at 'inconvenient' times, for example, when there are profits to be made or prestige in sport to be achieved, and so on.

An attitude of greed towards the attainment of these highly desired objectives then brings about a state of frustration – pressure of the *mind* causing tension of the *body*. So the effects are worsened even further.

**\*\*Q.** *Yes, mine seems to go worse just when I need to do something special. There's definitely a connection. But it is the swelling around the joints that worries me the most. How can I get rid of that?*

**\*\*A.** Well the swelling around the area of affected joints is itself not a bad thing, but a good thing from the body's point of view. The swelling is a protective device purposely arranged by the intelligent body mechanism to guard the delicate joint against knocks and bumps, and so on.

The body must forever be using means of protecting itself against the ignorance and stupidity of its owner. You should, therefore, never allow anyone to give you 'treatment' to try to take away the swelling around a joint – unless they have first of all cured that joint of Arthritis. Medical men don't know how to do this, therefore tampering with a symptom is dangerous.

However, even though swellings aren't safely avoidable as long as you have Arthritis, many twistings and malformations of joints, especially of hands and feet, can be avoided, as they are caused in most cases by the person wilfully continuing to perform some activity or action which helped to cause the Arthritis in the first place.

Knitting, golf, and other pastimes, hobbies and sports are examples of this. The joints are in no state to resist consistent unnatural pressure in offset directions. Yet the greed for personal satisfaction in doing things you like, can easily override the pain and deformity that those actions bring about.

It's not only hand and foot joints that can be forced out of position by repeated performance of certain actions. One particular displacement which is not always painful, and which is not always noticeable as a deformity, is the displacement of the hip joints, where the legs join the trunk of the body. This is especially prevalent in older women, and is detectable as a wider spacing at the top of the legs.

To someone in an Arthritic state, this can become the cause of much pain and disability.

**\*\*Q.** *Well what is it that causes that, then?*

**\*\*A.** The condition can be brought about by various factors. One of them is a weakening of the joints by childbearing; another is an over-indulgence in sexual activity, as could occur with a prostitute, for instance, and a constant forcing of the legs apart. Greed, in any form, always has disastrous consequences.

Another method of bringing about this deformity is one of barbarous cruelty practised on female children, by religion, in the name of their god – female circumcision.

In this sadistic practice the girl is held down, fully conscious, while the operator cuts out the clitoris, and cuts away the top part of the lips of the entrance to the vagina, using a knife, scissors or even a piece of broken glass. The two raw pieces of flesh are then pressed together and stitched to heal up as one piece of flesh, leaving only a very small hole at the lower part of the entrance.

Now this is done to prevent the emerging young woman from having natural intercourse or enjoying sex in any way – sex being regarded as evil and unnatural by this, one of the world's most popular religions, except by licence – sometimes called marriage or wedlock.

**\*\*Q.** *But surely you're not suggesting that they do that sort of thing here? It must be against the Law in this country?*

**\*\*A.** Yes, this act of circumcision is forbidden by the Law of the Land in many countries – yet still practised – even in this land.

At marriage, the girl is sometimes ripped with a knife by the husband to allow intercourse to take place. At childbirth, the woman is ripped even further to allow the child to emerge, and then sewn up again.

### **THIS BARBARITY IS FACT.**

It happens NOW, today, for the sake of religion – just as another popular religion mutilates its males in a barbaric way. And it happens, not to a few hundred young girls, but to hundreds of thousands.

Do the perpetrators of such religions imagine that their particular gods made an error or oversight at the time of designing the human body – so they must

take it upon themselves to rectify the matter by mutilating other people's bodies?

This cruel religious mutilation not only forces unnatural movement and posture, resulting in the deformed hip joints mentioned, but the cutting out and throwing away of the clitoris causes the bladder to leak all during life. The urine can never remain in the bladder long enough without dribbling out.

When they cut out the clitoris, it prevents retention in the bladder, as there is a small valve attached to it, and if that is impaired then the bladder is affected, and also the kidneys are affected, in time.

**\*\*Q.** *Well, all this religious mutilation seems barbaric and senseless to me. I certainly wouldn't allow anyone to practise any such thing on me.*

**\*\*A.** It's all right for you. You're an adult and can prevent it – but the mutilation is carried out on helpless children.

