

ARTHRITIS RELIEF NOW



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INTRODUCTION

When you hear the word arthritis, images of painful hands and joints comes into play. Few people fully understand arthritis and this guide is dedicated to anyone suffering with this chronic condition and wants relief now.

While I am **not** a doctor, I have studied arthritis for years and I have seen what people have done to combat this condition. Here in this guide you will find new victory . . .

you don't have to live with chronic arthritis and the pain anymore and can lessen, even eliminate 99% of flare ups and pain.

We will explain first what arthritis is from a new perspective and then discuss what we believe is a wonderful way to manage it. There is hope to improve your condition now and your results may amaze even the most skeptical person that there is affordable even free help for those who want it.

Again we are not offering "medical advice." Rather we are offering quality information that people have used to lessen their pain. In some instances people claim total success with

management of the disease that it is like NOT having arthritis anymore with just the occasional ache.

Remember that the ideas suggested in this guide are for you to consider with a qualified and informed physician as your partner. Most doctors will tell you that natural methods to combat arthritis do have a place in any treatment regimen and when combined with traditional medicine, can work wonders.

WHAT EXACTLY IS ARTHRITIS?

Statistics from the Centers for Disease Control estimates that if numbers continue to rise, very soon, **one out of four adults** will suffer from the disease at some point during their life. Currently the estimates are as high as 70 MILLION Americans suffering from arthritis.

"We just think that's alarming in terms of the number," said Tino Mantella, president of the Arthritis Foundation.

Tino is correct.

While there are many different varieties of the disease, the term "arthritis" has been used to describe in a much broader sense anyone suffering joint and chronic mobility pain, joint swelling, as well as overall stiffness.

There also appears to be no end in sight to the explosive growth of people that are contracting arthritis at an earlier age. Because arthritis is primarily an autoimmune disease, many people are susceptible to contracting arthritis.

New studies link decreased nutrition and all forms of toxins that are invading our food chain as contributing to the

body's immune system breaking down and mistakenly attacking joints, cartilage and other areas of the body.

Other diseases and events in your life can contribute to contracting arthritis; such as bacterial infections, gout even medical treatments that can affect your cartilage can become issues that later develop into full blown arthritis.

While we could go into great detail about the specifics of each different kinds of arthritis our main concern is the pattern of severity and locations of where arthritis in a general term seems to occur in the human body and how to reverse this naturally.



A COMPLETE PLAN FOR DEALING WITH ARTHRITIS

The people that have the most success in dealing with their arthritis approach their treatment from a **systematic plan** that incorporates different methodologies. Over time you will be able to fine tune some of the steps and each one can have a direct benefit on how you feel, reduce pain and swelling, pain management and finally greatly relieve your symptoms:

1. Consult The Right Physician -while there is a general mistrust of doctors growing in America, an informed physician is your best ally when creating and maintaining a treatment plan. It is **critical** that you speak with a professional to evaluate your treatment to ensure you are not going to do something to further aggravate your condition.

2. Incorporate Appropriate Physical Exercise - regardless of your age you can benefit from additional physical exercise. You should consult a **physical therapist** as far as range of motion exercises to improve your arthritis. Weight-bearing activities, tai chi and yoga have all been shown to drastically improve

health conditions for people suffering from arthritis as well as adding improved flexibility.

3. Major Healthy Changes In Diet -since the majority of people suffering from arthritis is due to a degree of autoimmune disease, it is important to drastically improve the quality of the food that you are eating and to strongly consider supplementation and natural herbs and spices to enhance your overall health.

4. Using Specific Lifestyle Changes And Folk

Treatments-there are a variety of suggestions in this guide that can immediately improve the way you feel and how to manage your arthritis.

CONSULT THE RIGHT PHYSICIAN

Consulting your physician is not just a good idea; a qualified doctor is capable of assisting you with the correct information necessary to make wise decisions when affecting exercise, lifestyle changes and finally can prescribe the correct medications to enhance or improve your condition.

This does not mean however that **all physicians** can be of help when dealing with your arthritis. You should look for someone that specializes in **geriatrics** and has the ability to understand and comprehend that you wish to treat your arthritis with more than just drugs.

