

# NO PAIN, ALL GAIN

## Or

### How I Licked My Arthritis

*Arthritis is a painful scourge that resists cure. That's what we're told, and have been told for years. For over ten years, however, I've successfully eliminated the pain of osteoarthritis completely and reduced the swelling to almost nil. You can too.*

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The disease of arthritis has been around for millennia and may have as many so-called cures.

As most people know, however, according to best medical information, there is **no absolute cure**, that meaning being defined as a "disease [that] goes away completely. A cure would leave the patient with no lingering **symptoms** and no need for further treatment."

**In other words, a cure generally means it doesn't come back: *you've licked it.***

Any meaning for cure, however, is further complicated when you understand that there are different forms of arthritis, just as there are many cancers. So, it's difficult to say whether an *absolute* cure is, in fact, achievable.

Anyway, some twelve years ago, as I was closing in on my sixties, I began to suffer from osteoarthritis in many joints of my fingers: very painful, knobby, twisted bones – the lot. If you've ever suffered, I'm sure you know what I mean.

Of course, I went to my doctor. He told me: "No cure, take these pain killers, learn to live with it." End of story.

Well, not quite. I don't give up easily. I took the pain killers and began to search around. A few years passed without any relief, and no cure in sight. Then I cottoned onto something different, something that was new and showed a hint of promise. After some experimenting, not only did I succeed in stopping the pain, but the knobby, twisted joints receded also, and almost to the point of returning to **complete regeneration**.

Let me be clear: ***almost all the arthritic appearance of and all of the pain in my finger joints were eliminated.*** It was as though my joints had fully returned to my pre-arthritic appearance and health.

Naturally, I was ecstatic. I went back to my doctor who listened to my story, examined my hands, and agreed: the arthritis was gone – or, at least, wasn't a problem any more. He agreed that my experimenting had worked but warned that it may not apply to everybody. I had to agree with that logic.

A year or so later, I got further confirmation that my experimenting could be replicated: a couple of previously unaffected joints in my fingers began to show signs of arthritis. Quickly, I applied my procedure and *within a week only*, the nascent arthritis was gone. You can imagine the relief I felt, for many reasons of course.

Then, after another year, disaster: the crucial ingredients for my cure were gone – no longer available. For over six years, I tried to find it, but to no avail. And all the while, the occasional pain and swelling in other joints of my hands reminded me that I had to do *something* eventually, to ward off further crippling pain.

Note that I said "other joints". Since I started my experimenting, *none* of the treated joints have shown any recurrence of arthritis. Necessity is the mother of invention, as we know, and as the pain in other finger joints began to get worse, I had to find a solution.

After thinking through my problem, the solution – as always – was staring at me....

So, all I want to do here is to tell you what I did over the last ten years. **It might not work for you.** Though, as I'm an average human being, I'm fairly sure others can benefit. I hope you can too.

And be confident of this: This is not a hoax. I'm not trying to take money from you. I'm not getting any kickbacks from any drug company for writing this. There is no request for any money payment.

**But if what I did works for you, just tell your friends, especially those with arthritis. And give them the URL link to this page. That's all.**

Okay – here we go:

Around 1998-99, I got into a network marketing group (no, *not* Amway). The MLM aspect wasn't good – I never liked MLM anyway – but the products were, being various types of organic and chemical compounds for treatment of various ailments. Most importantly for me, one of those products was the very stuff I needed to treat my growing arthritis. But, I didn't know that yet, because I wasn't thinking of using those products, just selling them on.

The main reason I was not interested in using the products, however, was unrelated to the actual ingredients. It was all to do with the delivery method: these liquid products were applied using **liposomal sprays**. Essentially, that means a type of small pump spray that is used to squirt the stuff into your mouth and under the tongue.