But as for adults, it really is high time that people **took responsibility for their own bodies** and used common sense, instead of allowing the barbarity of religious and medical surgery to be perpetrated needlessly upon them.

Now a fourth case of deformed hip joints, leading to Arthritis, is medical stretching during operations, which is so damaging to the body.

The victim, lying unconscious on her back, has her legs stretched up and wide apart, and fastened to a frame to hold them in that position, often for a long period, like an animal about to be butchered.

**\*\*Q.** *But who would do that sort of thing?*

**\*\*A.** Oh, it's no hidden practice of some outlawed cult in a secret hideout: it's common practice in many hospitals throughout the 'civilised' world, for the performance of certain very common operations connected with female uterus and womb disorders, and such like.

The practice is normally kept secret from the patient/victim and her relatives, who would no doubt be horrified if they knew. For this reason the resulting damage and ill-effects are not often connected with the barbaric hospital treatment. Neither are these ill-effects limited to joint deformity and Arthritis, but the domino effect, that is of one disorder causing another, applies here. Are you fully aware of what goes on within the walls of **your** local hospital?

**\*\*Q.** *No, I don't think I am. And I don't really want to know. And you sicken me with this talk of female circumcision! Is it necessary to mention these things?*

**\*\*A.** Well, *you* may think that my last few statements concerning vicious practices were over dramatic, or even unnecessary, but that is not the case. **It is necessary to know what is going on in the world around you in the name of science and religion** – and how you yourself could easily be the victim of *similar* practices, if not exactly the ones described.

So if you're to begin to take responsibility for your own body, your own health, life and welfare, then before blindly placing your body into the hands of the medical profession, demand to know just WHAT things they intend to do to you, HOW they intend to do them, and WHY.

You have a duty to your own self. You have a duty to your family and those who are dependent on you. So don't foolishly pass it over because you're afraid of your medical man getting angry, or feeling offended. **It's *your* body.**

Many people who have the courage and intelligence to ask such questions and to require a sensible answer are often intimidated by doctors, by their practice of crossing an enquiring patient off their list, without more ado. If *you* don't get satisfaction immediately, and if you value your health, you would do well to cross such a doctor off your list.

**\*\*Q.** *I've already done that. That's why I've come to you, to see if I can get some sensible answers and explanations.*

**\*\*A.** I'm glad. Because that's what I specialise in. Now – to get back to tension. Pressure comes in many forms and guises. For instance, yet another very common cause of the onset of Arthritis by pressure, in the Western world, is the wearing of seat belts in cars. This is especially so in countries where people are forced into doing so by law.

The first symptoms of 'seat belt shoulder' are aches and pains in the area of the shoulder, later extending to the upper back and chest, sometimes all the way down the arm. Seat belts of the inertia reel type can cause the most damage, as there is a constant and injurious pressure on the chest and shoulder, whereas the fixed length type can be left slightly slack if the user finds it uncomfortable

Such harmful pressure on the shoulder, especially as the confining strap holds the body in a fairly rigid position for long periods, can cause the onset of Arthritis in that area, and persistent use of the belt will then aggravate it, and it will eventually affect other areas of the body.

**\*\*Q.** *Going onto another point – Arthritis seems to be mostly an old person's disease. Why is that?*

**\*\*A.** Well, Arthritis used to be thought of as just an old-age infirmity, but not so now, because it's recognised that even young children suffer from this ailment.

**\*\*Q.** *At what age does it start then?*

**\*\*A.** Arthritis is imposed upon children from birth.

First, many are forced to take milk from a beast of the field, instead of their own human mother, or are forced to eat pieces of mashed-up animal corpses (dressed up in nice glass jars, of course). In other words, alien parasites are pumped into the baby – in many cases to begin their work of attacking the joint lubricant producing system – from day one.

Secondly, the babies of uncaring parents have damp 'nappies' or diapers – pinned around their bottom and hips. Most babies are left, for long or short periods, in 'nappies' drenched with urine – over a period of up to two years or more. And yet the 'nappy' system is recognised as generally acceptable, and even taught to young mothers in medical clinics, and such places.

