

**BEAT
ARTHRITIS.
Step
By
Step
Arthritis
Strategy**



By: Shelly Manning

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Part I

What You Don't Know About Arthritis Can Hurt You



Chapter 1: How I Beat the Most Common Disease In America Without Drugs

Not long ago, my life was in shambles. Sure, on the surface, I had everything going for me: a lovely husband, a beautiful house in a safe neighborhood, and a son I loved more than anything.

Despite feeling, in many ways, like I was the luckiest gal in the world, I slowly degraded until I became a shadow of my former self. No, I didn't develop a drinking problem or become a "shopaholic"—I'm not into that sort of thing. What led me down a path of crippling pain, thousands of dollars in needless expenses, and strained relationship with the people I loved the most was none other than the most prevalent disease in America – arthritis.

It all started when I was about 46 (I'm 53 now), and got worse and worse as the weeks and months added up. At first, I'd wake up with maybe a stiff back, or some crackling knees. Then, a few days a week, I'd have a "visit from Uncle Arty", as I liked to say. But over time, arthritis went from a minor annoyance to something that took over my entire life.

I'm sure you can relate to the excruciating pain that this awful condition brings with it. Your back feels like it has a metal rod jammed inside of it, your hands become more twisted than the branches of a willow tree, and your knees painfully snap, crackle, and pop with every aching step. I can relate –my arthritis got so bad that I thought I'd have to end up in wheelchair.

But as you know, arthritis doesn't necessarily fill your body with lightning bolts of pain 24 hours a day, 7 days a week. It's more like riding a roller coaster of agony. It seems that as soon as you feel a bit better, arthritis leaps out of nowhere and wrestles hold of your life once more.

That's when arthritis went from being something that just affected my knees and back to a disease that hijacked my mind as well. I became depressed, withdrawn from my family and friends, and a zombie at work.

I went from being one of the most social gals in the neighborhood, always hosting the big dinner party or barbeque, to someone who spent her spare time laid out on the sofa trying desperately to forget about the incredible pain. Arthritis changed me from the "go to" woman at the office, always first in line for that next promotion, to someone who hobbled around and avoided eye contact with my coworkers.

I'm not proud to admit it, but for a while there, arthritis definitely got the best of me. At my lowest points, I almost preferred a visit from the Grim Reaper to enduring another day with arthritis.

And it seemed that no matter how much I fought the pain, whether through drugs, distractions, or wacky miracle cures, it found a way to dig and burrow itself deep inside of me. The disappointment of trying a new medication, only to see it fall flat, was almost as bad as the disease itself.

Believe me, I tried it all. Like you probably did, as soon as I started feeling the pain, I went to visit my doctor. Even though I had a great relationship with the guy, and he always seemed to know his stuff, he really let me down when I needed him most. I'd come to him writhing in agony, begging him for something --anything-- that would give me my life back. He would smile, shrug, and write me another prescription for a drug that did more harm than good.

But I didn't stop there, of course. I tried some "mega supplements" that were designed to help with the pain, but did nothing but charge my credit card \$99.99 per month. Oh, and I went to physical therapy, where they put me in machines that resembled Middle Age torture devices, and forced my tender joints to endure throbbing grief only to feel worse after the session.

I even went to a so-called "arthritis specialist", just to he could inject some sort of funny looking syrup into my back and knees. The only thing that seemed to do was make yet another part of my body in pain -my skin.

Then The Most Amazing Thing Happened

About 3 years ago, I had one of those life-changing moments that I thought only happened in the movies.

Since I was a little kid, I had always wanted to visit Asia. But with college, then a job, and then a monthly mortgage, I never had a chance to go. But one day, my boss called me into his office and told me that I had 22 days of vacation days on the books, -and if I didn't use them...I'd lose them! The first thing that came into my head was: "I'm finally going to China!", followed by "what about my arthritis?"

Although I was excited for the fact that I'd get to see this amazing place that I've always wanted to go to, I was concerned, downright afraid really, about arthritis and how it would effect my journey. After a few days of mulling it over, I hunkered down and ordered a round trip ticket to Hong Kong.

I'm not going to lie to you, getting to China was not a pleasant experience. The tiny seats in the airplane for the 22-hour journey made my joints beg for mercy. And carrying my luggage made me feel like needles were being jabbed into my knees. As you've probably felt firsthand, I had a "flare up" of epic proportions.

