

The 3 Reasons



**Your Arthritis
is
Getting Worse**

Sally-Anne Wertheimer

DISCLAIMER

The truth is, I have totally reversed my Arthritis and am pain free. This programme is the only way to become pain free without having to take medicines or have operations.

The assumptions I am going to give you are as a result of my personal experience in reversing Arthritis and my beliefs which have not been subjected to medical or clinical research by me. However, my Abolish Arthritis method has been medically and clinically tested by the top health clinic in the world and has been proved to reverse Arthritis and remove pain.

Why This Will Change Your Life When You Implement It

I am going to show you how you can become pain free from Arthritis by my proven natural method so you will have supple joints again and go back to doing all things you love pain free.

The biggest hurdle to overcome is the myth which doctors spread that Arthritis is a deteriorating disease and nothing can be done.

I know it might be hard for you to believe but whatever doctors say, YOU CAN REVERSE YOUR ARTHRITIS AND BECOME PAIN FREE. The truth is, I, and many others, have proved this doctors' myth to be wrong.

When you are in pain, you cannot function properly but when you make the necessary changes, your whole life changes - as long as you are willing to implement the steps and do what it takes.

Why Listen to Me?

My name is Sally-Anne Wertheimer and I am an Author and Speaker and Founder of Abolish Arthritis.

The main reason you are going to love this is because I HAVE A PASSION FOR GETTING SUFFERERS OF ARTHITIS OUT OF PAIN.

In a world where doctors say nothing can be done about Arthritis but just give drugs to suppress the immune system and mask the pain, my aim in this guide is to prove that I know what I am talking about and, if you follow the steps, then you, too, can make a radical change in your life and become pain free.

I know it might be hard to believe but no matter how bad your Arthritis is, I know you can be better and if you follow these three steps you will be pain free. There are 10 million people in the United Kingdom alone suffering from Arthritis but it can be reversed.

We don't need to learn from a "qualified" doctor. We just need to learn from someone who is a few steps ahead of where we are right now.

I am the creator of my own personal method to becoming pain free which is a one month online programme, with two sessions a week, called the Abolish Arthritis Coaching Programme, which enables you to learn a step by step programme on how to make the health giving changes in your life instead of suffering the side effects of drugs and having the worry of operations.

Come back with me to November 1988.

I look aghast at what I have just done. I stare at my purse lying in the middle of the floor. My feeble hands with their Arthritic fingers have let it slip. How am I going to pick it up? It's years since I have been able to retrieve anything from the floor as my hips are completely seized up with Arthritis, as are my knees, feet and back. There is no-one around and I have to pick this up. The slightest movement shoots pain up my legs but I have got to retrieve it.

I try pushing it across the floor with tiny strokes using my walking stick – not easy given the limited area of stick surface for hitting it with. One push, then one hobble on the stick towards my goal. As I repeat this, slowly, slowly the purse reaches the legs of a chair. Now I have to think; how am I going to do this? I inch my feet away from the chair and then gingerly put one hand on the seat. With the other one, I carefully rest the stick against the table, ensuring it won't fall to the floor, something it has done umpteen times. Holding on to the chair, I very slowly lift my right leg in a straight line behind me and bend the stronger left knee just enough to grasp the purse. I'm fortunate in having long arms. I have to be very very careful because the slightest loss of balance will cause me to fall. There is no-one to pick me up and there are no mobiles yet.

Got it! Relief floods through me as I place the precious purse on the table. I am so exhausted after this drama that I sit at the table to have a rest. Then self-pity overwhelms me and, cradling my arms round my head on the kitchen table, I start crying. The pain never goes away, day or night. It is constantly with me. Why does life have to be so very very hard?

I was born on 24th April 1949 with no hip sockets and consequently with bi-lateral congenital dislocated hips. At the age of 19 months my mother sent me to an orthopaedic hospital near Bristol, 400 miles from my home near Edinburgh, for two years. There I had numerous operations including taking bone from my pelvis to make hip sockets. I was put on traction, where they string your leg up on pulleys while you lie flat on your back for six months. Then they would do the other leg and the process had to be repeated. In so doing, they broke my right femur by mistake.

