



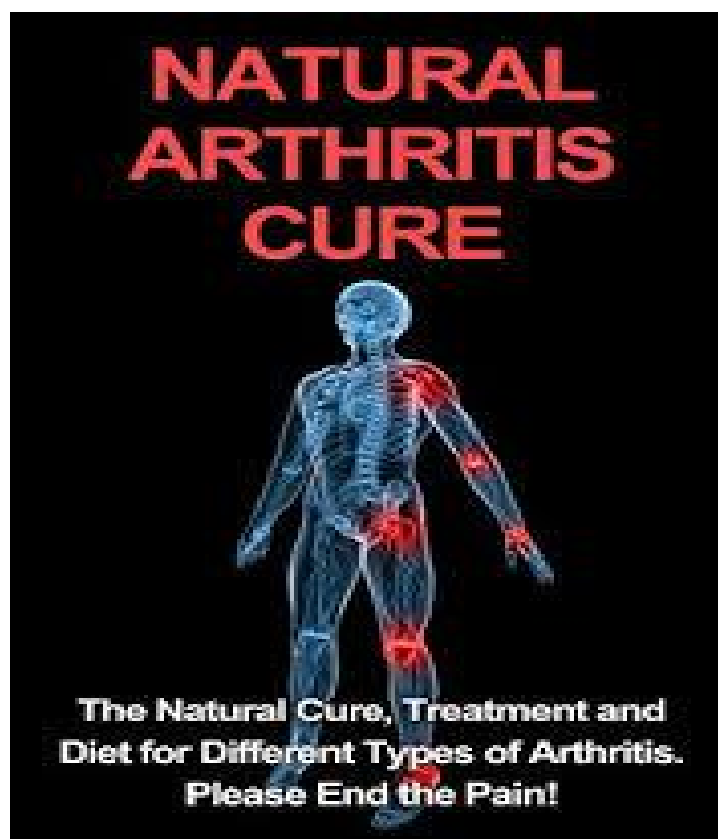
How to Cure Arthritis Naturally - This is How to Treat Arthritis Without Taking Medication!

The recipes that were created for the system were carefully designed to give your body the relief it needs. The methods do not give instant results because this requires a change in your diet in general. You should choose the recipes that you think your family will eat, and you will find that changing your diet requires many different types of foods that will cover your breakfast, lunch, and dinner every day. You should use the recipes for your snacks, and you should take a look at the type of food that you think will be the easiest to prepare. You can expand the use of these recipes over time and you will discover that they are relatively easy to use.

Your body will begin to recover because it has more help for your muscles and joints. The foods that are in the program are full of the vitamins and

nutrients you need to heal, but they cannot do other things for you that may require medication and/or exercise.

We believe that it is implied that you are supposed to do an exercise program that will be easy to complete every day, and you should try to stay as active as possible. Some people will discover that they need to start eating better before exercising, but they should still plan to stay as active as possible. Someone who is not very busy cannot get the full results simply because their bodies are not strengthening. Strength is the most essential part of your exercise routine and helps your body cope with the use of the program.



4 Alternative Treatments That May Help:

Massage: A review of studies published in Mayo Clinic Proceedings suggests that massage therapy can help ease the pain and [stiffness of knee osteoarthritis.](#)

Researchers in one study recommended a weekly 60-minute session with a licensed massage therapist. (You can find one at the American Massage Therapy Association

website.)

Tai chi: The Chinese exercise, with its slow, rhythmic movements, was found in a 2015 review of 54 studies to cut arthritis pain slightly. But it was less effective than aerobic and strength exercises. (Get more info at the American Tai Chi and Qigong Association website.)

Yoga: A review of 17 studies published in the journal Musculoskeletal Care found that

yoga [reduces osteoarthritis pain](#). But our experts recommend avoiding Bikram

(hot yoga) if you have joint problems. The heat may make you feel as if you can stretch

more than you should, which can further damage joints.

Acupuncture: Research suggests that this traditional Chinese therapy, which involves inserting thin needles into the body at particular spots, reduces osteoarthritis discomfort for some people. One theory is that it may trigger the release of pain-suppressing hormones called endorphins. Or it may simply provide a placebo effect, helping you feel better without a medical reason. If you try it, make sure you're treated by a credentialed practitioner. (Find one at the website of the National Certification Commission for Acupuncture and Oriental Medicine.)