But once I left the airport and finally saw the amazing Hong Kong skyline with my own two brown eyes, I actually forgot about my arthritis...briefly. An hour or so later, instead of exploring the hustle and bustle of this Asian metropolis, I was lying in bed, wondering if I'd be able to make it to the lobby without bursting into tears of pain. Eventually, I managed to limp and carry myself to the wild streets of Hong Kong -filled with sights, sounds, and (especially) smells hat I never knew existed.

My growling stomach led me to the first place that resembled a restaurant. But when I looked at the food, it scared the daylights out of me. I said to myself: "I need to find some real food". I wandered around as much as my aching body would take me, only to give up and reluctantly sit myself down for the first time in a real Chinese restaurant.

The friendly Chinese owner, who called herself "Jane", seemed to size me up as she saw me hobble into

the place. In near-perfect English, Jane said: “I know just the thing for you”, and without letting me even respond, she rushed to the kitchen to cook my lunch.

A few minutes later, Jane came back with a strange soup and the largest teapot I’ve ever seen in my life. I was so famished that I downed the bowl of soup and entire pot of tea without even looking up. When I did, I noticed Jane staring at me with a strange smile. Expecting her to ask me how I liked the food, she instead asked me: “How do you feel?”

“What a strange question”, I thought to myself. I almost replied with my automatic response: “I’m doing OK”, but then I suddenly noticed that my knees, hands, and back felt better than they had in years!

Wanting to kiss this woman, I begged her to tell me what was in the food. Calm and poised, Jane calmly told me the “secret” was actually what she put in the tea: “I put many things in tea to cool off your hot joints. The most important thing, we call ‘Jiāng’, but you probably say ‘ginger.’”

Other than meeting my husband and having a child, this was the most important thing that ever had happened to me. By making sure to eat the foods and drinks that Jane recommended for the rest of my trip, I was able to tackle mainland China, from giant cities like Guangzhou to tiny villages nestled in the mountains. Everyday, my posture improved, my joints loosened up, and my pain took a nosedive.

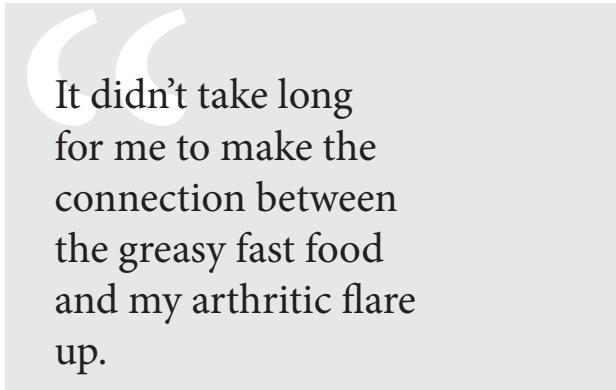
After returning from my amazing journey and feeling like a million bucks, I realized that I needed some good ol’ American food. On the drive home from the airport, I popped into my local fast food drive-through and ordered nearly half of the menu. Starving, I scarfed down almost everything by the time I pulled into my driveway. Not wanting to wait to tell my husband about my miraculous transformation, I honked the horn, threw opened the car door...but I wasn’t the same!

The pain, stiffness, and agony had returned with a vengeance. My arthritic knees and back were back to their old, horrible, selves!

It didn’t take long for me to make the connection between the greasy fast food and my arthritic flare up. Actually, I had once heard something about diet and arthritis, but I didn’t give it much thought at the time.

In the weeks after my return from China, along with readjusting to life in The States, I spent every waking moment studying natural treatments for arthritis that actually work. It turns out, to my amazement, that diet and arthritis is just scratching the surface of the incredibly powerful, but completely unknown, natural treatments for arthritis.

Once I put a few of these secrets into practice, my arthritis almost instantly melted away. And the more new treatments I added to my life, the more energy, vitality, and even fun I had in my life! The word “arthritis” no longer represents a prison that I was forced to waste away in solitude in. I’ve visited



It didn’t take long for me to make the connection between the greasy fast food and my arthritic flare up.

Asia, and “Jane”, several times since my first trip to glean more wisdom of the Orient, learn about their culture, and, of course, to do a bit of sightseeing!

My life isn't just better than it was before arthritis's hand first poked my first knee joint -it's better than ever!

How This Book Will Beat Arthritis For You

Since I beat arthritis, I've run into family members, coworkers, and neighbors complaining about that achy feeling in their joints. Not content with living a pain-free life while others needlessly suffered, I decided to craft a plan that would allow others to experience the same remarkable recovery I had.

