



# Heal Arthritis Naturally: 18 Natural Methods For Preventing, Healing And Reversing Arthritis From Within

*Stephen Tvedten*

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Some of the best organic foods/supplements to eat/juice to help cure arthritis are: Aloe Vera, Apple, Asparagus, Beet, Bilberry, Black Cherry, Celery, Ginger Root, Green Barley, Kale, Lemon, Olive Oil, Parsley, Pear, Pineapple, Radish, Raw Potato, Spinach, Strawberry, Tomato, Watermelon and Yucca. Use only juicers that keep the pulp! Note: Green Foods such as Chlorella, and Spirulina, (micro-algae), wheat grass and barley grass powders and tablets provide powerful anti-inflammatory effects. They are also highly alkalizing, which is an important factor to remedy the systemic acidity often underlying arthritis. They are vital in a holistic program to turn around the underlying condition. Vitamins B3, B5, B6, C and E play a role in healthy cartilage metabolism. Many herbs are potent anti-inflammatory agents and can provide safe and effective relief. Boswellia, (*Boswellia serrata*), Nettles (*Urtica dioica urens folia*), Black Cohosh (*Cimicifuga racemosa*), Turmeric (*Curcuma longa*) and Willow (*Salix alba*) are some that are commonly used.

Minerals such as magnesium and boron improve your bone mineralization. Antioxidant nutrients may reduce the risk of cartilage loss and will slow the progression of osteoarthritis. Proper diet and weight will safely and effectively heal you of this medically "incurable" disease! Some people will see ALL of their arthritis symptoms disappear if they lose 10 to 20 pounds, says Roy Altman, MD, a rheumatologist and professor of medicine at the University of California, Los Angeles.

Before we begin, the Author wants you to know that ALL food varieties are not equal either in quality and/or in healing abilities! The Author NEVER recommends that any food products that are processed and/or INCLUDE ANY GMOs! NEVER EAT ANY PROCESSED FOODS OR GENETICALLY MODIFIED ORGANISMS!! Additional Caution: Certain juices may cause adverse reactions in people with osteoarthritis.

Avoid citrus fruits, and be careful with vegetables from the nightshade family, including potatoes, tomatoes, peppers, eggplant and tobacco. Citrus may promote swelling, and nightshades contain psyllium alkaloids, which may cause reactive problems for some people. Even a single organic peanut can adversely affect "someone". Currently in the U.S., approximately three million people report allergies to peanuts and tree nuts. Studies show the number of children living with peanut allergy appears to have tripled between 1997 and 2008. That said, food is always safer than the "alternative" medical prescription drugs and or surgeries in the Author's opinion!

Although there are over 100 different types of arthritis, osteoarthritis is the most common variety of joint disease. Degenerative changes to joint cartilage result in stiffness, pain and roughening or loss of surface. The onset of osteoarthritis is subtle and gradual, usually arriving during your middle age. Knees and hands are the most commonly affected sites. Rheumatoid arthritis (RA) affects your connective tissue. Believed to be an auto-immune disease, or when your immune system mistakenly attacks your own body cells, RA can occur at any age. Dietary changes can halt arthritis in its tracks and instigate healing. The cornerstone of any good healing plan is appropriate wholesome food. The adage "you are what you eat" rings true and is always complimented by "you are what you absorb and what you are able to eliminate."

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Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Heal Arthritis Naturally: 18 Natural Methods For Preventing, Healing And Reversing Arthritis From Within, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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