During those two years when there was no television, I was too young to read and unable to do anything being flat on my back, my darling grandmother, whom I adored and who loved sweets, brought me lots of sweets. Little would she know that those sweets would become an addiction and ultimately be part of what causes me agonising Arthritis in the future. Finally, at the age of 3½ years, I could walk for the first time in my life.

Gradually, in my teens, Arthritis started to develop. I grew stiffer and less mobile and the pain began. At 21 years old my pain was severe. I NEVER CONNECTED THAT FOODS THAT I THOUGHT WERE MY FRIENDS WERE THE CATALYST FOR THE AGONISING PAIN THAT

PLAGUED THE FIRST 40 YEARS OF MY LIFE. My mother thought I had developed Arthritis from walking on hard pavements and that my Arthritis was wear and tear. This is what all the doctors had told us.

By my mid-20s my Arthritis was extremely painful, particularly in my left hip but the surgeon wouldn't give me a new hip because I was so young. Finally, at the age of 34, he had to operate because my left hip was so deformed with the disease.

Unfortunately, my first hip replacement was not a success as the surgeon botched it. Afterwards, every movement, however small, was agony. It took four years and another surgeon to discover the problem. The first surgeon had left a chunk of cement inside so that every time I moved, my tendons caught on it. What a relief when that was removed but then the hip collapsed so I had to have a second total hip replacement.

Now my right hip needed replacing so that was done and although the pain had gone from my hips, the Arthritis spread throughout my body from my jaws, through my neck, shoulders, back, wrists, hands, knees to my feet. My whole body was painfully stiff and seized up with the disease, greatly restricting my movement.

I had a fourth hip replacement during which, unfortunately, my surgeon broke my left femur by mistake. He had put in a prosthesis too small and as he hammered it out, he broke my femur.

By the age of 39, crippled with Arthritis and hobbling round on a stick in agonising pain, I just wanted to die. I

was fast heading for a wheelchair and panicked as to how I would cope with a husband and three young boys.

I am now 71 years old and although I have had five hip replacements, my life has completely changed. Dramatically changed. This is how.

At the age of 40, I came across an amazing Naturopath who changed my life. AT LAST, I LEARNED THE CAUSE OF ARTHRITIS. My mind suddenly clicked. I can be pain free because he was offering me a cure. I was so excited!

I threw my heart into this new regime. He believed I would be cured and I believed in him. I just knew that one day I was going to be better. I was on a mission and no-one was going to stop me. After all, they didn't understand the agonising pain I was suffering and had suffered for decades.

Then, AS I FOLLOWED THE PROGRAMME, GRADUALLY, GRADUALLY, THE PAIN BEGAN TO LESSEN and one day I suddenly realised, "I have no pain." I stood there amazed, repeating "I have no pain!" I couldn't believe it. I had won! My Arthritis has gone!

Although my pain had gone, I was still very stiff and seized up in the joints. I worked on exercise. Slowly my joints started to loosen up and become supple. The huge Arthritic joints on my fingers reduced and my fingers became straight.

I am so well now that I cannot stop thanking The Lord for my good health. I have since climbed to the top of Mount Kilimanjaro and walked 30 miles across Cornwall from coast to coast four times. Last year, at the age of 70, I walked and

climbed the 84 miles of Hadrian's Wall. I have more energy than most of my friends. My pain free hands can write all night if I want to. I can stand for hours preparing meals with no pain. I run three businesses. I can turn my head easily and wonder of wonders, I can pick up anything off the floor! It is such a joy to be able to do it that I use any excuse to pick up a bit of cat fur or scrap! I go up and down the stairs countless times a day with sheer joy of being able to do it. After years of having had a Blue Badge for Disabled Drivers, I don't need one any more.