One coworker tried it. Then another. And then my neighbors started asking me for the plan. Before I knew it, my inbox was overflowing with requests from around town demanding to know how I beat arthritis –and how they could do the same.

Over the course of a few years, and a few hundred guinea pigs, I crafted and refined the plan that you now hold in your hands. If you follow it, it will sweep away your arthritis, no matter how severe, in a month or less. I say “plan” and not “book”, because I intentionally set out to make sure that the people given these powerful secrets put them to good use. How many books have you read, said, “wow, interesting stuff”, and then toss it on your bookshelf, never to be seen again?

I'm not judging, I've done it too. I know you have a hectic job, bills to pay, and a to-do list a mile long. You don't have time to take a book of general information and translate it into practice. That's why I've taken the painstaking effort to make the information straightforward, easy to follow, and actionable. If you follow the steps in this plan, in 21 short days (or perhaps even sooner), you could be 100% arthritis free!

Are you ready to finally defeat arthritis for good and start living the life that you deserve two weeks from now? Good!

I can almost guarantee that you've **never** seen the information found in this book.

To whet your appetite a bit, here's a taste of the little-known secrets you're about to be privileged to:

- Why your arthritis REALLY gets worse in the wintertime (it has nothing to do with the cold and everything to do with a certain vitamin)
- How all of the pain and stiffness in your joints are actually your body's allergic reaction to something you've been eating
- Why most arthritis experts have turned their back on modern medicine...and the amazing results they're finding from alternative medicine
- Why arthritis rates in Asia are rock bottom...and how you can join them without leaving your hometown!
- The tag-team of exercises that blow most arthritis medications out of the water

Who the participants were that a team of researchers took a group of arthritis sufferers to the Dead Sea... and why their jaws dropped at what happened next.

How To Use This Book

Like I said, this isn't The Da Vinci Code. It's not a book you read, say "hmm, interesting stuff", and then flip on the TV to see what's on. It's a step by step plan that takes you by the hand to make sure that you don't miss a beat.

To get the most out of this book, here's what to do:

1. **Read through the book from start to finish:** Studies show that people only remember 10% of what they read the first time around. To make sure most of the info on these pages end up in your brain, I recommend that the first time around, read it once from cover to cover before starting on the action steps. You'll give it a second (or third) go around as needed.
2. **Check out the action steps:** To make the information in each chapter instantly valuable to you, I've included a bunch of "take away" messages and action steps. If you choose, you can start them right away. Or if you rather "pick and choose" the aspects of the book you want to incorporate, you can wait until you've finished the book. Then, you can go back and start using some of your favorites.
3. **Do the 21 Day Plan:** Not to give away the ending, but I've thrown in a comprehensive 21 day plan at the end of the book for you. This is the nuts and bolts of the program, and is one of the things that makes this book different from many of the "fluff" arthritis books floating around out there.

After reading the book, re-learning the causes and cures arthritis, you're ready to start on "Day 1". Once you've completed the steps for day 1, move onto day 2. Keep going until you've found relief or you've hit day 21, whichever comes first.

4. **Re-read the book (optional):** If you feel that you don't 100% understand every single topic discussed in the book, feel free to read it again. The second time around, many people find that their comprehension increases and they get many more "aha" moments.
5. **Go past 21 days:** An important lesson in this book is that your joints are part of the system that is your body. The same things you've been doing for your arthritis is benefiting your health from head to toe. Just because you're pain free doesn't mean that a diet of soda and French fries is in order. For your overall health, stick to the guidelines in the book indefinitely.

Also, in some (very) instances, arthritis won't completely disappear after 21 days. However, even people with the most stubborn cases of arthritis still find massive amounts of relief. If that's you, just keep up the good work you've been doing for the last 3 weeks and

Of course, these are just guidelines and please feel free to go at your own pace if slower or faster works better for you.

Before we tame the beast, however, we need to know what it is we're dealing with when we say "arthritis".



Chapter 2: A Little Word Called “Arthritis”: What It is, What It Does, and Why Nothing Has Worked So Far

It seems that every time you flip open a newspaper, turn on the TV, or peruse a magazine, there’s an article about the same three diseases: heart disease, diabetes, and cancer. Don’t get me wrong, these diseases are extremely common and deadly.

The problem is, this coverage ends up overshadowing the most common disease in America – arthritis.

If arthritis does steal a headline, it seems to be related to a drug that’s being rushed off the market because of suspicious deaths tied to it (Vioxx anyone?). I know that arthritis can make you feel withdrawn and alone, but it shouldn’t –you’re in good company.