Several studies show that improvement in arthritis can happen simply with proper lifestyle changes and improving **the quality and content of the food that you eat** as well as using good mineral and vitamin supplementation.

You should approach arthritis from a chronic disease management model. Because arthritis can flare-up and cause pain and reduced mobility and then vanish, is important that our lifestyle changes take this into consideration and give our bodies the necessary nutrients in order to directly combat these occurrences.

The physician that you choose should have deep knowledge of nutrition; unfortunately most doctors that graduate from medical school today have virtually no formal education in nutrition.

You may wish to consult a professional that has a background in healing people through nutrition first as this kind of expert **is precisely what is needed for helping you to deal with reducing flare ups** and improving overall bodily health.



INCORPORATE APPROPRIATE PHYSICAL EXERCISE

Even though arthritis can be very painful and discourage you from wanting to do physical exercise, there is a direct link to the amount of physical exercise that you perform and the reduction and management of your arthritis.

If you are not already consulting a **physical therapist** we highly recommend that you do so as well as your physician before starting any form of exercise.

A physical therapist is important because they study **range of motion**, and fully understand your capabilities based on tests they can administer. They can guide you on exactly the kind of exercise that you should be doing and a therapist can help manage physical limitations so as to ensure that you do not injure yourself when starting an exercise regimen.

Exercises like **yoga** have been shown to dramatically improve people's overall flexibility, breathing, strength and mental clarity. The nice thing about yoga is that regardless of your current health conditions you can benefit from this exercise and continue to do so at your own pace.

A beginner's yoga video can get you started and you can take your time and improve all physical aspects of your body. There is also a connection with yoga that involves **deeper meditation** that helps with pain management, overall feelings of well-being and reduced stress.

Regardless of the type of exercise that you and your physical therapist discuss, getting started on a new and healthier you will keep your range of motion, flexibility and physical strength improving.



MAJOR HEALTHY CHANGES IN DIET

Due to the over industrialization, chemical use, and micro toxic additives of found in majority of processed foods available today, most of what people eat is almost completely depleted of minerals and natural occurring vitamins.

There have been studies that directly link reduced quality of foods, pesticides, food additives, dyes etc. **to the explosion of illness** and disease that is taking America and the entire world by storm.

It now takes a concerted effort to eat healthy. What used to be natural and organic has now been replaced with pseudo-organic foods, GMO's, irradiated foods and a whole host of new substances that are being found that harm human health. This is why supplementation is critical to helping arthritis sufferers:

"The most commonly observed vitamin and mineral deficiencies in patients with RA, are folic acid, vitamin C, vitamin D, vitamin B₆, vitamin B₁₂, vitamin E, folic acid, calcium, magnesium, zinc and selenium.^(ref 4) Although, food is always the

preferred source for vitamins and minerals, it may be **essential** to use supplementation to assist in counterbalancing the outlined deficiencies and improving nutritional status for patients with RA.”
Source: <http://www.hopkinsarthritis.org>

Information is readily available in most medical journals, like the article above which explains the principal treatment for arthritis (and most auto immune and inflammatory diseases) should not necessarily be medication, **rather high doses of the correct vitamins** along with a considerable improvement in the way that you are eating by eliminating processed foods.

USING SPECIFIC LIFESTYLE CHANGES AND NATURAL TREATMENTS

The single biggest impact to dealing effectively with arthritis is **lifestyle changes tied to all of the elements we have been discussing**. Since some elements of involving natural treatments will also involve lifestyle changes, we have saved this portion of the four step plan for last because it opens up into a large assortment of simple things that can be done daily, weekly and monthly to both support pain management and begin to eliminate arthritis flare-ups.

LIFESTYLE CHANGE #1 - MOBILITY AND FLEXIBILITY

No matter how bad you think your arthritis is, benefiting from additional mobility and flexibility is more matter of choice and you think.

Most people believe that if they have arthritis it is a condition they simply must accept and live with. Part of this is reduced mobility. Well, the opposite is actually true. The more you begin to move and to stretch, by involving yourself in additional forms of exercise; you will begin to notice something truly amazing . . .

