

Could this family of plants be causing your pain?

By Steve Hines, N.D. N.E.

Four years ago, I attended a medical conference regarding Lyme disease, the speaker made a comment that Lyme patients should avoid “Nightshades” like the plague. So what are “Nightshades”? They are a class of plants known as the Solanaceae family. They grow by the light of the moon rather than daytime by the sun. They include: eggplant, potatoes, tomatoes, chili peppers, bell peppers, paprika, tobacco, belladonna, and even goji berries. There are many more in this family but most of them are not on the average menu. Of course I pitied anyone who couldn’t enjoy mashed potatoes, fresh tomatoes. What...no more eggplant parmesan? That’s just too painful to even think about. Little did I know that perhaps these foods could contribute to the pain I had experienced that I had solely attributed to Lyme disease.

So why do Nightshades cause pain? Up to now, I had viewed the Nightshades plant family as a potential food allergen but I have come to understand this is not just an allergy issue. These plants secrete Solanine and Tropane, which are alkaloids that act as a deterrent to insects and animals but in fact these secretions are a poison. Similar to the Herxheimer reaction experienced by Lyme patients when they have a spirochete die off, individuals with suppressed immune systems can react to the alkaloids found in this family of plants and experience chronic pain.

Nicotine is also found in Nightshade. Yes, you can actually get addicted to tomatoes because of the nicotine. Nightshade can also cause a serious gut ache. I have noticed over the years when I eat potatoes the next day I feel fatigued and my intestinal tract begins to ache. It took along time to make this connection due to the delay. I have begun to notice the same reaction with tomatoes, as my wife and I are alkaloidaholics, we would eat a quart a day of salsa.

Recently, I was having dinner with a Naturopathic doctor friend in Kansas City when she handed a business card to the waitress and ask her to pass it to the cook. On the back was a list of the “Deadly Nightshades”. She said she was sick most of her life until she read a book about this potentially toxic food group written by a Dr. Norman F. Childers, former Professor of Horticulture at Rutgers University. Dr. Childers knew first hand the agony of severe joint pain and stiffness. He discovered that after consuming a meal containing any tomatoes, he experienced severe pain. As his interest in the inflammatory responses to nightshades grew, he observed livestock kneeling in pain from inflamed joints after consuming plants in the family of Solanaceae! Dr. Childers book “Arthritis, Childers diet stops it”, has saved a lot of pain and suffering.

I have uncovered some interesting connections between vitamin D and calcium metabolism and the Nightshades also. Nightshades contain high levels of a particular Vitamin D called Calcitriol. Calcitriol is “thousands of times” more potent than Vitamin D3 commonly supplemented for increasing bone density and immunity. Calcitriol is a signaling hormone that causes the intestines to increase uptake of calcium into the blood stream. If the level of calcium is too high and/or there is not adequate magnesium, boron, vitamin k2 and other cofactors to integrate this calcium into the bone it will get deposited into the soft tissues including the arteries and vessels. In my humble opinion, this could be the reason so many people these days develop bone spurs and calcification of the aorta and other vessels.

My wife and I have been Nightshade free for 6 weeks now. My wife and I both have significantly less muscle aches and stiffness as well as improvement in gastro-intestinal function. As I have

researched this subject lately I am beginning to see a potential correlation to deformed joints of the rheumatoid arthritis patients and Nightshades as well as a connection to Osteoporosis. One additional medical problem I believed to be connected to this issue is kidney stones. I made this correlation when a friend of mine who has been passing kidney stones for 15 years none stop, had mentioned he was addicted to Jalapeños. He said the hotter the better. I thought about the fact that Jalapenos were in the nightshade family. I recommended he stop consuming nightshades. He stopped and has had no more stones for 6 weeks. Maybe it's a little early but I think we are on to something.

I would love to enlist the aid of some of the readers of this article. If you have gastrointestinal issues, arthritis or fibromyalgia or other pain symptoms, try going Nightshade free for a few weeks.

Please give the following information and include:

Name
Age
Sex.

1. Have you ever received a diagnosis for your illness? If so, what.
2. How long have you had this problem?
3. How many of the 21 meals in a week would you say you consume a food in the Nightshade family?
4. Rank your pain from (1 no pain to 10 extreme pain) and the pain location BEFORE you remove Nightshades from your diet. (Ex. back – 5, knees – 8, Gastrointestinal - 7)
5. How long were you off of Nightshades when you started to notice a difference in your pain level?
6. Rank your pain from (1 no pain to 10 extreme pain) and the pain location AFTER you remove Nightshades from your diet. (Ex. back – 3, knees – 5, Gastrointestinal -4)

Email your results to info@hopewellnesscenter.com.

I will be writing a follow up article on the results of our informal study once I receive enough reports. For more information on Nightshades visit on our website www.hopewellness.com and for information regarding treatments for Lyme disease, Lupus, Cancer etc., visit our treatment center website at www.hopewellnesscenter.com.

Reference: 1. *Famine, Mortality, and Epidemic Disease in the Process of Modernization*, by John D. Post © 1976 Economic History Society,

2. Childers NF. *Arthritis-Childer's Diet to Stop It. Nightshades, Aging, and Ill Health*, 4th ed. Florida: Horticultural Publications, 1993; 19-21.

3. Article "Nightshades" By Garrett L. Smith NMD, CSCS, CBP, BS,

Your partner in health,

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