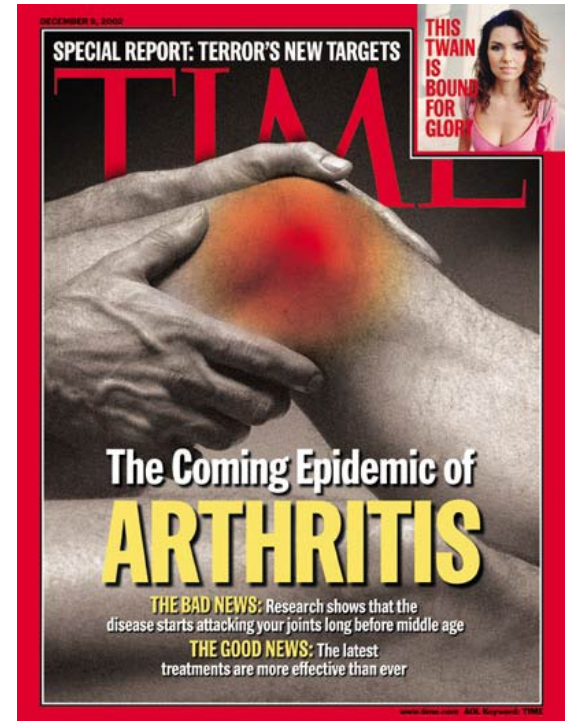
The Centers for Disease Control (CDC), estimates that 46 million –nearly 1 in 5 of all American adults –have been diagnosed with some form of arthritis. And once you hit age 65, your odds of suffering from arthritis are a coin flip -50%. Even more startling, many health experts suspect there are many more silently suffering because they’ve never been handed an official diagnoses from an MD.

There really is a silent, but very real Arthritis Epidemic. Time Magazine has predicted that we’re on the verge of an “Age of Arthritis” and that “The situation with arthritis is about to get worse--a lot worse--and very soon.” Arthritis rates ballooned nearly 25% in the short time period from 1990 to 2005. The National Institutes of Health warn that by 2030, an astonishing 67 million people will have arthritis –a 40% increase in just two decades. The rates of this debilitating disease are growing at a tremendous clip –nearly twice as fast as diabetes.

As you know personally, it’s not simply having arthritis that matters; it’s how it affects your life. Sadly, the numbers send a clear message that arthritis leaves many people’s lives in ashes. Every year, 750,000 people head to the ER solely due to arthritis, and almost 10,000 people die from arthritis complications.

Research published in *Arthritis Care & Research* found that up to 90% of people with arthritis are limited in what they can do at work –and nearly half say that arthritis limits the activities they can do like cleaning or taking a walk. Studies show that people with arthritis tend to have significantly lower quality of life and report feeling sick twice as often than those without arthritis.

Not only that, but arthritis is one of the most expensive diseases to have. CDC research has estimated that, on a national level, arthritis costs more than \$120 billion dollars to treat every year. Costly



treatments, whether they work or not, are on a meteoric rise. The American Academy of Orthopedic Surgeons expects knee replacements to surge 525% in the next twenty years.

In fact, it's estimated that arthritis costs almost \$2,000 dollars per person to treat --with much of that money coming right out of the wallets of struggling patients. I know that one of the most frustrating things about arthritis for me was wasting my hard earned cash on a treatment that didn't ultimately make any difference.

As you can see, the numbers don't lie. The problem is massive, wide reaching, and has profound implications on society, yet it seems that almost no one (physicians included) know much about arthritis. But that's about to change. After you read the next section, you'll know more about arthritis than most of the Average Joe, -and even many health care professionals.

What Is Arthritis, Exactly?

You know what arthritis does to you, but what the heck is it? Believe it or not, the word "arthritis" actually describes over 100 different conditions!

I remember when I first visited my doc after my pain got out of control. Barely looking up from his chart, he told me that I had "arthritis". At the time, little did I know that I actually had two of the most common forms of arthritis: rheumatoid arthritis and osteoarthritis. The 98 other forms run the gamut from gout, fibromyalgia, and psoriatic arthritis.

Despite the fact that there are so many arthritis categories, they're all surprisingly similar. Princeton University defines arthritis as: "Inflammation of a joint or joints." That applies to gout, osteoarthritis, or any other type of arthritis known to man. Inflammation is the common denominator of all of them.

That being said, there are some caveats in terms of what exactly causes different types of arthritis and how you should tackle each one. That's why one of the first things we're going to do during our 30-day healing journey is pin-point your arthritis. That way, you can tailor the natural cures I recommend to maximize their effectiveness.

