

Honeygar - Comvita

Sir Ranulph Fiennes: I beat my arthritis with a vinegar cure passed down from my mother

By [Matthew Dennison](#) - Mail on Sunday 07/09/08

Intrepid explorer Sir Ranulph Fiennes is no stranger to pain. Since the Sixties he has undertaken gruelling physical expeditions worldwide. He has suffered frostbite, resulting in the loss of fingertips on his left hand, and a heart attack that necessitated a double heart bypass.

But one pain from which the 64-year-old adventurer does not suffer is that caused by arthritis.

This is no small achievement. It is more than 20 years since Fiennes felt the first twinges of arthritis in his hands and one hip, an ailment he attributes to cold, wet sleeping conditions during several expeditions.

Mum's the word: Cider vinegar and honey have helped Sir Ranulph Fiennes's wonder cure is a natural remedy consisting of four parts apple cider vinegar and one part raw honey. It is called Honeygar and is available from health food shops without a doctor's prescription.

Although you may think that vinegar would exacerbate symptoms, the cider vinegar component of Honeygar is a source of malic acid, which is found naturally in apples, pears, tomatoes, bananas and cherries.

It is known to neutralise uric acid and has an alkaline effect in the bloodstream which, by balancing the pH of the blood, limits the negative effects of acids such as lactic and uric.

Fiennes 'inherited' Honeygar from his mother. By her mid-80s Audrey Fiennes was bedridden with arthritis in her back.

'My sisters and I encouraged her to look into an alternative cure after she showed us the doctor's X-ray, which highlighted the arthritic band in her back,' says Fiennes.

Her miraculous remedy was found in a library book that extolled the virtues of a natural cure for arthritis that included daily doses of cider vinegar, honey and black molasses, and regular Epsom salt baths.

'My mother tried this method and after 18 months her condition started to improve, which was unusual in someone of her age,' says Fiennes. Indeed, it successfully held pain at bay for the remaining six years of

her life.

Then he found himself afflicted by the same condition. Fiennes 'resorted at once' to his mother's remedy.

'I didn't give up impatiently as I would have done had I not seen the effects on my mother,' he says. It did take more than a year before the aches gradually grew less and less and eventually disappeared.

'From time to time I've lapsed for a while. After two or three months the arthritis begins slowly to return. It goes away - just as slowly - when I retake Honeygar daily again.'

Cider vinegar has been valued for its medicinal properties since 3000BC when the Egyptians used it in a range of treatments and as an aid to weight loss. Its use in conjunction with honey as a natural cure for arthritis is more recent.

Its champion was Margaret Hills, a former nurse who died in 2003 and who had suffered considerable acute rheumatoid arthritis, which left her in hospital for months at a time. She later devised a natural approach to treating arthritis and, it is claimed, created for hundreds of sufferers a complete cure with Honeygar.

Mother's little helper: Honeygar, as used by Sir Ranulph
Her approach was based on the belief that rheumatoid and osteoarthritis are caused by an excess of uric acid in the body. That acid, derived from food and drink, ultimately forms deposits between joints, on the bones or in muscles. Acid deposits on joints erode the synovial membrane, which secretes the synovial fluid that 'oils' our joints.

By eliminating acid from the diet, Hills believed, it is possible to prevent erosion of the synovial membrane and the pain and disability associated with arthritis.

She advocated a healthy eating plan that also minimises the intake of salt, animal fat, citrus fruit and alcohol.

Later she set up a clinic in Kenilworth, Warwickshire, and her book, *Curing Arthritis The Drug-Free Way*, sold more than a quarter of a million copies.

Today, her clinic is run by her daughter Christine and her granddaughter Julia. Sir Ranulph Fiennes is convinced of the efficacy of Honeygar. Every day he takes three tablespoons in a mug of water -

'hot, cold or warm'. The result is that he has never felt the need to consult his doctor about arthritis and does not combine Honeygar with any conventional arthritis medicine.

For Fiennes, who in 2003 ran seven marathons in seven days and earlier this year tackled Everest, the results speak for themselves. However, not everyone is convinced. No serious programme of tests has been carried out investigating the role in the cure of arthritis of eliminating dietary acids.

Consultant rheumatologist Professor Robert Moots, of the University of Liverpool - a spokesman for the Arthritis Research Campaign - says that dietary acids are irrelevant.

'There is no connection between dietary acids and what happens in the body,' he says. In the absence of dietary acids, chemicals that damage the body's joints are synthesised afresh by cells in the joints,' he says.

But he also cautions that since there are 200 known types of arthritis, it is unwise to imagine that all can be cured by the same approach. The professor has good news, however. Conventional medicine is now able to put rheumatoid arthritis into full remission.

- *The Margaret Hills Clinic, www.margarethillsclinic.com.*

Arthritis Research Campaign, www.arc.org.uk.

Sir Ranulph Fiennes, www.ranulph-fiennes.co.uk.

Honeygar, £5.95 (750ml),