

Title:

Arthritis Relief with Simple Dietary Changes

Word Count:

573

Summary:

Around 85% of adults can expect to suffer from some form of Arthritis. The following article

Keywords:

arthritis, the arthritis professional, boots herbal stores, arthritis cure, osteoarthritis, pa

Article Body:

The best course of action to take sometimes isn't clear until you've listed and considered ALL

Arthritis is one of the most prevalent health problems facing today's aging population.

The most common form of arthritis is osteoarthritis, which usually strikes weight-bearing joints.

About 85% of adults who reach the age of 85 will have osteoarthritis--unless they take a proactive

Exercise is very important. But what about diet?

For a long time, doctors doubted there could be any link between diet and osteoarthritis. They

But new research is making them reconsider that idea.

It now appears that nutrition plays a vital role in helping to prevent or ease the effects of

Vitamin C is a powerful antioxidant, and may protect the joints from the damaging effects of free

Recent research is showing that vitamin C can help prevent bone loss and cartilage inadequacies.

The information about Arthritis presented here will do one of two things: either it will reinforce

According to Dr. Timothy McAlindon of the Boston University School of Medicine, "Vitamin C may

When scientists at the Boston University School of Medicine studied the eating habits of people

Dr. McAlindon recommends that people get a least 120 milligrams of vitamin C every day. "That'

Dr. Michael F. Roizen and Dr. Mehmet C. Oz, co-authors of "You: The Owner's Manual", recommend

Be careful not to overdo it. Some data suggest that more than 2,500 milligrams a day can have

Dr. Eve Campanelli, a holistic family practitioner in Beverly Hills, CA, recommends black cher

Other fruits and vegetables rich in vitamin C include oranges, cantaloupe, broccoli, strawberries

A healthy diet, rich in fruits and vegetables, has been recommended by nutritionists for years

Hopefully the sections above have contributed to your understanding of Arthritis. Share your m

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