Osteoarthritis: When most people say, "I have arthritis" they're actually referring to osteoarthritis --by far the most common type. In fact, over half of all people with arthritis are diagnosed with

“Arthritis rates ballooned nearly 25% in the short time period from 1990 to 2005!”



osteoarthritis.

Unlike other types of arthritis, which can come on suddenly, osteoarthritis takes years to develop. You may not be able to feel it, but as the years add up, the soft cushion between your bones and joints- cartilage- starts to breakdown. That's why many scientists call osteoarthritis "degenerative arthritis" –the cartilage degrades and wastes away.

The incredible pain you feel when you have osteoarthritis is a combination of two things: joints rubbing against bones, and inflammation irritating nerves.

Rheumatoid Arthritis (RA): Although less common than osteoarthritis, a good chunk of people, about 2 million according to the CDC, suffer from this autoimmune-cased arthritis. In a nutshell, autoimmunity is when your body's natural defense, immunity cells, go rogue and decide to attack your own cells. In some cases, they attack the pancreas, causing type 1 diabetes. Other times, they strike at the thyroid, bringing on hypothyroidism.

In the case of RA, immune cells begin a full frontal assault on your defenseless joints. RA also wears away protective cartilage and causes a boatload of inflammation. But what makes RA even more of a villain than its arthritis cousins are, is that it doesn't just cause painful joints –it damages vulnerable lung, eye, and circulatory tissue as well –making your entire life a constant struggle.

Back Pain: The American Association of Chiropractors reports that an astonishing 85% of all people will experience back pain in their lifetime. In fact, back pain is the #1 reason that someone visits his or her doctor. While sometimes caused by a herniated disc or a muscle spasm, arthritis is a surprisingly common cause of back pain, according to Arthritis Today.

85% of all people will experience back pain in their lifetime!

Gout: While all types of arthritis are ultimately caused by diet and lifestyle, gout takes the cake as the arthritis most linked to diet. Gout happens when a compound found in certain foods, uric acid, builds up in the blood. Uric acid eventually finds its way into joints, making them painful and inflamed.

Fibromyalgia: If you've been feeling widespread, unexplained, and hard to pinpoint pain, you may have fibromyalgia. While scientists aren't sure what exactly causes it, the Mayo Clinic reports that at least 2% of the US population has fibromyalgia.

Psoriatic arthritis: This arthritis is usually found with people who also have the skin condition, psoriasis. The Arthritis Foundation estimates that nearly a quarter of all people with skin psoriasis will get psoriatic arthritis.

You should know that it's possible to have more than one kind of arthritis (like I did). For example, studies show that people with RA also tend to have fibromyalgia. The good news is that you don't have to work at beating each one individually. As you'll soon see, the natural treatments that combat one tend to combat them all!

Why You've Been Let Down So Far

Arthritis is hard enough to live with, but it's three times as tough when your arthritis treatments let you down more often than a smooth-talking politician. Don't think that just because medicine hasn't improved your quality of life, that you're a unique medical case.

Despite expenditures of \$120 billion to treat arthritis, and throwing more money at the problem, arthritis rates are exploding, not shrinking. That fact alone should have you scratching your head and wondering what's going on.

To understand why the medical establishment flat out fails at treating arthritis, it's important to have a handle on the fatal flaws in the medical establishment itself. And no, this isn't like the health care debate in Washington –they're simply rearranging the deck chairs on the Titanic. I'm talking about the fundamental issues deep within the health care system that make it simply unable to help you with your arthritis.

“Despite expenditures of \$120 billion to treat arthritis, rates are exploding!”

Patient advocate and renegade physician Stephen C. Schimpff, MD says that: “America has a disease industry, not a health care system.” What he means is that, in a health care industry, the focus would be on preventing diseases from happening in the first place, and if they did happen, going after the root cause. Unfortunately, money has mucked up these ideals and turned the US health care system into a “disease industry”. Instead of doctors focusing on getting patients back on their feet, it is actually financially disadvantageous for them to do so. Instead, they get paid when they treat someone –whether the treatment works or not.

For example, a recent report put together by the US Department of Health and Human Services reviewed all the current treatment options for both RA and psoriatic arthritis –and concluded that many physicians were using medications and treatments that weren't backed up by evidence. The authors concluded that:

“Common problems for both RA and psoriatic arthritis [treatments] include the lack of effectiveness information i.e., studies and findings with a high level of applicability to community populations.”

