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## Natural Arthritis Treatments

By: [Gray Rollins](#) ★

Arthritis isn't anything to joke about and those who suffer from it need effective arthritis treatments. If you have arthritis, you know how painful a condition it really is. The problem with finding suitable arthritis treatments is two-fold. First, the arthritis treatments that get prescribed ultimately depend on the initial diagnosis, which is why it's so important to discuss the situation with a medical practitioner. And second, many sufferers cannot tolerate the side effects of NSAIDS or surgery and for this group, natural arthritis treatments really are their only options.

Natural arthritis treatments encompass any type of treatments that do not involve the use of NSAIDS or COX-2 Inhibitors. If you suffer from arthritis and you've tried these types of treatments without success, it may be time for you to research natural treatments for your arthritis. Here are a few to consider.

### Physical/Heat/Massage/Relaxation Therapy

Arthritis is pain in the joint area and it can strike in any part of the body where joints exist. This pain isn't always the result of damaged joints. It can be caused by overworked tendons, a build-up of scar tissue, frayed nerves and tense muscles. These types of therapies are oftentimes effective because they generally are designed to focus on the affected area. Rubbing and kneading, applying heat, or using a walker or other type of device designed to improve mobility and posture can all help to promote improved blood circulation and loosen overly tight areas. The goal of these types of therapies is to work on the root of the pain and hopefully, after repeated treatments if necessary, make the pain disappear permanently.

### General Exercise

In a total reversal of what was thought to be true decades ago, doctors today frequently prescribe exercise as an effective natural arthritis treatment. Regular exercise is also an effective preventative measure against arthritis. When people don't exercise, their muscles weaken and become stiff and this leads to the type of pain associated later on with arthritis. Cardiovascular exercises, light strength training exercises, and range-of-motion exercises (stretching) all produce positive results.

### Water exercises

Hydrotherapy or water exercises, work by immersing the body into tanks or pools that have been filled with warm water. Once inside, the patient performs resistance-type exercises to hopefully alleviate the pain. This type of a workout is physically intensive so it should always be performed in a supervised setting.

## Controversial Alternatives

Search the web and you'll find an abundance of products that claim to be "natural" arthritis treatments. Among the more popular are Glucosamine, Chondroitin, Manganese, MSM, Niacinamide, Turmeric and Ginger extract. Promoters of these naturally-occurring ingredients claim they reduce inflammation, slow the aging process, and promote joint repair. Before spending a lot of money purchasing products containing these ingredients, and especially before taking these or any other products that claim they are natural arthritis treatments, discuss the benefits of each with a doctor or someone you trust who knows more than you do about natural remedies. You might find that making some changes to your diet is just as effective a treatment.

Gray Rollins is a featured writer for [TheRawChallenge.com](http://TheRawChallenge.com) - a site dedicated to helping people learn about the amazing health benefits of a [raw food diet](#) - a diet that can help people overcome a variety of challenging health conditions. Also, take a few moments to learn about [Eat Stop Eat](#) - an intriguing program about losing weight.

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## **Glucosamine And Chondroitin Offer Relief From Arthritis - Naturally** **By: [Jack Russel](#) ★**

Creaky knees. Joint pain and tenderness. Loss of flexibility. Bone spurs. Swelling.

Any of this sound familiar? Perhaps you've experienced these symptoms when climbing the stairs or rolling out of bed... or simply while doing routine day-to-day activities. If so, you aren't alone.

Arthritis affects more than 20 million people in the United States alone and does not discriminate based on age, gender or race. Ranging from mild to severe, arthritis comes in many forms and may simply be an inconvenience for some, while utterly debilitating for others. And, while some forms of arthritis are genetic, others - such as osteoarthritis - can be caused by damage to cartilage, often caused by sports-related injuries or the day-to-day wear and tear on sensitive joints.

According to published information by the National Collaborating Centre for Chronic Conditions, osteoarthritis, also known as degenerative arthritis or degenerative bone disease, is the most common form of arthritis occurs when abnormal wear degrades the cartilage that covers and cushions joints and leads to a decrease in the synovial fluid that lubricates those joints. Simply stated - the cushion in your joints wears out and you feel the pain, especially when doing any weight-bearing activity such as walking or standing. Further complicating the matter, the pain may lead to decreased movement and those important muscles can atrophy and ligaments may become weak.