This damages the child in two ways:

**ONE**, the constant dampness around the hip joints can be the cause of the early onset of Arthritis;

**SECONDLY**, being left in wet 'nappies' can cause the infant to try to retain the urine, in order to avert the discomfort – (crying to draw attention to its plight is usually ignored – for the sake of the parents' convenience). This, of course, is damaging to the kidneys.

Now School is the next place where young ones are prevented from urinating whenever the body requires it: children are only allowed to relieve themselves of urine at the whim of a teacher, or at preset times of the clock. Unnaturally withholding urine becomes an enforced habit. And holding oneself **tense** is necessary to override the demands of the urine outlet valve, this tension being another contribution to Arthritis of the hips – not to mention further damage to the kidneys.

Also, caning on the hands at school is another major contribution to the large numbers of deformed Arthritic hands today, for this is direct damage to the joints by violent blows of the stick. In the same way, beatings on the bottom can contribute to Arthritis of the spine, too.

So, is it still a mystery why children so young have Arthritis? Of course, the ill effects of stupid and uncaring treatment when young may not show itself until

the victim is much older. It is up to you to make sure that you do not allow it to happen to your children.

**\*\*Q.** *The medics say that Arthritis is hereditary, that it runs in families.*

**\*\*A.** Well, of course it runs in families! **But it is not hereditary!** Don't all families eat the same food? Are not the children in families indoctrinated into the same intolerant way of thought as their parents? Are not children taught by example, to want and demand their own way? Certainly it runs in families. So why live as your mother, and have the same aggravating and frustrating thoughts? Be certain that the choice is yours.

**\*\*Q.** *You seem to have a down on mothers, blaming them for all these things.*

**\*\*A.** Not really. Men can be every bit as uncaring, because of indoctrination. It's just that it's mostly women who feed babies, tend to the children and influence them at home – especially when they're with them all day. Men would probably act in just the same way if the roles were reversed.

Next we come to the matter of STANCE.

Correct stance is all-important in preventing damage to the bone structure. Unlike most four-limbed creatures, the body of man is a balancing machine: in walking upright on two legs, man is literally a bag of balancing bones, stacked end-on in the case of the limbs and spine.

It *is* possible to stack dominoes upright, one on top of another, to a height of several feet, providing that they're balanced with even surface contact and even downward pressure. But if any one of them is forced outwards or twisted sideways, then it cannot take the pressure of the weight of those on top of it, and the whole stack collapses.

The body doesn't collapse as easily, for all the bones are contained within skin sacks, with flesh packing, and the whole body bends and shifts weights to compensate for any twisted or out-of-place bones. Yet one bone which is twisted or displaced out of alignment causes the next in line to become displaced also, and then the pressure of supporting the body puts undue strain on that bone joint – and so on, right along the line. A domino effect.

In this way, a twisted or very slightly displaced bone of the big toe at the ball of the foot can, and often does, lead to Arthritis of the hip or the spine. Many a person walking or hobbling about today with a plastic hip joint could easily have rectified the pain and disability, with a gentle and frequent massage of the area just adjoining the big toe joint; plus correcting the way of eating and thinking, of course.

## **Surgery is never necessary for Arthritis.**

**\*\*Q.** You say *surgery* isn't necessary. Are you suggesting, then, that doctors should actually massage their patients feet, or whatever?

**\*\*A.** Of course! Why not! It's a thousand times better than sitting behind a desk writing out drug prescriptions, or cutting up bodies.

They should be willing to do whatever is necessary for the welfare of those who pay them – and should be well trained for such work. It needn't be just doctors, of course. Teams of doctors and nurses should operate together for such treatments.

There again, it's up to you to consider what caused the toe joint to need massage in the first place? It could have been too-tight shoes (children because of uncaring parents, or women just because of vanity) or high-heeled shoes throwing the whole body weight out of balance, or walking on the side of the foot because of the pain of a corn. There are many possible reasons.

It could be that you force yourself to stand in one spot for hours on end, and the sheer strain on the feet of standing (and this is worse than walking) causes you to shift your weight from one foot to another. Or it could be that your job causes you to adopt another unnatural position of foot.