Your arthritis symptoms are beginning to lessen and flare-ups begin to vanish. You will see improved flexibility as well and being able to have more endurance when it comes to performing physical activities.

Our bodies are truly amazing. As we begin to exercise on a regular basis, changes happen that actually can improve our health and help us to both manage pain and reduce on an overall basis, issues related and triggers that create arthritis flare-ups. Of course the kind of exercise that you should perform and its limits should be determined between you and your doctor and / or your physical therapist.

LIFESTYLE CHANGE #2 – STRENGTH TRAINING

While the term strength training may sound like you are preparing for an Olympic decathlon, it actually means taking time to do load bearing and weight-bearing activity. Because this particular lifestyle change is effective at helping older Americans dealing with a variety of aging issues including arthritis, we separated it from flexibility and mobility to highlight its benefits.

In fact, strength training can benefit people of all ages. Not only will your physical appearance improve, muscle mass, muscle strength and overall endurance will also follow.

Not only is this good for older individuals on a regular basis, strength training can actually extend the time that you will be able to walk and ambulate effectively, well into your 80's and beyond.

Weight-bearing activities are of particular benefit to senior citizens who suffer from brittle bones, balance issues and weakness as they age.

Weight-bearing and weight lifting has been shown to counteract the effects of slips and falls in seniors as well, which is the number one leading cause of complications leading to death in people over the age of 65.

Finally strength training acts as a fountain of youth. Because the body is forced to remain strong and healthy joints and cartilage tend to remain in better condition if supplementation is also added while exercising.

LIFESTYLE CHANGE #3 – JUICING TO ADD THE HEALTH COMPONENT

We discussed earlier the importance of adding proper nutrition especially supplementation to your diet to improve your health. **High organic doses of raw foods are critical for dealing with anti-inflammatory issues** such as arthritis. Because most people cannot consume the amount of food necessary to keep themselves in optimum health, one of the easier and more effective ways for providing high doses of raw nutrition is juicing.

Juicing starts with **high quality organic foods** and liquefying them into juice and “drinking” your vegetables. Over time the body begins to absorb the nutrients and you will not believe how good you will feel.

Today a wide variety of juicing machines are available at your local store. Starting out with juices like pineapple (anti-inflammatory) beta carotene rich greens (broccoli, spinach etc.) can begin to alleviate symptoms. Other helpful juices can include apple, carrots, celery and parsley.

Take your time and gradually adjust to drinking fresh 100% organic juice. Start with small amounts and increase it over time until you start to see health benefits.

It is important that you research and determine the kind of foods that can most benefit people with arthritis that can also be juiced. People with rheumatoid arthritis can sometimes have **hypersensitivity to certain kinds of foods** so stick to juices that you test one by one and have a good reaction with.

If you are going to follow a juicing regimen be sure to avoid foods that have a high citric acid content as well as these can aggravate your condition.

Research juice recipes for arthritis relief as well.

LIFESTYLE CHANGE #4 - FOLK REMEDIES THAT PEOPLE SWEAR BY

While mainstream medicine might have you believing that everything can be cured with a simple pill, often the side effects of these medications are simply not worth taking them on a regular and consistent basis.

Most people at some point in their lives experiment with naturopathic and folk remedies. As long as they're derived from **simple foods and sources that we already know**

are safe to consume, most people know there is some truth to the possibility of a potential aide from these recipes.

It is important to remember that folk remedies have a basis in herbalism and naturopathic medicine. **Many people are rediscovering age old remedies** that worked for generations, long before the advent of what is now called modern medicine; and avoiding visitations to the doctor where possible.

Regardless of how you feel about naturopathic or folk remedy cures, you owe it to yourself **to at least investigate the possibility** that some of these remedies are quite capable of reducing or even eliminating arthritic flare-ups.

Again we are not asking you to do anything that you feel could further endanger your health and absolutely consult a specialist and your doctor before considering experimenting with natural remedies.

Folk Remedy #1 - Frequent Epsom Salt Baths

This is one folk remedy everyone should try because there's little risk and it is quite a pleasant and relaxing experience. Magnesium is one of the most important minerals in the

body and is difficult to get in most diets. Immersing yourself in a hot bath of Epsom salts allows magnesium to be naturally absorbed through the skin and directly into the body.

