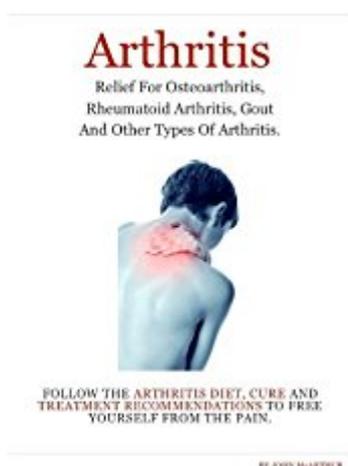


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# Arthritis: Arthritis Relief For Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, And Juvenile Arthritis. Follow The Arthritis Diet, Cure And Treatment Free Yourself From The Pain



## Synopsis

Osteoarthritis, rheumatoid arthritis and gout are the most common types. This disease, regardless of the type, is very painful and can render you unable to perform even the most menial tasks. Researchers and medical professionals agree that arthritis can have a considerable impact on the systemic health and lifestyle of those suffering from it, even to the extent of potentially shortening the lifespan of the sufferer. The good news is that while arthritis is common, life-shortening, disabling and comes at a high cost to both individuals and society, it is treatable, particularly during its early stages. Early diagnosis and treatment of arthritis can decrease your risk of suffering tremendous pain and disability at some later point. However, the problem sometimes is which treatment options to follow. Should you go for NSAIDs, corticosteroids, TNFs, DMARDs or surgery? Should you try out natural methods? The main purpose of this book is: to make you aware of the various treatment options to help you cope with the symptoms of arthritis and restore your normal bodily functions and resume your normal, daily activities. This book will teach you some of the good and safe treatment options eliminate and/or minimize arthritis pain. You will learn how to use natural and conventional methods as well as heat and cold in an appropriate manner to overcome the pain prevent further progression and live a fairly normal life. Here is a quick overview of some of the topics you will see inside the book:

- Osteoarthritis
- What Is Osteoarthritis
- Signs and Symptoms
- The Causes Of Osteoarthritis
- Osteoarthritis Risk Factors
- Treatment Options
- Gout
- What Is Gout?
- Signs And Symptoms Of Gout
- The Causes Of Gout
- Gout Risk Factors
- Treatment Options
- Rheumatoid Arthritis
- What is Rheumatoid Arthritis?
- Signs and Symptoms of Rheumatoid Arthritis
- Causes of Rheumatoid Arthritis
- Rheumatoid Arthritis Risk Factors
- Treatment Options
- Juvenile Arthritis
- What Is Juvenile Arthritis?
- Signs and Symptoms of Juvenile Arthritis
- The Causes Of Juvenile Arthritis
- Juvenile Arthritis Risk Factors
- Treatment Options
- Psoriatic Arthritis
- What Is Psoriatic Arthritis?
- Signs and Symptoms of Psoriatic Arthritis
- The Causes Of Psoriatic Arthritis
- Psoriatic Arthritis Risk Factors
- Psoriatic Arthritis Treatment Options
- Recent Research Findings on Arthritis
- Zeroing In On the Root Cause
- The Body's Natural Defense Against Osteoarthritis
- A Deeper Insight Into Omega-3 and Rheumatoid Arthritis
- Enriched Milk: Reducing The Frequency of Gout Flares
- Natural Therapies for Juvenile Arthritis
- Gluten and Psoriatic Arthritis

You can be sure that all of the information you will get from this book is geared towards helping you overcome arthritis. With the information you learn here, you will be able to restore normalcy to your daily routine and be able to improve your quality of life. We hope that you will enjoy reading this book and applying the information as you follow the path towards a pain-free life.

## Book Information

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## Customer Reviews

I have been interested in alternative health and medicine since childhood. My dad taught me about the benefits of natural health since a very early age and I since then I have always been reading and learning about the subject as much as I could. So when John asked me to review this book for him and publish my findings I obviously jumped at the opportunity. Here is a summary of my first impressions as I read through the book: The book is well researched, well laid out and very easy to read. No confusing and impossible medical jargon - the book is written in easy everyday English for lay people. Contains in depth discussions of the various and most common forms of arthritis (osteoarthritis, rheumatoid arthritis, gout and juvenile arthritis) Each form of arthritis is discussed as follows: What It Is. Signs and Symptoms. The Causes. Risk Factors. Treatment Options - covering conventional and alternative options. I am impressed with the obvious research effort as well as the quality of the information that went into this book. I have no hesitation whatsoever to recommend it highly to any arthritis sufferers. You can only benefit from reading this

book and applying what you have learned. There are some refreshing new ideas in there.

This is a very comprehensive and detailed guide on arthritis. I have a relative who suffers from this condition and he goes to bed every day at around 5 pm because of it. It is a terrible affliction of old age (and one that sometimes affects the young too), and anything you can do to alleviate the symptoms is going to be very beneficial and make life a lot easier and more comfortable. The chapter on myths is very insightful and I've learned so many things that I wasn't aware of. For example, there is a common held belief that a cold and/or wet climate induces arthritis, but this book explains why this is a myth and not a fact (a cold compress works too!). If you or someone you know is considering making a move to a warmer climate because of arthritis, for example, then it's information like this you need to know. The book explains the different types of arthritis, ie Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis and Juvenile Arthritis (as on the cover). It is also accompanied by detailed medical diagrams. Included in the chapters are: what it is, the symptoms, causes, risk factors and treatment options (including natural treatments, such as losing weight and drinking lots of water etc). The dietary advice is invaluable. My relative suffers from Gout and has already been experiencing some relief from the symptoms by following this advice. It has been absolutely wonderful to see this. This is absolutely everything you need to know about arthritis. A very impressive and professionally presented guide containing relevant, up-to-date medical information and effective solutions for alleviating and removing the pain caused by arthritis, as much as is humanly possible. If you or someone you know needs help managing this common and awful affliction, then you really need the expert advice being offered here. Highly recommended!

Although my father has never been a heavy drinker he has gout. His physician has refused another prescription for his medication because of adverse reactions but nothing else has ever helped relieve his pain. It's heart wrenching to see a parent in such pain. I have spent countless hours on the internet trying to find something \*anything\* to ease his pain. This time we're going by the book so to speak, we're using diet and more water consumption to help maintain normal uric acid levels and omega-3 along with vitamin E and Folic Acid and so far so good and we owe it all to this book!

This is basically an overview of all the types of arthritis including gout. As someone who has been close to someone with RA I found the most helpful part was the section on Omega-3 which I have seen have a very positive effect in reducing symptoms and flare ups.

If you are one of the millions of people suffering from arthritis or gout and are unsure about the available treatments then this book is just for you. It is filled with helpful information on arthritis myths, recent research, and the different treatments for osteoarthritis, rheumatoid arthritis, juvenile arthritis, and gout. The book gives clear information on the positives and negatives of each treatments and lets you decide which is best for your situation. The book is very well researched and written in a clear and easy to understand way. If you are looking for info on arthritis treatments I highly recommend checking this book out.

"But I thought arthritis was only for the elderly..."Apparently not. According to the author, even toddlers and juveniles can get it. That's just one of the many myths this book dispels in its mission to inform readers about arthritis and various other similar conditions. Then it outlined specific treatments that--while not getting rid of these ailments--certainly help one to cope with them. I found it particularly useful in that my grandmother, whom I care for, has arthritis. Even if you don't have one of these conditions yourself, it helps to know how you can assist someone who does. And you never really do know if you won't get it yourself. I truly think that everyone should read this, sooner than later...

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