

DO YOU HAVE ACHY JOINTS?

Regardless of your age, you could have Arthritis. In North America over Fifty five million people suffer from this debilitating disease.

Arthritis is an inflammation of one or more joints. It is characterized by pain, swelling, stiffness, deformity, or a diminished range of motion.

The most common types of Arthritis and their symptoms are;

Osteoarthritis; the symptoms are, stiffness, and pain on joint motion. Usually this comes on gradually and occurs after the age of forty.

Rheumatoid arthritis; the symptoms are joint stiffness upon awakening; this usually lasts for a couple hours, also swelling in the finger and wrist joints. This usually affects people between the ages of, twenty five to fifty.

Spondyloarthropathies (including psoriatic arthritis, ankylosing spondylitis, Reiter's syndrome) this group of disorders tends to affect the spine, causing pain, stiffness, inflammation, and changes in body position. This usually affects people between the ages of twenty and forty years of age.

Gout; The symptoms come on quickly with extreme pain and swelling. It usually affects people over forty years of age.

Juvenile rheumatoid arthritis; the symptoms are joint stiffness, often in the knee, wrist and hands. It can also involve the organs and the nervous system. It usually affects children under eighteen years of age.

If you have this disease here are some of the choices available to you.

You can take pain killers, steroids or anti-inflammatory drugs, and manage the disease, or you can use holistic products, and cure the disease.

You can learn more, visit The Arthritis Foundation at www.arthritis.org. Knowledge is power and life style diseases are curable!

You can change your lifestyle and be good to your joints.

Here are 12 life style changes that will help your joints and the rest of your body.

- Lose weight
- Turn off the T.V.
- Eat well
- Add color to your diet, fruits and veggies
- Eat a diet high in protein, eliminate refined carbohydrates, white bread, white pasta, white rice and potatoes.
- Visit the salad bar when you eat out
- Keep a food journal
- Cut down on caffeine intake; no more than two caffeinated drinks a day.
- Take calcium, vitamins and minerals each day. All supplements should be a high quality, liquid plant extract.
- Cleanse your body of impurities, to learn more about cleanses refer to www.herbs4health.net click on The E book ?9 Steps To A Healthy Vibrant Body?, Chapter three ?Cleansing The Body?
- Eliminate the bad stresses from your lifestyle
- Address any addictions in your life, smoking, alcohol, or drugs
- Get plenty of exercise

Many people feel that having some form of an arthritic condition is inevitable; they feel it is part of aging. This is

not true; many people who practice a holistic life style are free of this disease for their whole life. Our life style determines our health, if you have led an unhealthy life style, you can change your lifestyle, rebuild your body, and you too can have a healthy vibrant body.

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janes-store@telus.net

Would you like to have a Healthy Vibrant Body?

To learn more, sign up for Jane Kriese's

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Short note about the author

I am Jane Kriese, I am the web master for the site, www.herbsforhealthstore.biz.

I am a business woman, author, wife and mother. My passion is the holistic world. I love to study, and write articles, about holistic cures for life style diseases. It is exciting to educate people, and watch as they change their life style by, introducing holistic products, and new habits, into their life. Many of these people have healed their bodies. The holistic world is full of hope and joy, and I believe with effort we can have a healthy vibrant body.

janes-store@telus.net

Author: Jane Kriese

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