Over time this will greatly relieve arthritis flare-ups.

Folk Remedy #2 – Targeted Supplementation Using Herbs & Spices

Here is a list of just a few herbs and/or spices that can add to the reduction of arthritis and its complications. Be sure to do additional research on what we mentioned here but introducing any and all of these spices and herbs into your diet is a positively great idea if you do not have any allergies or sensitivities to them. We highlighted the two best but each should have a place in your spice cabinet (see below):

- **Licorice**
- **Red pepper**
- **Wild cucumber bark**
- **Rosemary tea**
- **Stinging nettle (juice /tea)**
- **Ginger tea**
- **Feaverfew**
- **Black Cohosh**

All of these herbs and spices can be found in almost any health food store and all have benefits to easing arthritic flare-ups. Make sure you get the original unprocessed herb (original form).

⇒ **Stinging nettle** is actually the **official cure in Germany** for rheumatoid arthritis. One tablespoon of the condensed juice three times a day is considered to be a good dosage level or 3-5 cups of tea made with a generous amount of the herb brewed with hot water; but consult your naturopath, doctor and / or licensed herbalist.

Note: Several important arthritis foundations suggest adding daily doses boron as a form of treatment for arthritis. The mineral boron is found occurring in **stinging nettle** along with a powerful anti inflammatory. Typically people make tea and / or juice extract from the product.

⇒ **Wild Cucumber Bark** – is one of the best treatments for rheumatoid arthritis and other related inflammatory issues. Wild cucumber bark is also a laxative so experiment with dosages (about a ground teaspoon three times a day) in a strong tea.

Note: The herb is particularly effective at elimination of hip pain relief

Folk Remedy #3 – Hot & Cold

This remedy is more readily accepted and used by millions of people; often doctors will suggest this as a form of therapy. Applying different temperatures to the afflicted joints and areas can generate immediate relief and over the longer term help reduce some inflammation and pain issues.

Heat

The application of heat relaxes muscles and allows blood flow to also slow somewhat. This relaxation does wonders for how you feel and certainly is worth doing to relieve pain. There are a number of beneficial ways you can apply heat to a particular joint area or to your body as a whole:

- **Warm baths and showers**

By allowing the body to soak or to be drenched in very warm to hot water, you will begin to feel instant relief. This is especially helpful first thing in the morning when your joints are often at their stiffest.

- **Jacuzzi tubs**

If you can get in and out of a whirlpool sort of bath, they can be quite helpful and relaxing. Not only are you immersed in hot water, but the jets of the bath can help to knead away any other tension in your body that might contribute to your arthritis pain.

- **Heating pads**

If you have a specific area that you would like to warm up, heating pads are easy to plug in and use anywhere. With different settings, you can customize your heat level to your pain level.

- **Hot water bottles**

Akin to heating pads, these hot water bottles can be placed over your clothing and near the affected area to help control the pain and stiffness.

- **Warm clothing**

To help keep your body warm and relaxed during the day, it can help to wear layers of clothing to hold in body heat. If this begins to be uncomfortable, you can easily remove these layers.

- **Warm bed sheets**

If you want to make your night time pain easier to handle, warm sheets like flannel sheets can help retain body heat.

Things to keep in mind when you use heat:

- Does not use heat therapy for more than 30 minutes at a time
- Talk with your doctor and get advice on your heat tolerance and how you might react to medications and heat therapy

Cold

When you apply cold to an area, you are helping to numb the pain and the aches of that part of your body. Since you are cooling that part of your body, it actually increases the blood flow to the area as your body responds to a change in the normal temperature.

For some, the application of cold works better to help numb excessive pain as well as to help reduce swelling around the joints, which can also lead to pain. Here are some ways you can add cold treatments to your life:

- **Use regular ice packs and gel packs**

These first aid treatments can also work well when placed inside a towel and then put on the affected area.

- **Use cold water tubs**

Instead of immersing your entire body in an icy bath, dip the affected body part into cooler water.

Things to keep in mind when you use cold:

- Do not use cold treatments for more than 30 minutes at a time
- Make sure your skin is clean and unbroken
- Never apply extreme cold directly to the skin - always use a towel or some other item as a barrier.