As I continued on my journey, I became passionate about helping others. I wanted to share with others what was shared with me. I have had some amazing results and want to help as many people as possible because I CAN'T BEAR THE THOUGHT OF PEOPLE SUFFERING IN PAIN FROM ARTHRITIS WHEN THEY DON'T NEED TO.

I watch people who have failed in the past to conquer their Arthritis become pain free. It's such a joy.

THE TRUTH IS, I HAD ARTHRITIS AND NOW I DON'T. I followed a method that no-one is teaching.

You are important. Remember that. Your health is important. YOU CAN BECOME PAIN FREE.

There are just three steps you need to master to become pain free. They are:

**Faith
Food
Focus**

STEP NO. 1 TO BECOMING PAIN FREE



F A I T H

Faith

THE TRUTH IS, IF YOU FOLLOW THE DOCTOR'S ADVICE, YOU WILL NEVER BE FREE OF ARTHRITIS.

The core of Faith is what you believe. Faith is the belief that you CAN be pain free and have healthy joints again - to know this for a fact. This is very important because if you don't have this belief, you will always have pain and you will get worse.

If you get this, you will be well on the way to being pain free. I am living proof that this works. You have everything in you to be pain free. When you implement this, you will be amazed how excited you will feel because you will feel different – a new person.

This is very important because if you don't get this, you can end up at best, miserable and in pain and at worst, disabled, in severe pain and in depression.

The truth is, once you have got this Faith, you will be on a roll and there will be no stopping you from achieving a pain free life because you will know for a fact that you are going to be pain free.

So what do I mean by Faith?

You may be thinking, 'Arthritis is part of growing old; that it is inevitable as everyone seems to get it therefore it is something I just have to put up with.'

Scientists have said recently that Arthritis is a preventable disease and is not an inevitable consequence of wear and ageing. Why do children get it? I first developed Arthritis as a child. Now I'm climbing mountains so if it were wear and tear, why aren't I getting Arthritis now?

Are you thinking, 'Arthritis runs in my family. My mother had it which is why I've got it. My doctor says it's hereditary so there is nothing I can do about it.'

ARTHRITIS IS NOT HEREDITARY. It was rampant in my family. My mother had it, my grandfather had it, my great aunt had it and my great uncle had it. They all had hip replacements. I had Arthritis for 40 years. That's three generations that I know of and maybe there were more. I didn't have it because my ancestors had it. I had it because I led the same lifestyle as my forebears but I have broken the chain. I no longer have Arthritis. I AM PAIN FREE BECAUSE I CHANGED MY THINKING.

Let me tell you about Sally, one of my clients. Sally is a therapist who is twenty years younger than me, slim and blond, most attractive with blue eyes. She has a very busy life with a family to look after while working hard physically full time, including Saturdays. She was in a terrible state with her back in agony from Arthritis – so bad that she had to stop work.

Did you know that Arthritis currently costs the U.K. economy £2.58 billion a year in 25 million lost working days?

She was so bad that she couldn't sit on a chair. She was writhing around on the floor. I encouraged her to follow my Abolish Arthritis Action Plan.

Three months after following the Abolish Arthritis Action Plan, I asked her how she was.

“Amazing! I’m a different person. I’m back at work full time.”

THE TRUTH IS, SALLY CHANGED HER THINKING AND HAD FAITH THAT THE PROGRAMME WOULD WORK. IT CHANGED HER LIFE.

Perhaps you are thinking, ‘I trust my doctor. I have seen the top man in the country about my Arthritis and he says nothing can be done. I can’t go higher than that. He is an expert.’

This closes down your thinking to the truth that there is an alternative. Much research has been carried out by alternative health experts over the last 60 years and it has been proved that there is a way of reversing Arthritis.