Although there is no cure for osteoarthritis - or any form of arthritis - a variety of treatments are available. Many who suffer from arthritis take common over-the-counter NSAIDs (which work to control inflammation and block the pain temporarily) such as aspirin or ibuprofen, or resort to prescription NSAIDs such as Daypro, Naprosyn or Celebrex. Still others prefer to avoid the dangerous side effects of NSAIDs (such as an increased risk of stroke and heart attack and stroke) and make changes to their diet, begin a moderate exercise program or lose weight to lighten the load on their joints. Still others attempt therapeutic massage in conjunction with vitamin therapy and herbal remedies, as well as nutritional supplementation.

While all of these treatments are viable options, more and more people are turning to natural supplementation with glucosamine and chondroitin for relief from arthritis pain, without the fear of potentially fatal side effects.

Glucosamine and chondroitin are the building blocks for the cartilage found within joints. This cartilage is constantly breaking down and being repaired. In an arthritic joint, however, the raw materials - glucosamine and chondroitin - are not as readily available. Supplementation with these two vital molecules ensures that the materials necessary for

"rebuilding" cartilage are readily available. So, rather than simply masking the pain, glucosamine and chondroitin work to repair the damage.

One such supplement is Syn-flex Premium Liquid Glucosamine. Unlike other glucosamine products on the market which come only in capsule or pill form, the exclusive eleven-ingredient liquid formula developed by [Syn-flex](#) (Synflex) provides maximum absorption for effective treatment. You can learn more about glucosamine and chondroitin and the powerful role they play in fighting arthritis, as well as how effective Syn-flex Liquid Glucosamine is in treating arthritis by visiting the Syn-flex Website at <http://www.syn-flex-usa.com>

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## **Cherries, Cherry Juice, And Gout - Eliminate The Risk Of Gout Naturally**

**By: [Sable Woods](#) ★**

What's the link between cherries, cherry juice, and gout? Cherries are now known to be a major remedy for gout, but what makes this fruit and its juice equivalent so effective? Cherries contain an anti-inflammatory agent called anthocyanins, which is a type of flavonoid that helps alleviate the swelling of bodily joints and tissues. Anthocyanins are now recognized as the most efficient flavonoid that facilitates in preventing any probabilities of gout attacks, and the cherry tops the list of fruits rich in anthocyanins.

Here's how anthocyanins work: when gout attacks, it damages the connective tissues generating the passageway to rupture over other adjacent tissues. The anthocyanins' way of combating gout attack is through blocking 'bad' enzymes from replicating numerously. The flavonoid becomes a shield and a defense protecting agent. The antioxidant properties of the anthocyanins help impede any oxidants from discharging when swelling and inflammation occurs, and it aids in rebuilding the lost minerals and renewing joint tissues to their normal condition.

Anthocyanins in cherries and cherry juice also help in lessening the disturbing and infuriating pain produced by gout. Medical professionals confirm that consumption of cherries (fresh or dried) or cherry juice on a daily basis will provide relief and greater tendency of lowering the uric acid levels in the body. Whichever way you take your cherries, the outcome will help reduce the risk of gout attacks.

According to studies, cherries and cherry juice has given gout inflicted people the kind of relief that they never felt in any medications that they undertake. They have become a great source in preventing inflammation and side effects brought by gout and are an effective alternative to taking medications prescribed by medical specialists. Together, proper diet and daily cherry juice intake are two great factors that will help in diminishing the major issues of gout.

Read the personal story of a man who suffered from excruciating gout and found a way not only to get rid of the pain almost immediately but even prevent future attacks... all with a simple, safe [gout home remedy](#) you probably have hiding in your kitchen right now! For more information, visit <http://www.GetGoutRelief.com>

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# **Gout Natural Cures - Natural Remedy Gout Secrets Your Doctor Won't Tell You!**

By: [Joe Barton](#) ★

Hundreds of Dollars! That is how much money you can save by these gout natural cures secrets. And just think you could also save yourself pain and the time to visit the doctor only to be recommended various pain killers.

Gout is one of the most painful forms of arthritis! And these natural remedy gout secrets have been used for centuries. However, they seemed to be forgotten in the last fifty years after various synthetic medications have entered the health scene. Natural remedies were a thing of the past until 10 years ago!

Until research revealed something...

## **Research Tested Natural Remedies**

Only in the last decade has natural health began to surge because of research. Numerous research studies have shown that some century-old gout natural cures have been extremely effective in treating gout and lowering uric acid levels (the cause of gout).

