

The Restore Your Back Program

By Anna Von Reitz



So many of you have called and emailed asking for more information about the natural program my friend Wilfred pioneered to restore his own injuries and correct his osteoporosis that I bit the bullet and have written it all out for you:

Wilfred's Restore Your Back Program

The logic is simple and undeniable and so is Wilfred's personal success. Although this protocol was developed to restore his own injured back and correct his age-related osteoporosis, it applies to any joint-spine-cartilage problem and has effect on all skeletal and joint components throughout your body.

First, you have to suppress your body's inflammatory response, so that the joints have a chance to heal. You do this by changing your diet. Second, you have to provide your body with the building blocks of bone and cartilage.

There are several supplements that provide the minerals and antioxidants needed:

- (1) Vitamin Code "Grow Bone System" by Garden of Life. This over-the-counter system just happens to contain the nine ingredients Wilfred researched, so he used this instead of trying to source and compound his own at home.
- (2) Masaji, an antioxidant drink by Be Young. This company is also the source of "Spice of Life" essential oil.
- (3) Pink mineral salt, like Real Salt or Himalayan salt instead of white table salt
- (4) Lots and Lots of homemade Bone Broth -- can use store-bought powdered organic Bone Broth in a pinch.

Crockpot Homemade Bone Broth Recipe:

3-5 lbs organic beef or organic chicken bones
Pure water to cover (avoid fluoridated or chlorinated water)
Parsley, sage, rosemary, and thyme to taste
Pink salt to taste
1-2 Bay Leaves
1 Tbs. of Apple Cider Vinegar

Place all ingredients in a 4-6 quart crockpot and set it on Low heat and let it cook for at least 6 to 8 hours, adding water as necessary to maintain original water level. Foam will form as the bones cook. Just skim it off. After the broth has cooked, strain it through cheesecloth or other fine strainer to get bits of herbs and vegetables out of it. Bone broth is naturally cloudy, so don't worry about that.

The Apple Cider Vinegar acts as a catalyst to "tell the bones" to release calcium--- which is part of what your body wants and needs.

If you don't have one or two of the herbs, don't worry about it. It turns out that "parsley, sage, rosemary and thyme" are all strongly anti-inflammatory. Looks like our great-grandmas already knew a thing or two!

The Anti-Inflammatory Diet:

The Anti-Inflammatory Diet can be summed up as: no dairy, no wheat, no booze, limited caffeine (a cup of coffee per day or equivalent), and pink mineral salt instead of regular table salt. And lots of Bone Broth.

So you can enjoy meat, fruits, vegetables, nuts, herbs, spices, decaffeinated coffee and tea, herbal teas, juices, oatmeal, rice, and many other good things that replace/substitute for the things we are giving up.

Recent dietary reform movements, like Veganism, and a more widespread understanding of common food allergies, have led to the development and availability of health-centered convenience foods: non-dairy butter replacements like "Earth Balance" spread, Vegan Mayonnaise, and many other Vegan non-dairy recipes make it much, much easier to cut dairy out of our diets, while the advent of store-bought gluten-free bread has made it much easier to cut the inflammatory component of wheat out of our diets without too much inconvenience.

Making use of Vegan Know-How certainly makes a non-dairy diet more palatable, as they have developed many great (and surprising) substitutes that are both tasty and satisfying, so that yes, you can have "creamed" soups and puddings and pie-fillings and nacho "cheese" and even substitutes for Parmesan that fill the gap.

I personally recommend "The Barefoot Gardener in the Kitchen Cookbook" by Delisa Renideo. I am fortunate to know her and met her and her husband, Charlie, back in the day when she was giving free cooking classes. So I already knew that there were healthy and tasty substitutes for dairy recipes and was able to adapt to the Anti-Inflammatory diet with no trouble at all.

You can buy her cookbook at: www.YestoLifeSolution.com and even sign up for her 8-week cooking course.

The Vegan Diet doesn't allow meat, but does allow wheat -- so is somewhat different from the Anti-Inflammatory Diet, which is being used for the specific purpose of rebuilding bone and cartilage--- but non-dairy and plant-based recipes are a godsend just the same.

Why Pink Salt?

Pink salt comes from land-based mineral deposits that were formed millions of years ago, and it contains additional minerals that are not found in normal table salt or sea salt. Those minerals are needed for building bone and cartilage.

Why Masaji?

There are a lot of antioxidant drinks on the market, but this is the one Wilfred used, so why argue with success?

This is the same company that produces "Spice of Life" essential oil, which is what Wilfred used to cure me of pernicious pneumonia.

If you or a family member are suffering from pneumonia, order Spice of Life and distribute it into the air with an ultrasonic diffuser.

My family hasn't had a cold or even the sniffles in ten (10) years.

Not only does Wilfred have a track record curing his own back, he has a track record of saving me from pneumonia.

My Personal Experience?

It has only been four days, but.... the first two days saw a diminishing of the throbbing and aching in my arm, the third day found the pain focusing down and centered on my elbow, and today, I woke up stiff, but in no pain at all.

Go figure. After more than a month of chronic pain, I am pain-free.

Now, there are no guarantees in life. What works for one may not work for another, but it worked for Wilfred and it is doing its magic for me, so.... I feel pretty confident that it can work for anyone else who has similar biology.

If you or someone you love is suffering from old injuries or arthritis or osteoporosis, you know how chronic pain wears even the best of us down. You know how pain limits us and restricts our abilities and our movements and our joy. And you probably also know how much money and effort you have put out on drugs, including pain-killers, and dangerous steroids.

This program costs about \$200 per month you stay on it, plus the cost of a new blender, maybe.

Wilfred got pain relief (like I just did in only four days) in three weeks, and full range of motion/restoration in six months.

I think you will all agree that whatever it costs in terms of learning new tricks, buying some supplements, and adjusting one's diet, being pain-free alone is worth the effort, to say nothing of the possibility that your injured and arthritic joints can be restored to full function.

I and my young veteran friend, Shannon, (who already has a hip replacement as a result of his service duties) who fell off a roof this summer in a job related accident-- breaking his back in three places-- are both doing the Full Monty. We'll keep you posted.

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