There was a time when everyone believed the world was flat. They truly believed that. Then along came Galileo who said that the world was round. He came across a lot of opposition. People’s minds were so ingrained with the thought that the world was flat that their minds were closed to any alternative. Then Galileo proved that the world was round. Once convinced, everyone changed their thinking and now believed the truth and not a myth. Everyone knows for a fact now that the world is round.

What do you now believe – the doctors’ myth that nothing can be done or the truth that you can have healthy joints again?

What you believe is trained. You can retrain your beliefs/faith regardless.

**You have been trained to think you need to suffer.
You have been trained to think there is no way out.
You have been trained to think you just have to put up with it.**

That is not true. That is a lie. That is part of the global lie that I am afraid they want you to believe. I know; I have been there.

A big part of my work is training you to change your beliefs around what is possible and what you can achieve even considering the amount of pain you are currently in.

I believe with the right support and help you can completely reverse the Arthritis and live like you really want to.

Remember: What the mind can believe, you can achieve.

STEP NO. 2 TO BECOMING PAIN FREE



F O O D

Food

The truth is you need to know about what you are putting in your mouth and how it affects you. IF YOU DON'T UNDERSTAND ABOUT THE FOODS YOU ARE EATING, YOU WILL HAVE PAIN.

Extensive research has shown that it is the bad diet you have been on so far that has caused your Arthritis. My clients are amazed to learn what foods have brought about their pain. The thing is certain foods trigger Arthritis and a lot of people think it's only junk food that causes Arthritis. They also believe certain foods are good for them when in fact they are very bad. When you learn what the right foods are to eat and you change your diet WOW! What a difference you find in your body. You feel wonderful!

This is something that will change your life – that will reverse your Arthritis. By implementing this, not only will you be pain free but you will join the small percentage of people who live a tip top healthy life.

If you don't implement this, you will always have pain and it will get worse. Your movement will become more and more restricted. You could end up in a wheelchair or even bedridden, totally incapacitated, as so many Arthritics have found.

When you do implement this, not only will you have the joy of being pain free but you will also be full of energy.

So what do I mean when I say Food makes a difference?

You might be thinking, “What evidence has Sally-Anne got?”

Me! I’m living proof. I WAS CRIPPLED AT 34 AND CLIMBED MOUNT KILIMANJARO AT 54.

A study of skeletons has found that the rates of Arthritis have surged in the last 70 years suggesting that lifestyle changes might be playing a role. I made a change. I stopped eating the foods that cause Arthritis.

Perhaps you are thinking, ‘I have tried many diets. Why should this one work?’

It is usually your favourite foods that have caused your Arthritis. There are foods that our parents used to pump into us in abundance in the belief that they were good for us. Little did they realise they were setting us up to have Arthritis and bad health in the future. People don’t realise that certain foods cause their pain. They don’t make the connection between food and pain. When you give up the bad foods, the foods that turn to uric acid and eat away at your joints causing Arthritis, and instead eat healthy foods, the foods that regenerate your cells, that’s when you become pain free.

THE TRUTH IS THE ABOLISH ARTHRITIS ACTION PLAN IS A PROVEN PROGRAMME. That is the difference. It’s a system for you to be pain free for life.

Maybe you are thinking, ‘My doctor says that diet doesn’t make any difference.’

For all the good they do, DOCTORS KNOW PRECIOUS LITTLE ABOUT NUTRITION. Here's the thing: when you go to your doctor about your Arthritis, what does he do? He gives you pills to keep the pain at bay. What he doesn't do is get to the source of the problem – as to why you have Arthritis. The Abolish Arthritis Action Plan gets to the root of the problem and starts from there.

Let me tell you about Connor, a young man of 24, medium height with brown hair and a lovely smile. His pain was so bad that he couldn't sit down for long and had to keep getting up and moving about. He had had to give up work his pain was so bad and if he did ever go in, he would be sent home early because of the pain. He stopped socialising with his friends and stopped joining his family for meals. He hid in his room because he was in too much pain to talk, getting more depressed and seeing the whole situation as hopeless. He was on pills including Methotrexate and feeling utterly miserable.