But don't expect your doctor to tell you about these secrets. If they did, pharmaceutical companies would lose billions of dollars annually. The medical community (hospitals and pharmacies) would never allow this to happen! But natural health doctors would and here is what they suggest!

## **Gout Natural Cures Tested by Kings**

Gout was once known as the disease of kings. This is because gout is usually caused by a king-like lifestyle including a poor diet, alcohol and an inactive lifestyle. Here are age-old tips for gout that have shown to be valid.

**1. Purine Levels-** You should learn what purines are! Purines cause a rise in uric acid levels which cause gout flare-ups. You should avoid eating large quantities of meat. We recommend only eating 6 ounces of meat, fish or poultry per day. Find other sources for protein until you normalize your uric acid levels.

**2. What You Drink-** This can have a great effect on your uric acid levels. Uric acid can be flushed by drinking at least 10 glasses of water a day. Or uric acid levels can jump through the roof by drinking more than 2 alcoholic beverages a day. Women are recommended to only drink one per day.

**3. Being Active-** Do you know that being active and exercising has been shown to have hundreds of benefits, including curing gout. When you are over your ideal body weight,

your body will retain more uric acid and also put more pressure on joints. This is the perfect combination to cause repeated gout flare-ups. Our gout remedy report suggests some simple tips to lose 20 pounds or more.

**4. Vitamin Therapy-** Are you taking your vitamins? Studies have shown that a deficiency in vitamins such as A, B5 and E are serious factors that can lead to the formation and advancement of gout symptoms. You should find a quality vitamins distributor today.

### **Get Relief in an Hour**

Those 4 [gout natural cures](#) secrets will eventually treat your gout permanently. But what about your pain right now? You can actually get relief in one hour too! All you need to know is what simple ingredient (most likely in your cupboard right now) neutralizes the uric acid in minutes. And this alkaline ingredient can work during any flare-up!

If you are serious about treating gout, please visit our Gout Natural Cures website today. We offer the only research-based, step by step, medical doctor approved [Gout Natural Remedy Report](#) that has helped thousands. And due to our overwhelmingly high success rate, we are now offering a 6 month guarantee on our remedy report. To have our report sent to your computer in minutes, please visit us today!

We promise you will not be disappointed in curing gout at home!

100% guaranteed! Research driven! Natural! Say good bye to pain killers and gout today! With 22 years of natural health experience, Joe Barton and Barton Publishing offer the only Gout Natural Cures Remedy that works in hours. Learn why thousands have cured gout at home by visiting, [Gout Natural Cures](#)

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## **Herbal Remedies For Arthritis**

**By: [Dr James Sameul](#)**

Arthritis is one of the most common chronic diseases in the world. Despite lot of research and effort, an effective cure has still eluded us. All that can be offered are the anti inflammatory and pain killers like Aspirin. This month, we make an attempt to suggest some very effective Ayurvedic remedies for Arthrities where nothing else has worked for you. Plus... More tips for Arthritis in the end.

An arthritis herbal remedy is one which is plant-based, and is reported to relieve inflammation and/or pain associated with arthritis by its various users. Both men and women report that the arthritis herbal remedy natural progesterone and Arthrit-Eze gives relief from arthritis, aching joints and sore muscles.

### Herbal Arthritis Remedies

**Burdock Root** - Burdock Root is a time proven remedy for arthritis pain. It is an excellent blood purifier and blood cleanser and can help to reduce joint swelling and calcification.

**Comfrey** - Comfrey is one of nature's greatest arthritis remedies. Comfrey soothes and heals inflamed tissues, and it helps reduce swelling and pain in a most remarkable way. Comfrey root is made into a tincture for external use only.

**Black Cohosh** (*Cimicifuga racemosa*): An American Indian treatment for arthritis involved using the root of black cohosh. There are five species in the *Cimicifuga* genus worldwide that have been used to treat rheumatism. Black cohosh contains aspirin-like substances as well as other anti-inflammatory and antispasmodic constituents.

**Dosage and Directions:** Simmer 1 teaspoon of black cohosh root in 1 cup of boiling water for twenty minutes. Strain and drink the tea in 2 divided doses during the day. Do this for two to three weeks, and then take a break for seven to ten days before starting the treatment again.

**Shallaki** also known as boswellia (*Boswellia serrata*), comes from a tree that yields gum when its bark is peeled away. In clinical trials, promising results were observed in patients with rheumatoid arthritis, chronic colitis, Crohn's disease. Researchers found that standardized *Boswellia* extract significantly reduced swelling and pain and usually reduced morning stiffness for people with rheumatoid arthritis.

