Joint Support

An extract and a salve traditionally used to clear and rebuild painful, arthritic joints.

This Herbal Combination



Hydrangea Root — Dr. Christopher called it the solvent of solvents; there was no greater aid, he taught, for getting rid of stones and inorganic mineral deposits throughout the body.



Yucca Root — long used to ease arthritic pain and reduce swelling and inflammation in the joints.



Mormon Tea — an aid for reducing swelling and inflammation, long used as a blood purifier and for rheumatism.



Chaparral — a strong blood purifier and anti-rheumatic, long used in rheumatism and as a poultice for body pains.



Black Walnut Hulls — a powerful cleansing herb rich in organic iodine, antiseptic and anti-fungal.



Burdock Root — one of the best blood-purifying herbs in nature; it increases the flow of urine and relieves congestion in the lymph.



Sarsaparilla Root — a tonic blood purifier, useful in rheumatism that stems from impure blood, helping remove toxins that may be causing pain.



Wild Lettuce — a mild, calming herb long used to ease pain and nervousness.



Valerian Root — a nervine that calms and feeds frayed nerves and eases pain.



Black Cohosh — a nervine and antispasmodic that feeds, regulates and strengthens the nervous system.



Lobelia — removes obstructions and congestion within the body, especially in the blood vessels.



Wormwood — the most bitter herb there is, a stimulating tonic and antiseptic for the whole system.



African Bird Pepper — a circulatory stimulant that brings fresh blood to the joint and carries the other herbs where they need to go.

How It Works

This combination brings together herbs that detoxify; herbs that act as a solvent for calcium deposits the body has accepted but not assimilated; herbs that relieve pain; herbs rich in organic calcium the body can actually use; and herbs that fight fungus and infection.

Relief is not immediate, because there is a long rebuilding job to do. Gradual relief can come, and full recovery, if the program is followed faithfully. Dr. Christopher taught that this formula should be made both as a salve and as an extract, and we make it both ways.

How the Salve Is Made

The herbs are fully extracted in extra virgin olive oil in a 150° oven for three hours, then the spent herbs are swapped for fresh and the same oil is run through again, three times in all. Beeswax is then added to bring the infused oil to a salve.

Suggested Use

The extract: ½ to 1 teaspoon in a cup of hot distilled water, two to three times a day.

The salve: apply as a pack over the painful or inflamed joint. Spread the salve on flannel, lay it over the joint, and hold it in place with Press'n Seal wrap. Dramatic results often appear when the pack is left on overnight.

Also: drink 1 to 2 quarts of kidney bean pod tea daily, and follow the mucusless diet. Apple cider vinegar, a tablespoon in a glass of water three times a day, helps clear uric acid from inflamed joints.

Pairs Well With

Bone, Flesh & Cartilage (BF&C) extract and salve. Joint Support takes down the inflammation so healing can begin, and BF&C knits the damaged joint back together; the two work very differently and together. Use both as packs over extremely painful or crippled areas.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Clearing and Rebuilding Painful Joints" at www.daradietz.me.