After attending the Abolish Arthritis Action Plan and learning what had caused his Arthritis, Connor was so excited as he could now see how food made a difference.

The next day Connor started the new diet and there's no stopping him!

Amazingly, within three weeks, Connor's pain levels went from 9 out of ten (when on no meds) to 4 out of 10. Even when he was on medication his pain was still at 7 out of 10 He's now not on any medication..

Connor can now do a full day at work. Beaming from ear to ear, he said,

“I’ve just done my walk round the block and I have no extra pain! That’s a first!”

Connor now has a completely different outlook on life, a really positive one. He’s happy, he smiles all the time, he engages in conversation with his family, he’s going out with friends and he’s planning his future – PAIN FREE - ALL BECAUSE HE LEARNED HOW FOODS AFFECTED HIM.

His mother said, “Thank you with all my heart for giving Connor and me hope. Arthritis took away my son and now I have him back again thanks to your passion and dedication in telling people the good news about food and it’s healing powers.”

One day I went to the garage to fill up my car. I’m in a hurry. It’s a miserable, wet evening at the end of a hard week. I can hear engines idling and smell the petrol fumes. I draw alongside the pump, jump out of the car and remove the holster from its slot. My tank is virtually empty and I fill it right to the top. Then as I replace the holster, I freeze with shock. “Oh no!” I have put petrol into my diesel car. If I turn on the ignition, the whole engine will seize up. The entire tank has to be emptied before putting in the right fuel. That was a very expensive lesson.

The truth is, like the car, you need to put the right fuel into your body for it to function at optimum health.

I can show you exactly what to eat to get rid of your Arthritis fast.

I can show you how to get out of the pain that has held you back for so many years.

The difference between not knowing what to do and how to do is what will set you free.

**Remember: WHAT YOU PUT IN YOUR MOUTH
CAUSES ARTHRITIS; WHAT YOU PUT IN YOUR MOUTH
REVERSES ARTHRITIS.**

STEP NO. 3

TO BECOMING PAIN FREE



F O C U S

Focus

Finally, you need to learn about Focus because once you have got the Faith and you know about Food, you definitely need Focus as well.

The truth is, IT IS ONLY WITH SELF-DISCIPLINE THAT YOU WILL ACHIEVE HEALTHY JOINTS AGAIN. This is so important because if you don't do what is required, I guarantee you will get worse with more severe pain and ever increasing restricted movement.

When you DO do this, it will keep you on track on your journey to being pain free. Your whole life changes. You feel very proud on your achievement in having pain free, healthy joints. You forget what it was ever like to have been in constant severe pain and instead you enjoy a healthy life to the full. You feel marvellous!

Clients have told me they don't find the changes difficult. In fact, they enjoy them. Once you have got this you will be able to help other people; make a contribution to society, even change the world in some way.

If you don't master this, you will be a burden on your family and society as the worse you get the more they will have to help you.

The truth is, once you have mastered this, you will have so much joy in your life because you will have achieved your goal of being Arthritis free; you are able to do the things you want to do such as hold your grandchild with strong confidence instead of the fear of dropping him. You can

lead the life you have always dreamed of because now you are pain free with healthy joints.

So what do I mean by Focus?

Perhaps you are thinking, “I don’t think I can stick to this. It’s too hard giving up my favourite foods and drinks. I like my comfort foods.”

Don’t think about the foods you need to give up. Instead, focus on playing your favourite sport again or doing something you so passionately want to do. MAKE A PICTURE IN YOUR MIND’S EYE OF A VIBRANT, HEALTHY YOU, LIVING LIFE TO THE FULL. Hold that picture of a healthy, pain free you throughout the day every day. Say to yourself throughout the day every day, “Every day I am getting better and better. I have no pain.”

Maybe you are saying to yourself, “My Arthritis is not that bad. I can manage.”