The use of herbs is a time-honored approach to strengthening the body and treating disease. The following have been used traditionally to treat rheumatoid arthritis: Shallaki also known as boswellia (*Boswellia serrata*), comes from a tree that yields gum when its bark is peeled away. In clinical trials, promising results were observed in patients with rheumatoid arthritis, chronic colitis, Crohn's disease.

The Scottish and other Nordic peoples discovered years ago that Cod Liver Oil reduced pain and stiffness in the joints, especially during the frigid winter months. Cod Liver Oil is available in supplement form at most health food stores, and has been shown in studies to have numerous health benefits, including reduction of pain from rheumatoid arthritis.

Other groups that should hesitate before using herbal remedies are women who are pregnant or breast-feeding, because herbals can act like drugs, Pleuss says, along with anyone under 18 and adults 65 and older. "Older people often metabolize medications, including herbals, differently than younger adults do. Herbals have not been widely tested for their effects on growing children." Several recent studies have been done on children to measure the efficacy of echinacea and garlic for their widely touted potential to relieve cold symptoms. Neither was found any more effective than a placebo.

Read about [hair loss treatments](#) also read about [acne cure treatments](#) and [body building tips guide](#)

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## Herbs for Arthritis Relief

By: [Kaye Fretz](#) ★

There is no shortage of herbs for arthritis. It is true that they may not really be able to cure arthritis. They can however greatly reduce the pain and swelling that arthritis patients commonly suffer from. These herbs may be a good option for you if nothing else works. Among the possible herbal options are:

-Nettle Leaves- Stinging nettle is believed to be the natural counterpart of NSAIDs. The anti-inflammatory components of this herb reduce arthritis swelling. The herb also has boron which is a recommended nutrient for those with arthritis. Nettle can be eaten or used for tea.

-Devil's Claw- Its name is actually derived from the appearance of its fruits that look much like claws. This is a herb found in Africa and is prized for its pain relieving and anti-inflammatory properties. It is also believed to help improve the joint movement of arthritic patients.

-Ginger- If you love the taste of ginger, you will love it even more for its anti-inflammatory properties. It can also help reduce the sensation of pain. Those who are very fond of ginger often report that there seem to be no side effects associated with it. Ginger can be mixed with food or taken as tea.

-Celery- Another ingredient found in the kitchen that can be used for arthritis relief is celery. Early European settlers introduced this herb to the North American continent. The herb has anti-inflammatory substances and potassium which is beneficial for arthritis patients.

-Red Pepper- No herbs for arthritis list will be complete without red pepper. This is probably one of the most well known natural pain relievers that is useful even to those who do not have arthritis. Capsaicin which makes peppers taste hot can also help hamper the perception of pain. It also causes the release of more endorphins which are natural pain relievers in the body. Another compound in red peppers is salicylate which closely mimics aspirin.

-Alfalfa- The major contribution of this herb to arthritis relief is its nourishing nutrient content. It also serves to minimize the retention of fluid. It is recommended that arthritic patients take this herb in tea form. Alfalfa powder may increase arthritis symptoms.

-Angelica- One species of this herb is also popularly known as dong quai. This herb is used for both the relief of inflammation and arthritis pain. Like other herbs, this one can be taken in tea form.

A couple of other herbs have pain and inflammation reducing components. Those who take herbs seriously and properly can truly attest to the effectiveness of herbs. You should always remember though to always have safety in mind. Some herbs, when taken with some medicines can result in serious and dangerous side effects.

Herbs also have no standard dosages and mixtures. Different sources and herbal experts will have different recommendations. This means there is no guarantee that one specific dosage recommendation will work well for you.

Herbs should not be taken without your doctor's advice. The safest way to take herbs for arthritis is with your doctor's knowledge and consent.

Do you have [rheumatoid arthritis symptom](#)? Get the best [herbs for arthritis](#)

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## Arthritis Pain Relief - 5 Tips To Treat Arthritis Naturally

By: [Kristi Viard](#)

With literally millions of people experiencing some type of arthritis, and the severe pain that can be associated with it, there are many looking for ways to treat this sometimes debilitating disease without the use of medication. A lot of times people will turn to the help of professionals who may prescribe powerful medications. While these medications will relieve the pain, they usually will come with some severe side effects. Treating arthritis pain naturally offers relief without the usual side effects of medicine.