Now, I dislike oral medicines, particularly sprays. However, it's a very effective delivery method because it bypasses the stomach acids that often reduce the effectiveness of medicines delivered in the usual manner. I could understand that –

but I just didn't like the tastes. Eventually, I did find out about the liposomal product designed to alleviate arthritis, but I couldn't bring myself to use it: just the thought of the spray in my mouth made me feel sick.

What a dummy! What a fool I was - continuing to suffer while, nearby, some relief was literally at hand. Can you believe that? Well, it's true.

What's also true is that the pain was getting worse and eventually I knew I had to do something. Until it occurred to me, one day, that if I can spray the stuff – **a precise mixture of grape seed and pine bark oils** – into my mouth, I can spray it *anywhere*.

So – why not spray it directly onto my affected joints and allow the stuff to penetrate by osmosis? Why not, indeed?

That's what I did. To make it easier for the stuff to penetrate through the pores, I first immersed my hands into water at a temperature of about 45-50 degrees Celsius – 113-120 Fahrenheit – for about a minute to ninety seconds. (Some may prefer a lower temperature; you'll have to experiment.) Dabbing my hands dry quickly on a towel, I then sprayed the dark brown stuff all over the painful joints.

And then I sat down for an hour to feel the difference.

I cannot adequately put into words the rapidity of pain relief I felt. At first, my fingers tingled as though thousands of nanoscopic pins were dancing all over the skin, but not harshly. In an hour, I noticed a distinct lessening of pain in the joints. In twenty-four hours, after two applications only, the excruciating pain was gone, although pain still was there. Another twenty-four hours later, and after two more applications, the swelling and twisting of joints was markedly reduced and corrected. And the pain was *significantly* reduced.

**Within seven days or so, all pain was totally gone, and all swelling had almost disappeared on all joints treated.**

Since that time, the arthritis has not returned to any joint so treated. Over time, however, other joints were affected by arthritis thus requiring treatment with the same liposomal spray. And, **in all cases** the result was the same: all pain gone, all joints almost completely rehabilitated.

Now, all of *my* bouts of arthritis have occurred in my hands only. Hence, I cannot know or say how effective this method would be for arthritis in other joints of the body. Logically, I would think it would be of some value, perhaps even the same. In fact, when used orally, the ingredients are dispersed throughout the entire bloodstream; so, with that method, the results *should* be very similar.

Then, disaster for me: suddenly, the grape seed/pine bark liposomal spray was gone – disappeared from the market. I searched all over, locally and internationally, but found no new source.

Well, after much searching locally, I found a supplier of grape seed oil which, when applied to an affected joint did provide some pain relief but not as much joint repair. Hence, it was not as effective as the liposomal spray mixture.

Time passed. I continued searching in between just using the grape seed oil, and the arthritis seemed at bay – with only an occasional twinge. A few months back, however, both index fingers – previously unaffected – began to show signs of serious discomfort. So much so, I redoubled efforts to find pine bark in *any* form.

Last week, my wife, Sherry, brought home tablets of grape seed/pine bark mix for oral use. These were new on the market. Quickly, I took one, crushed it in my pestle and mortar until it was fine powder and then mixed that with about 10 cc of grape seed oil, until it looked like a pool of mud. With a cotton tip (a finger tip would be okay, too), I then applied a good coating of that to both index fingers (after heating the hands with water immersion, as usual).

Almost *instant* relief.

The left index finger, after only two days and four applications, is now almost fully recovered. The right index finger is going to take longer; last week, I could not bend the finger at the first joint at all – the pain was too intense. But now, I *can* bend it, so I know that it's on the road to full recovery.

Within a week of constant treatment, I'm quite sure that full recovery will be achieved, once again.

So, if you're lucky enough to find a liposomal spray of grape seed/pine bark, then my strong advice is to try it – orally if you want to, but certainly directly onto the affected joints. If you have no source of the spray, then you might want to try my made-up oily paste method.

Either way, you've got a lot to lose: all the pain and most – maybe all – of the joint swelling gone.

And maybe, also, a life finally free of arthritic pain.

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