Is that really true? The fact that you have Arthritis in the first place means you are not in good health. Are you fed up with the endless trips to doctors and hospitals and having blood tests as well as all the pills you are on and yet you are not getting better? In fact, you are getting worse.

Did you know that the N.H.S. and the wider healthcare system will have spent £10.2 billion treating Arthritis this year but they are not making you any better?

Therefore it is imperative that you set your mind to turning your health around. I believe in you. I believe that you can do this because if I can go from a cripple to climbing mountains then so can you.

Possibly you are thinking, “I have got so much going on in my life that I haven’t got time to think about this.”

We are very distracted nowadays with so many things being thrown at us in quick succession. The Abolish Arthritis Action Plan brings you into your own world of being totally focussed on living a pain free and healthy life and not being in the sea of sameness where people want distractions. You will be amazed at the results.

The truth is, if you don’t make time for this, you know what will happen – you will get worse and then you won’t be able to do the things you are doing now.

Let me tell you about my client, Trish. Trish is a lovely woman, tall, slim with brown hair and so friendly. She came to me with terrible gout, which is Arthritis in her feet.

I advised her to follow the Abolish Arthritis Action Plan. She had never understood before why she was in so much pain.

Arthritis is a hidden disease because people do not necessarily look seriously afflicted. Maybe you are an Arthritis sufferer and you keep it to yourself. Despite the disease being hidden, Arthritis is the leading cause of pain and disability in the U.K.

Now Trish has no pain at all. She told me after following the Abolish Arthritis Action Plan, “I have been very disciplined.” TRISH FOCUSED HER MIND ON BECOMING PAIN FREE AND IS HAPPILY RIDING HER HORSE – PAIN FREE.

The truth is, when you focus you achieve things.

It's February 2003. I am standing nervously with a group of nine people at the bottom of a mountainside in Tanzania, Africa. There are other groups milling around on the green grass. The sun is shining brightly and I can smell the fresh mountain air.

After getting rid of my Arthritis, this is the biggest challenge I have taken on in my life. Will I be able to keep up after three hip replacements?

“Pole, pole (po-lay)” says our Tanzanian guide (Slowly, slowly) and demonstrates an exceedingly slow walk. As soon as I see that, I know I can do it.

I am totally focussed on getting to the top of Mount Kilimanjaro. Then disaster. I step on a loose rock and twist my knee. It is so painful. Someone offers me some Ibuprofen and I put on a knee support. Oh the pain but my mind is absolutely focussed on getting to the top. It never crosses my mind that I won't get to the top. I'm on a mission!

I go plod, plod, plod, following the footsteps of the person in front. It's so cold. All the time, I am saying to myself, “I can do all things through Christ which strengtheneth me.” I keep repeating this all day every day.

The altitude causes my appetite to go. I eat very little and start getting thin but my mind is set. I am going to get to the top. Plod, plod, plod in the freezing air.

Then 4½ days later – I can't believe it. I am at the top! Oh the thrill of it! I'VE DONE IT - ALL BECAUSE I FOCUSED ON THE END GOAL ALL THE TIME.

I couldn't help but remember my doctor's words, "Nothing can be done about Arthritis. Take these pills for the pain" and here I am at the top of Mount Kilimanjaro!

The truth is, if you want amazing results you must stay 100% focussed. I believe in you. You can and you will become pain free.

Remember: The more you focus in the value of becoming pain free, the more you will persist. Persistence is self-discipline in action.

A Big Thank you for taking the time to read this guide. I know it's not always easy achieving a pain free life on your own. However, being around people that truly care about you is the next step to really helping you get what you want.

I run an online Abolish Arthritis Coaching Programme where I help people suffering from Arthritis who are in great pain and have restricted movement to become pain free and have supple joints without drugs or operations in a simple step by step programme where I hold your hand all the way until you are pain free.

If you would like to know more about this amazing programme and would like to continue your journey with me, book a free consultation call by e-mailing “Yes” to: sa@abolisharthritis.co.uk and I shall offer you some times.