There are 5 effective and natural ways to relieve the pain of arthritis without the use of strong medications:

1. **Exercise.** People who have arthritis will move around a lot less because of the pain in their joints. However studies show that there are some exercises such as walking and balancing exercises, such as Yoga, Tai Chi and water aerobics that can greatly reduce the pressure on the joints and reduce the pain associated with arthritis. It is also beneficial because it will improve your general health as well. Before starting any exercise program it would be a good idea to consult with a physical therapist or your regular physician to ensure that the exercise will be safe.
2. **Emu Oil.** Emu Oil is an anti-inflammatory and an extremely effective treatment for arthritic symptoms that can be used topically. It works quickly, penetrates deeply into the joints and is rich in vitamins A and E.
3. **Acupuncture.** Many people swear by the effects of acupuncture as an effective and relaxing way to relieve arthritis pain naturally. You will need to ensure that a certified and experienced health care provider performs your acupuncture treatment.
4. **Aromatherapy.** Another great way to treat arthritis pain and get some pampering in the process is the use of Aromatherapy. Aromatherapy oils can be easily applied to the area to relieve some of the pain or added to a warm bath. This is an easy and inexpensive way to help relieve arthritis pain naturally.

5. **Natural Supplements.** Supplements that contain Glucosamine and Fish oil are the best in relieving arthritis pain.

Looking for a [natural arthritis pain relief](#) treatment? Learn how you can relieve the [arthritis pain](#) naturally.

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## **7 Best Natural Arthritis Treatments Ingredients**

**By: [Bob Alter](#)**

When you are searching for good quality natural arthritis treatments you need to target certain ingredients. As we baby boomers grow older, we have a hard time letting go of our youth. However, we are an educated bunch and we try to stay away from drugs. This article will help you identify the ingredients you need to look for in natural arthritis treatments. I firmly believe that you can heal your body from the inside out. Do you?

**Natural Arthritis treatments should target the following areas.**

- Cartilage
- Pain receptors
- Inflammation
- Pain
- Increase range of motion
- Muscle strength
- Endurance

The arthritis pain products you are looking for will need to address the above conditions. It will be easy to find natural arthritis treatments at Wal-Mart but can you get a wholesome blend of all the arthritis ingredients?

**The best natural arthritis treatments will include these ingredients:**

- Calcium
- Magnesium
- Boron
- MSM
- Glucosamine
- Chondroitin
- Tumeric
- Vitamin B3
- Vitamin C
- Boswellia
- Bromelain
- Devil's Claw

Each all natural ingredient will target a certain area of the joint that will help you function like a normal adult. First and foremost we all want the pain to stop. We can get the pain

to stop in various ways like aspirin, ibuprofen and such but that only masks the problem. Natural arthritis treatments need to target the cause of the pain and replenish the stock. By feeding your body the natural ingredients from above. you will start the healing process the way nature intended it to be.

Some of the all natural arthritis treatments target inflammation, others help the pain go away. Glucosamine and Chondroitin target the cartilage in your joints and begin or aid in the healing process of cartilage. Cartilage will deteriorate over time and if we don't do anything to replace that deterioration process pain and inflammation will flair up.

As we age, our muscles tighten up, we are not as flexible because we don't work on it and our overall strength decreases. A great deal has been written about physical conditioning and it's very important as we age. Atrophy happens when we stop using our muscles and the ones that are hurt the most are the muscles that support our joints. That is another cause for the increase of arthritis.

It would be hard to explain each ingredient in this small space, but suffice it to say you can learn a lot more about each ingredient by looking at our free offer. Any good all natural arthritis treatment products will contain certain amounts of those ingredients.

Do yourself a favor the next time you are looking for natural arthritis treatments, compare ingredients from different bottles or liquids and make sure they contain these ingredients:

- Calcium
- Magnesium
- Boron
- MSM
- Glucosamine
- Chondroitin
- Turmeric
- Vitamin B3
- Vitamin C
- Boswellia
- Bromelain
- Devil's Claw

There are arthritis pain products on the market that contain everything we have discussed above, but if you need to mix and match various arthritis products then do so. It's that important.

Make it a pain free day.

Learn specific details on each ingredient by visiting Healthy Arthritis Treatments now: [Natural Arthritis Treatments](#) Don't forget to grab our free report on the Top 7 ingredients

found in the best Arthritis products.