With either heat or cold therapy, you need to make sure you check your skin afterwards to make sure it's still healthy. If you notice any purpling of your skin that does not go away, or redness that does not diminish, you may need to talk to your doctor about a potential injury.

CHIROPRACTORS AND MASSAGE THERAPY WORKS

Chiropractors have long spoken about how there is a connection to pain and disease, relating to energy flow from the spine. Blockages cause pain and muscles can become stiff and locked. Regular “adjustments” and massages loosen muscles and reduce pain and swelling; restoring energy flow.

Both chiropractic massage and massage therapy involves the manipulation of the muscles and connective tissues of the body. With direct pressure and movement of these areas, the patient's body can relax and they can release pain, increase energy flow as well as recover faster from mobility issues.

- **Acupressure and shiatsu**

Just like in acupuncture, this massage-like practice uses finger pressure to stimulate certain areas of the body to improve the energy flow and thus reduce pain.

- **Deep tissue massage**

By digging into the muscles of the body, a deep tissue massage will help the body release tension. But keep

in mind that this is a very intense massage that often can leave a patient sore in the beginning.

- **Reflexology**

By simply rubbing certain parts of the body, it is thought the practitioner can affect other parts of the body, eliminating aches and pains in some patients. This is the most gentle of the massage practices, so it's good for those who are newer or who are more sensitive.



CHIROPRACTIC VISITATIONS FOR ARTHRITIS MANAGEMENT

"Chiropractic" comes from the Greek word, Chiropraktikos, meaning "effective treatment by hand." Chiropractic stresses the idea that the cause of many disease processes begins with the body's inability to adapt to its environment and improper energy flow from the spine which can lessen your ability to cope with pain and stress.

Since chiropractors specialize in bone manipulation they can be of invaluable help in treatment of arthritis. **The American Chiropractic Association** recommends that chiropractors focus on helping people with arthritis by:

- Helping** them improve their range of motion
- Improving** flexibility and endurance
- Increasing** muscle tone and strength
- Providing** diet and nutritional advice and supplements to address inflammation (a key part of the pain and worsening of arthritis)

The right chiropractor can help you. Once you have paid for visitations you can use this knowledge (special exercises and stretches) to partially treat yourself. The idea is to learn

from the experts and then help manage most of your own care.

Chiropractors can do a lot to help you, however since most of the pain from arthritis comes from inflammation, we need to also discuss some of the most effective treatments that have a natural component.



NATURAL PRODUCTS TO RELIEVE ARTHRITIS PAIN

CAPSAICIN

One of the more interesting additions to the arsenal against arthritis pain is something you might have eaten for dinner at some point – capsaicin.

It's also commonly known as a chili pepper.

This fiery **arthritis reliever** works just in the way you think it would – by warming the skin and making the joints and muscles around the area relax. But that's only a part of the process.

What capsaicin does is to desensitize the skin as well.

Within our skin are receptors to pain that cause us to feel the aches and the throbbing. But when these receptors are desensitized, you can be pain free for months at a time.

The substance P is what is associated with pain in the body. By interfering with or depleting this substance, the brain

does not receive messages of pain and so you don't feel the pain.

In one University of Oxford study, it was found that **4 out of 10 arthritis patients were able to reduce their pain by almost half** after using capsaicin cream for a month. This is a dramatic difference and it can certainly help arthritis sufferers as well.

In fact, capsaicin has also been recommended for those suffering from neuropathy, muscle pain, joint pain, nerve pain, and shingles, a painful condition that affects older patients.

ARNICA

While **homeopathy** still has some ground to gain in relation to the medical field, arnica seems to be one of the most respected treatments in relation to arthritis and muscle pain. Whether applied topically or taken orally, this European flower helps to ease the suffering of afflicted patients.

Homeopathy is the practice of using very small amounts of herbs, flowers, and other ingredients in order to stimulate the body's own healing response. It can be likened to the idea of a vaccine in which the dead virus or bacteria is

injected into the body in order to persuade the body to make the appropriate white blood cells in order to prevent the disease.