We would use this program because we understand that it is an easy way to make your body healthier. However, we would not use this program without making any other changes in the way we live our lives. We do not believe it is advisable to stop using medications, and we also believe that exercise is one of the most important things that can be done when treating arthritis.

We also believe that the 21-day plan should not be limited to 21 days. You will feel results in 21 days in most cases, but this cannot be guaranteed because nobody knows how your body will respond. You must be cautious when you start using these programs because you cannot always count on them to provide you with some kind of miracle cure.

We have carefully analysed this program because we know that many people count on it to give them a better quality of life. We know that your quality of life will change if you use this program, but it requires a lot of cooking. You should add exercise and medications that are not mentioned in the program guidelines, and you may want to skip the introduction because of how personal history may offend some people.

We recommend this program at this time, and we believe that most people who fear their arthritis can begin to recover their lives because the food they eat will change their way of feeling every day.

Arthritis is a degenerative disease that tortures millions of people around the world. This disease results in inflammation of the joints, pain and reduced mobility. Recent studies have shown that the proper diet may be enough to reduce the side effects of arthritis, and particularly the stiffness and the reduced mobility caused by this condition. Proper nutrition means consuming a lot of water, sufficient protein, essential fatty acids, vitamins and minerals.



More specifically you need to:

Consume fatty acids such as gamma linoleic acid and omega-3, which are essential to relieve the inflammation. Try to include a lot of fish (salmon, tuna, sardines, mackerel) in your diet, as well as flaxseed and eggs enriched with omega-3.

Exercise, which will not cure arthritis, but will improve the functional status of the body, increase the mobility of the joints and reduce pain in some cases.

Avoid foods that contain preservatives and sugar, which seem to aggravate the situation, as well as foods with a lot of animal fats.

Reduce smoking, which reduces the amount of oxygen in the tissues. Stay away from foods that cause inflammation, like polyunsaturated vegetable oils (corn, soybean oil and partially hydrogenated oils like margarine).

Eat foods that have anti-inflammatory properties like ginger and turmeric. Maintain the proper body weight. It has been observed that many patients suffered from malnutrition at the time of their first outbreak of the disease, so being very thin and malnourished is certainly not recommended. Usually an easy way to understand if you have the ideal weight is to use the body mass index. The desirable BMI values are usually between 20-25. If your BMI is above 25 then you need to lose weight, and if it's less than 18.5-20 then it may be a good idea to put on some weight.

Consume a lot of minerals, vitamins and antioxidants. Several studies have shown that vitamin E combined with omega-3 and omega-6 fatty acids may lead to the improvement of the condition and reduce the pain in patients. Other studies have observed low levels of antioxidants in the blood of young people that suffer from arthritis, which means that most sufferers can benefit from the increased intake of vegetables and fruits.

Make your body produce more vitamin D: In the advanced stages of disease, it is often observed that there is some difficulty in the absorption of calcium and vitamin D and that the reduced bone density can even lead to osteoporosis. So, it's a good idea to take vitamin D supplements, but an even better idea is to expose your skin to sunlight daily (always with caution), in order to force your body to produce more vitamin D.



Arthritis pain

Arthritis refers to a range of conditions that involve pain and inflammation in the joints.

Is it a degenerative condition, which means the symptoms tend to worsen over time, or is it an autoimmune type of arthritis with associated extra-articular symptoms, characterised by inflammatory flares and a chronic clinical course?

These two types of arthritis include osteoarthritis (OA) and rheumatoid arthritis (RA).

OA mainly results when wear and tear of cartilage causes bones to rub together, leading to friction, damage, and inflammation.

RA is a systemic condition that triggers symptoms throughout the body. It's an autoimmune disease and happens when the immune system mistakenly attacks healthy joint tissue.

Doctors can prescribe medication to relieve the pain of arthritis, but they often recommend natural approaches, too.

Remember to talk to your doctor before trying any remedy for arthritis, whether it involves medication or not.

1. Manage your weight

Your weight can have a [big impact on arthritis symptoms](#). Extra weight puts more pressure on your joints, especially your knees, hips, and feet.

Guidelines from the American College of Rheumatology and Arthritis Foundation (ACR/AF) strongly recommend losing weight if you have OA and overweight or obesity.

Your doctor can help you set a target weight and design a program to help you reach that target.