Holding the body in unnatural set postures is a key factor in the onset of Arthritis. Standing behind a counter in a shop, for instance, can cause the foot, knee, hip or spine to pain, whereas merely walking about all day would not cause the same symptoms. Occupations or hobbies where the limbs are held for long periods in set positions are most harmful. These could include the typing posture, the Yoga cross-legged meditating posture, a bending posture and so on.

The parts of the body must have easy, natural movements during the course of the day. Set postures during most of the day, especially those where there is a high degree of rigidity, pressure or tension of the joints, *followed by violent exercise*, can be very damaging to the body. Office workers indulging in squash or golf are an example of this. It's up to you to examine your own way of stance and the reason for it.

**\*\*Q.** But suppose I have to stand that way because of my job? Especially if I need the money.

**\*\*A.** If you get Arthritis of the hip or spine, you won't be *able* to do that job for long anyway. And does money mean more to you than your health and mobility? It's a case of – 'Stand and deliver! Your money or your health?'

**Stance** is all-important – a misplaced foot can cause Arthritis in the foot, leg, knee, hip or spine. Put the foot right and the rest will follow.

Ironically, another point to note is that kneeling for long periods asking your particular gods to take away your Arthritis or other ills can have the reverse effect, actually *damaging* the joints. Get off your knees! Stop grovelling and asking others to cure your illness for you. Act with the grace and dignity befitting a member of the human race. Only *you* can cure your own **self-caused illnesses** – and that entails effort and application of common sense on your part.

If gods and medical men could cure your ailments for you, then priests and doctors would be all specimens of glowing health. **They are not!** They're ill, just the same as you are. Intelligence should tell you that the answer doesn't lie in pills or prayers. If it did, you certainly wouldn't be listening to *my* words.

**\*\*Q.** *Yes, you've got a point there. It's a bit like the classic case of a bald-headed barber selling hair restorer, isn't it?*

**\*\*A.** Exactly! And another point – have you realised how popular Arthritis is as a topic for discussion?

In fact, many sufferers speak about it at the first opportunity, and some delight in going into great detail about their particular case – the extent of the pain, the location, the disablement caused, details of operations and horrific side effects of drugs.

Some are even quite proud of the foreign names they've been given for their particular type of Arthritis, and repeat them, parrot-fashion. Other sufferers exaggerate the pain and seriousness of their Arthritis, either to gain attention and sympathy, or to inveigle others into doing things for them, or as an excuse for evading some irksome responsibility.

Yet Cancer – now that's entirely the reverse. No open discussion of it: people, especially the victims and their friends and relatives, speak in hushed voices and vague phrases, as if it were something to be ashamed of.

Doctors tell lies about it – to try to keep it secret from the patient employing them. Such is the reputation of doctors for lying and conniving with relatives, about Cancer in patients, that many a person has committed suicide, believing himself to have Cancer and not being able to trust the word of the medical people, when in reality he just had some minor ailment. Why all the secrecy, the whispers and the fears?

### **The physical pain of Arthritis far outweighs that of Cancer**

**\*\*Q.** *Right – nothing can be worse than the agony of Arthritis.*

**\*\*A.** .....And yet the fact is that Cancer gnaws away at the mind, because Cancer is popularly associated with death, and with an eating away of an organ or part of the flesh. And fear and pain of mind, are far worse than pain of body. It's time those supposed to be caring of Cancer victims started to have the courage to be more open and honest in their dealings, and so pull aside the curtain of fear, uncertainty and ignorance suffered unnecessarily by so many.

Remember that Arthritics, through intake of alien parasites in animal foods, are also being 'eaten' alive within. Cancer, once it 'breaks out', is usually over far quicker than Arthritis, which lingers for many a pain-ridden year after another. Yet both are **unnecessary**.

The reason that the Orissor method has been so successful in curing Arthritis, when the medical way has come up with no satisfactory answer, is that the Orissor way is to go direct to the root cause of an illness and merely eliminate that cause, whereas the medical way is to examine minutely the details of the various symptoms, and to try to change those symptoms by experimenting upon the victims of the ailment. **The cure for Arthritis, therefore, is non-medical.**

It's simply a matter of removing the combined causes of the illness: stop eating animal and dairy produce, and stop causing yourself worry and pressure, by wanting your own way.