With arnica, this flower is a part of the sunflower family, and the hairy leaves are what has given it its name, derived from the Greek for 'lamb' or 'arna.'

There are several types of arnica, but the most commonly used type is arnica Montana. Within this compound is the chemical helenalin, which is actually toxic when taken in larger amounts. However, **when used in very minute measurements, it helps to reduce the inflammation of joints**, while also helping to prevent and to heal bruising of the skin.

It is thought too that the roots of the arnica plant contain thymol, which helps to also prevent fungal infections, which might have something to do with preventing the inflammatory reaction. **Again, science is still studying how this homeopathic process works.**

The main finding of the usefulness of arnica is that it seems to help stimulate the transportation of blood from one part of the body to the affected and afflicted body part. This

helps to take away any accumulation of fluids in the joints and in the skin, which allows the body to be free of pain, while also helping to stimulate the natural healing process.

By helping the blood capillaries dilate, the body's blood transport system is much more efficient and a patient can move their joints more easily and without aches and pains.

The actual ingestion of arnica is not recommended, unless it has been prepared by a reputable homeopathic company or practitioner. Those who ingest arnica can have severe stomach upset and even internal bleeding as a result.

Arnica is easy to find in most drugstores, and is found as an ointment that is applied directly to the skin in order to promote the alleviation of pain and swelling.

You can apply this ointment to the skin as often as you like, taking care to wash your hands before moving onto your next task. You will also want to make sure the skin is clean before applying and that there are no open sores or cracks in the skin that might become irritated by this therapy.

If you choose to use arnica orally, you can find it in small pellets of which you take 3 under the tongue, up to 6 times

per day, or as recommended by the manufacturer or the homeopathic practitioner.

While arnica does not seem to interact with any other medications or prescriptions, it is recommended that you alert your doctor when you begin an arnica regimen of any kind.

Overall, arnica is seen to be safe and effective, while also being a gentle way to help your body heal itself as a complementary practice to traditional medicine.

SAM-E (S ADENOSYLMETHIONINE)

This chemical is actually a naturally occurring compound found in an amino acid. Amino acids are the building blocks of proteins in our bodies and without them, the human body can not survive.

As a result, it seems logical that adding more amino acids to the body might help to expedite the healing process in some manner. Like many other natural remedies, it seems scientists aren't completely certain why SAM-e works to help with arthritis pain, but the studies are proving its usefulness.

For example, in a study by the University of California at Irvine, researchers found that SAM-e is just as effective as traditional anti-inflammatory drugs like NSAIDs. **In just 2 months of using SAM-e, patients found that their arthritis pain was cut in half, something that few other medications can claim to achieve.**

There are many different ways SAM-e can be used in relation to the improvement of health. Not only has SAM-e been linked with helping arthritis pain, but it is also being studied for its ability to relieve depression in some patients.

In using SAM-e, it seems the body is able to increase the serotonin and dopamine chemicals in the brain, leading to feelings of well-being and even euphoria. Since the improvement of your mental state is linked with reducing arthritis pain as well, it seems SAM-e is able to address multiple levels of arthritis pain issues.

The main advantage of SAM-e is that it helps with cellular repair and with cellular growth. This can help the body repair damage as well as help to slow down the aging process. Of course, the fountain of youth hasn't been found just yet, but this amino acid compound does seem to have

many possibilities in that search for youthful health and vigor.

In order to get the best results from SAM-e, you will need to take this supplement on a regular basis. Research has shown the patients were able to notice less pain, but only after at least 2 weeks of regular supplementation.

You can find SAM-e at your local drugstores and grocery stores, but it helps to use only well known brands in your daily regimen of pills. Also, since SAM-e seems to break down in light, the packaging should be protective of the pills, like foil blister packaging.

Other things to keep in mind when you are purchasing these pills is that they should have a GMP or a USP quality seal to ensure quality, the expiration date should allow for a few years' time, and a stabilizing salt can help to further protect the integrity of the pills.

One special note: since SAM-e does affect moods, if you are on any other medication for depression or for mood stabilization, you need to talk with your doctor first before taking this supplement. It can have adverse effects with a number of other prescriptions.