Reducing the stress on your joints by losing weight can help:

- improve your mobility
- decrease pain
- prevent future damage to your joints

2. Get enough exercise

If you have arthritis, exercise can help you:

- manage your weight
- keep your joints flexible
- strengthen muscles around your joints, which offers more support

Current guidelines strongly recommend starting an appropriate exercise program. Exercising with a trainer or another person may be especially beneficial, as it increases motivation.

Good options include low-impact exercises, such as:

- walking
- cycling
- tai chi
- water activities
- Swimming

3. Use hot and cold therapy

Heat and cold treatments can help [relieve arthritis pain and inflammation.](#)

Heat treatments can include taking a long, warm shower or bath in the morning to help ease stiffness and using an electric blanket or moist heating pad to reduce discomfort overnight.

Cold treatments can help relieve joint pain, swelling, and inflammation. Wrap a gel ice pack or a bag of frozen vegetables in a towel and apply it to painful joints for quick relief. Never apply ice directly to the skin.

Capsaicin, which comes from chili peppers, is a component of some topical ointments and creams that you can buy over the counter. These products provide warmth that can soothe joint pain.



4. Try acupuncture

Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. Practitioners say it works by rerouting energies and restoring balance in your body.

Acupuncture may reduce arthritis pain, and the ACR/AF conditionally recommend it. While there's not enough evidence to confirm its benefits, the risk of harm is considered low.

Be sure to find a licensed and certified acupuncturist to carry out this treatment.

5. Use meditation to cope with pain

Meditation and relaxation techniques may help reduce the pain of arthritis by lowering stress and enabling you to cope with it better. Reducing stress may also [help lower inflammation and pain](#).

The ACR/AF recommend tai chi and yoga. These combine meditation, relaxation, and breathing techniques with low-impact exercise.

According to the National Institutes of Health (NIH), studies have found that practicing mindfulness meditation is helpful for some people with RA.

Anxiety, stress, and depression are all common complications of conditions that involve chronic pain, such as arthritis.

Learn more about depression and arthritis.

6. Follow a healthy diet

A diet that's rich in fresh fruits, vegetables, and whole foods can help boost your immune system and your overall health. There's some evidence that dietary choices can affect people with both RA and OA.

A plant-based diet provides antioxidants, which can help reduce inflammation by eliminating free radicals from the body.

On the other hand, a diet rich in red meat, processed foods, saturated fat, and added sugar and salt may aggravate inflammation, which is a characteristic of arthritis.

These foods can also contribute to other health conditions, including obesity, high cholesterol, high blood pressure, heart disease, and other complications, so they're likely not beneficial for people with arthritis.

Current OA guidelines do not recommend taking vitamin D or fish oil supplements as a treatment, but consuming foods containing these nutrients as part of a balanced diet may contribute to overall well-being.

What should you eat to stay healthy with arthritis?

7. Add turmeric to dishes

Turmeric, the yellow spice common in Indian dishes, contains a chemical called curcumin. It has antioxidant and anti-inflammatory properties. Research suggests it may [help reduce arthritis pain and inflammation.](#)

In an animal study that the National Center for Complementary and Integrative Health Trusted Source cited, scientists gave turmeric to rats. Results showed that it reduced inflammation in their joints.

More research is needed to show how turmeric works, but adding a small amount of this mild but tasty spice to your dinner is likely to be a safe option.

Spice up your life by grabbing some online today.

8. Get a massage

Massage can provide an overall sense of well-being. It may also help manage joint pain and discomfort.

The ACR/AF do not currently recommend massage as a treatment, as they say there's not enough evidence to confirm that it works.

They add, however, that massage is unlikely to pose a risk and may provide indirect benefits, such as reducing stress.

Ask your doctor to recommend a massage therapist who has experience in treating people with arthritis. Alternatively, you could ask a physical therapist to teach you self-massage.



9. Consider herbal supplements

Many herbal supplements may reduce joint pain, although scientific research hasn't confirmed that any specific herb or supplement can treat arthritis.

Some of these herbs include:

boswellia
bromelain
devil's claw
ginkgo
stinging nettle
thunder god vine

The Food and Drug Administration (FDA) doesn't monitor herbs and supplements for quality, purity, or safety, so you cannot be sure exactly what a product contains. Be sure to buy from a reputable source.

Always talk to your doctor before trying a new supplement, as some can cause side effects and dangerous drug interactions.

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