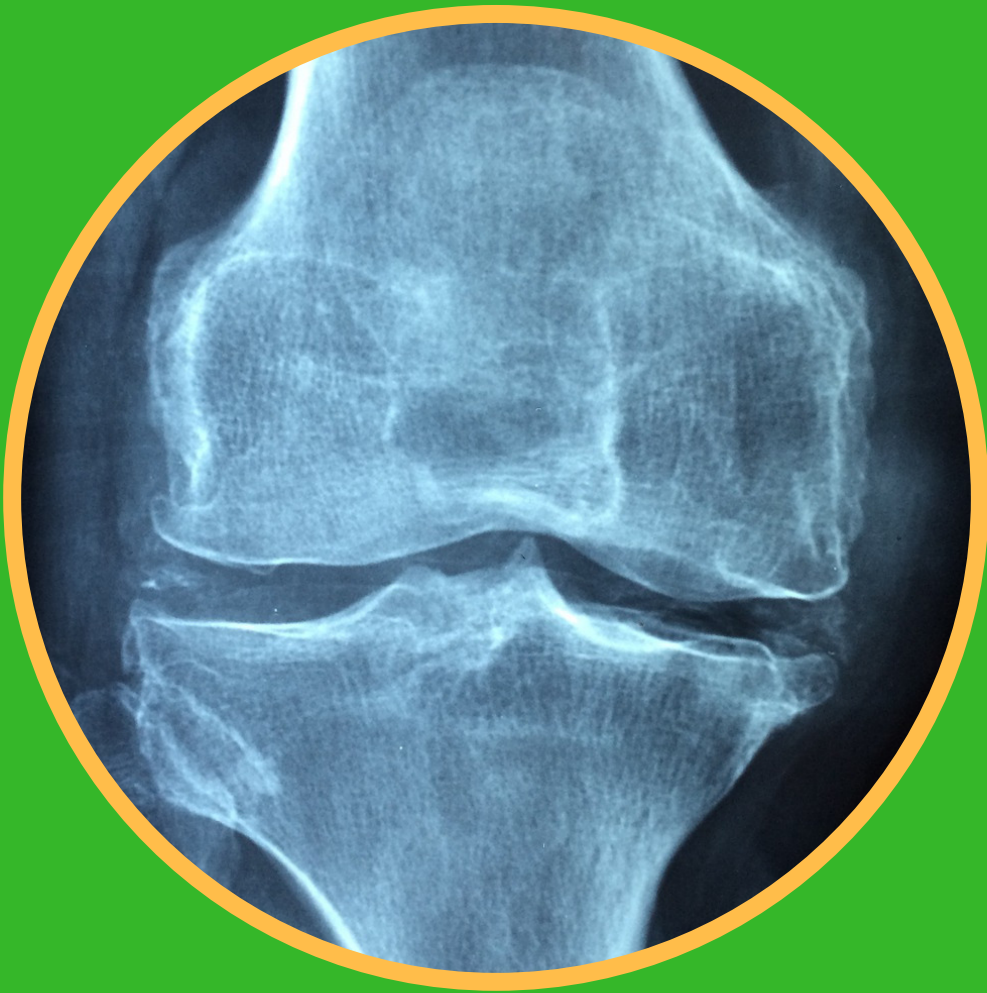


ARTHRITIS - THE INFLAMMATORY DISEASE



Arthritis - The Inflammatory Disease

One of the most common conditions in the United States today is a debilitating inflammatory disease that affects our joints.

It is estimated that there are over 100 different forms of this disease and over 40 million people suffer from one form or another.

Though typically thought to be an affliction of the aging, arthritis can affect anyone at any time, and with all of the different forms, each with their own symptoms, it could be hard to determine just what type of arthritis an individual is suffering from.



The signs and symptoms of arthritis are varied, though some of the first symptoms are familiar and easy to recognize.

Symptoms such as general pain or swelling around the joints, an increased stiffness in the joints in the morning, a cracking sound in the knees when standing, and joints with a red appearance that feel warm to the touch are all signs of arthritis.

However, before you rush to purchase an over-the-counter arthritis treatment, you should talk to your doctor. Your doctor will be able to tell you what form of arthritis you may have and how to treat it.



Rheumatoid arthritis is one of the most common forms of arthritis that plagues sufferers. It affects the joints and is a systemic disease that can affect other organs.

Rheumatoid arthritis symptoms tend to disappear after sometime, but the problem is still there.

The true cause of rheumatoid arthritis is presently unknown, though many suggest that things such as infections, fungi, or bacteria are the culprits. However, there are also those that believe that rheumatoid arthritis is hereditary.



Painful and swollen joints are a common warning sign of rheumatoid arthritis, followed by muscle pain, extreme fatigue, redness and warmth at the joints, even a low grade fever and appetite loss.

Next to rheumatoid arthritis, **osteoarthritis** is a common affliction, caused by breaking down of joint cartilage.

Osteoarthritis commonly begins in one joint and typically only affects the one joint. It does not move to internal organs.

Osteoarthritis commonly affects the knees, hips, hands, and spine.



By the time the pain starts setting in for an osteoarthritis sufferer, the damage to the affected joint cartilage could be considerable.

There are many holistic ways for you to relieve arthritic pain. Being overweight can also play a role in arthritis.

Some physicians believe that a change in diet can also ease the pain of arthritis.

Gut health could also play a role in this because of inflammation in the gut.



Regardless, you should speak to your doctor or practitioner who can tell you just what form of arthritis you may have, and what treatment options may work best for you.

Also you can check out our healing portal and look at the information from our experts.

**This Ebook was written for
Global Healing Exchange**