In the same way, if you complained of severe headaches, and it was observed that you were persistently banging your head against the wall, I don't doubt that the medical people could examine your head minutely and give all sorts of fancy names for what was going on there, such as the 'cranium mural interface syndrome, and then perhaps experiment on you. But I should merely use common sense and tell you to stop banging your head on the wall, which was the *cause* of the headache in the first place.

So, let's sum up the basic **causes** and **cure** of Arthritis.

The **first** must in the elimination of Arthritis is to give up the eating of MEAT of any kind – animal or bird. Also dairy produce, meaning MILK products, cheese, butter, etc., as well as EGGS, and any food containing animal in any form – such as chips cooked in lard or dripping, cakes containing eggs, margarine containing whey or skimmed milk, and so on.

In the western world there is a glut of waste milk products – so cheap that food manufacturers pack them into their products to bulk them out. You only have to check the labels on the packed foods in your supermarket to realise this.

**\*\*Q.** *But I don't eat very much meat. Surely a little bit of this or that wouldn't make much difference?*

**\*\*A.** Yes, I've heard that often enough before. Look – it's absolutely essential that you're scrupulously honest with yourself about your intake of animal products – if you wish to effect a cure. Even milk in your tea will affect you.

**\*\*Q.** *Well, what's left to eat then?*

**\*\*A.** All vegetables, all fruits, all fish, all grains, all pulses. There's such a wide variety of wholesome, satisfying non-animal foods available, without being cranky in any way. It's also far cheaper to live this way.

Now, to get back to the cause of Arthritis – the **second cause** is WORRY.

Realise that it is wrong to worry. Anxiety and concern are always selfish – even when you claim you are worried about other people. Resign yourself to the fact that all the events which occur in this world are not going to occur to suit you, in the way that you want. The sooner that you stop wanting everything to go your way, the less will become your state of anxiety and tension, and the quicker the pain and incapacity of Arthritis will leave you.

**Next**, you must reconsider your ACTIVITIES.

Look to see if you do have a regular job or activity which causes you to remain in one or more set or tense postures. If the answer is Yes – then change your job or other activity. It's no use saying that you can't change your occupation, and giving a whole list of excuses. Which is more important – the money or your health? Also, cut out violent exercise or violent sports – no matter how much you enjoy them.

In the case of foot, hip, knee and lower spinal Arthritis, a gentle massage on the ball of the foot, adjoining the big toe joint, is most effective. You can easily do it yourself if you try, or get a friend to do it for you. Also, throw away those damaging shoes and get some sensible, roomy, comfortable ones. Is fashion and vanity, for you, more important than your health? If you already have troublesome or aching feet, have 2 or 3 pairs of comfortable shoes with you to keep changing every hour or so during the day.

Now **another possible cause** of Arthritis is SURGERY.

In areas of the body where surgery of any kind has been performed, it must be realised that the body will not, of course, be able to right itself in the natural way.

SALT is vitally important. Make sure that you have a sufficient intake of SALT with your food. This is most essential for all the lubricating juices of the body. A pinch of salt upon the tongue, rubbed round the mouth, a couple of times a day is most beneficial. Salt-free diets are the height of stupidity.

**Depriving yourself of salt is very harmful.**

**\*\*Q.** *But lots of medics and dieticians recommend a salt-free diet for some ailments.*

**\*\*A.** Yes, and this modern fad is totally irresponsible and highly damaging – especially with Pancreas related diseases. But, as always, it must be your decision.

Now, about Drinks! Do not drink with your meals. You should wait for about fifteen minutes after you finish eating before taking a drink. If, however, you have a main course of potatoes, rice, porridge or spaghetti – then have a good drink (preferably water) immediately **after** the meal. These are items which will cling to the tubes otherwise.

Also, never have **cold** drinks – always at least have the chill taken off, otherwise the liquid will not be processed by the kidneys, and this will do you harm.

Remember, curing Arthritis is a matter of

**ALL OR NOTHING**

It's no use being half-hearted about implementing the Orissor way of curing your Arthritis. Either do it completely and honestly – or leave it alone. You must make the effort yourself: no-one else can do it for you.

**YOU caused your own Arthritis  
Now YOU cure it.**

**\*\*Q.** *Well.... I've got nothing to lose, and everything to gain. I'm going to do it!*

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