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## **Arthritis Natural Remedies**

**By: [Alexis Kenne](#)**

Rheumatoid arthritis is also classified as an autoimmune disease (immune cells attack the body's own healthy tissues). The joints are primarily affected by rheumatoid arthritis, but there can be systemic effects (i.e. Researchers have worked for years to find the cause of the abnormal autoimmune response associated with rheumatoid arthritis. Rheumatoid arthritis (RA) has long been associated with work disability . Older studies have concluded that as many as 50% of people with RA for 10 years or more have been forced to stop working.

Osteoarthritis is the most recognizable form of arthritis touching 16-20 million inhabitants of the United States alone. Osteoarthritis (OA) originates with the decomposition of cartilage in joints, resulting in joint pain.

Treatment for joint pain include resting to allow the injury to heal. Warm baths and ice also reduce the swelling and provide some relief. Treatment only relieves the pain temporarily. Conventional painkillers have side effects. Treatment of Arthritis in the thumb depends on the symptoms and the stage of the disease. Some arthritic thumbs may be relieved with an aspirin.

Healthy diet is important, so try to eat a balanced diet, take lots of vegetables, fruits, fish high in Omega-3 fatty acids and Vitamins C, E and folic acid. Avoid cigarettes, alcohol, coffee and tea.

Joint pain is a chronic medical condition that can affect anyone. The pain is usually accompanied by a feeling of stiffness in the affected joint in conjunction with redness and fever. Joint Power Rx could be an excellent solution because this formula includes many added herbal extracts and nutrients that are key in joint health.

Exercise used as one of the rheumatoid arthritis natural remedies includes performing aerobic exercises such as walking, dancing, or swimming. Exercise regularly and maintain a healthy diet and normal body weight. Also, you should get regular checkups.

Studies have shown that exercise helps people with arthritis in many ways. Exercise reduces joint pain and stiffness and increases flexibility, muscle strength, cardiac fitness, and endurance.

Alternative and natural treatments have gained popularity and serve as a complement to traditional therapies. Some treatments get little respect regarding their efficacy, compounded by warnings for potential drug interactions and side effects. Alternate hot and cold applications will give relief to swollen and painful joints.

Glucosamine is a substance that appears in the human system naturally. There are supplements of this natural cure for arthritis on the market, and some people have found relief by using this remedy. Glucosamine and chondroitin sulfate are natural substances that are part of the building blocks found in and around cartilage. Extracts from animal products have been used in Europe for more than a decade to reduce pain and improve mobility in patients with osteoarthritis.

Fruit and vegetables, with their antioxidant activity, usually exert an anti-inflammatory effect. Other natural arthritis remedies include the herb white willow, for pain management.

Alexis Kenne wrote this article. If you liked it, there's more where that came from! Visit <http://ebooks-business.com/health/?p=129> or <http://www.extend-yourlife.com> to read more, and get Free High Quality Health and Fitness Reports just for stopping by.

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## **Articles On Other Types Of Arthritis**

Arthritis Report-How To control Your Arthritis

[http://www.arthritispainbegone.com/How\\_to\\_Control\\_Your\\_Arthritis.html](http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html)

Osteoarthritis (Wear and Tear)

[http://www.arthritispainbegone.com/What\\_is\\_Osteoarthritis.html](http://www.arthritispainbegone.com/What_is_Osteoarthritis.html)

Rheumatoid Arthritis

[http://www.arthritispainbegone.com/What\\_Is\\_Rheumatoid\\_Arthritis.html](http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html)

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Psoriatic Arthritis

[http://www.arthritispainbegone.com/what\\_is\\_psoriatic\\_arthritis.html](http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html)

Pet Arthritis

[http://www.arthritispainbegone.com/Cat\\_Arthritis.html](http://www.arthritispainbegone.com/Cat_Arthritis.html)

Arthritis AND Diet

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Arthritis Symptoms

[http://www.arthritispainbegone.com/what\\_are\\_arthritis\\_symptoms.html](http://www.arthritispainbegone.com/what_are_arthritis_symptoms.html)

Gouty Arthritis

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Arthritis and Exercise

[http://www.arthritispainbegone.com/Arthritis\\_Exercises.html](http://www.arthritispainbegone.com/Arthritis_Exercises.html)

Amazing Arthritis Relief

<http://www.arthritispainbegone.com>

A handwritten signature in blue ink that reads "Stacynth Allen". The signature is written in a cursive style with a large, prominent initial 'S'.