Fish Oil

It's beginning to seem like fish oil is some sort of panacea for all of the world's problems. From depression to heart health, arthritis pain to lower blood pressure, fish oils have been linked to a number of natural cures.

The usefulness of fish oil for arthritis is a fairly new finding.

When the fish oil is digested and broken down in the body, it becomes a chemical called prostaglandin. This chemical will reduce inflammation in the body, which then reduces the pain. The body can naturally produce these kind of chemicals in certain situations, but in order to alleviate pain, the body needs more than the tissues and organs can provide for day to day functioning.

Derived from the tissues of fish, fish oils are also referred to as Omega-3 fatty acids, DHA, and EPA. All of these labels are correct, and all of these chemicals break down in to the inflammation reducing chemicals the body needs.

In one study in Pennsylvania's University of Pittsburg, patients who took **cod liver oil on a regular basis for 10**

weeks were able to completely stop taking their traditional pain medications.

What the main problem with fish oil is in relation to pain management is that most patients don't take enough. Though most supplements come in 1000 mg formulations, you need to take at least 4 times as much in order to help your arthritis pain.

Some researchers have recommended taking up to 8000 mg per day for the maximum effectiveness, in fact.

Some patients will have troubles taking fish oil, however, as it is a fish based compound. Since the oil is derived from an actual fish, there can be a fishy aftertaste after taking these pills. This can be avoided when you take the pills after eating a full meal.

METHYLSULFONYL-METHANE (MSM)

MSM is a naturally occurring substance that's found in some plants and foods. Derived from sulfur, the uses of MSM in the supplement world are becoming more and more celebrated with each subsequent study.

What's interesting about MSM is that its primary use in the world is as a solvent. It actually helps to break down substances at high temperatures. Though it's not as good a solvent as water, it does work well in the industrial field, helping to clean and break down other chemicals.

But it's the sulfur derivation that has helped MSM become a part of the health supplementation market. In a study at the University of California at San Diego, **MSM was found to help prevent the degeneration of cartilage and of the joints themselves.** If this continues to be the finding, the use of MSM could be used to prevent arthritis before it even begins to take hold.

Not only is MSM being linked with the prevention of degeneration, but it's also being linked with the ability to enhance mobility of the joints. This can help a person continue to exercise and to strengthen the surrounding joints and muscles. In doing so, arthritis pain can be reduced even more.

There is some controversy right now about the effectiveness of MSM, so further studies are being done at the moment.

MSM can be taken as a supplement, and is often found to be combined with glucosamine for joint health. Patients can start with a small dose of 1.5 g and move up to 2 and even 3 g as they become accustomed to the supplement.

You might also find, however, that you can see benefits at much lower dosages – every patient is different.

The main concern with MSM is that it might not be necessary to add to the diet as meat-based diets tend to include plenty of sulfur. But for those who eat less meat and for those who do not eat meat at all, MSM seems to be a wise choice.

As with any of the natural supplements described, the best results come from regular daily use of MSM. The body needs to build up a reserve of the chemicals in order to continue to prevent joint degeneration.

Some patients may experience a slight discomfort the first few times they take MSM, so start with a smaller dose at mealtimes to prevent stomach upset as much as possible.

MSM is readily available online and at local drugstores without a prescription, but your doctor should be alerted when you begin an MSM regimen.



CONCLUSION

I have discussed a **four step process** that you can safely take to practically eradicate arthritis from your life. This includes the understanding of balancing the right kind of nutrition, exercise, consultation with experts and the use of nontraditional but highly effective curatives and treatments.

No matter what arthritis treatment you choose, you have many more options than even your doctor may have realized and with these options comes the power to take charge of your own health and your own pain management process; a place we should all strive to be.

While each patient is different, there is a treatment plan for everyone. By using some of these pain relief possibilities, you can experience a life that's less limited and more enjoyable.

Arthritis may be seen as just a condition of getting older, but it doesn't need to be something that stands in the way of your life and of your ability to live your life.

You do have choices – so why not start testing a few out to see what works best for you? Perhaps standard medications

aren't the best course of treatment for you – or maybe you simply need these alternatives to complement a regimen your doctor has already started for you.

Either way the treatment is here. Give it a try and see what happens! You will be glad you did.