Other researchers have reached similar conclusions about osteoarthritis.

Not only are most treatments worthless, but they can bring on some unpleasant side effects. The Agency for Healthcare Research and Quality recently reviewed 619 research papers that quantified the effectiveness, and safety, of arthritis medications. They found that: “Many questions remain about the risks of these agents across a spectrum of adverse events from relatively minor side effects, such as injection site reactions, to severe and possibly life



threatening problems, such as severe infections or infusion reactions.” Severe and life threatening?” I don’t remember my doctors mentioning that when they wrote me Rx after Rx.

In her book, *Conquering Arthritis: What doctors Don’t Tell You Because They Don’t Know*, Barbara D. Allan recounts a frustrating experience with her doctor handing her medications that were making her feel worse. “Despite my low dose, I suffered unpleasant overdose effects that my doctor was very slow to recognize or acknowledge. This was despite the fact that that I was very concerned about these side effects and brought them to his attention many times. Finally, my doctors ran out of treatments and went into denial that anything was physically wrong with me.

Sound familiar? I know that I had many heated discussions with my doctors about whether my illness was being caused or treated by the medications. Sometimes it was hard to tell the difference.

A class of very common arthritis drugs, known as NSAIDs (Non Steroidal Anti-Inflammatory Drugs), illustrates the sad fact that medical treatments often do more harm than good. Despite being one of the most popular over-the-counter and prescription drugs in the world, taking drugs like Advil, Ibuprofen, and Celebrex is rolling the dice with your health. USA Today reported that taking these drugs, even for a short time, greatly increases sudden heart attack risk. And the Annals of Internal Medicine reported that 76,000 people are hospitalized every year from taking these so-called “safe” drugs that you can get over the counter at your local pharmacy.

Now isn’t a time to “try” something new, all the while continuing your unquestionable reliance on the fatally flawed medical establishment. If you’re ready to cure, and not simply treat, your arthritis, then this guide is for you. Some, if not most, of the information here will be new to you. All I ask is that, before we get into these amazing natural cures, that you have an open mind, suspend what you’ve been told about arthritis, and become mentally charged to finally release arthritis’s painful hold on your life.

Action Steps: Find Out What Type of Arthritis That You Have (Day 1)

You know that you have arthritis, but do you know what kind? Most people go through their entire life without a full understanding the disease they face every moment of every day. Fill out this questionnaire to find out which type (or types) of arthritis you have (“circle” all that apply).

#1: Other than arthritis, I've been diagnosed with

- A. Hypothyroidism, adrenal insufficiency, or celiac disease
- B. Obesity or diabetes
- C. Psoriasis

#2: My Pain Tends to Be Most Severe in

- A. My knees and hands
- B. In my hips and back
- C. All over my body

#3: The Pain I Feel Is Mostly

- A. Sharp and sudden
- B. Dull and throbbing
- C. Pulsating and constant

#4: I've Had Other Chronic Issues With

- A. My GI tract/bowels
- B. My lower back
- C. Skin rashes and skin inflammation

#5: My Arthritis Tends to “Flare Up”

- A. After I eat a meal
- B. During exercise or walking up stairs
- C. Seems to always be in flare up mode

#6: My Energy Levels Are Usually

- A. Pretty low. I'm fatigued all the time
- B. Haven't changed much since arthritis
- C. I'm always tired and/or been diagnosed with chronic fatigue syndrome

#7: The Joints in My Body Hurt

- A. On both sides equally
- B. On one side only
- C. All over, up and down, side to side

If you answered:

Mostly A's: This means you likely have RA.

Food leading to flare ups, suffering from other inflammatory autoimmune diseases, and symmetrical and throbbing pain are telltale signs of RA. The information in this book will be especially helpful for you, as you'll notice not just an improvement in your joints, but for your entire body.

Mostly B's: You probably have osteoarthritis.

OA is characterized by different scales of pain on each side of the body, normal energy levels, sharp pain, and back and hip pain. The information in this book will prevent your cartilage from degrading anymore, and even give your body the raw parts it needs to heal and repair.

Mostly C's: You may have an “other” arthritis type, like gout. 98 conditions are hard to pinpoint using a questionnaire, but most of the symptoms like near-constant flare-ups, fatigue, and “all over” pain are typical signs of the less common arthritis types.

From now on, because the underlying cause and treatments are the essentially the same, I'll mostly be using the broad term “arthritis” to apply to all 100 types. However, when a research study only applies to one, or to one more than another, I'll point this out to you.

End of Free Chapter

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