

Intelligent Eating for Pain-Free Living



A special report by PhytAge Labs

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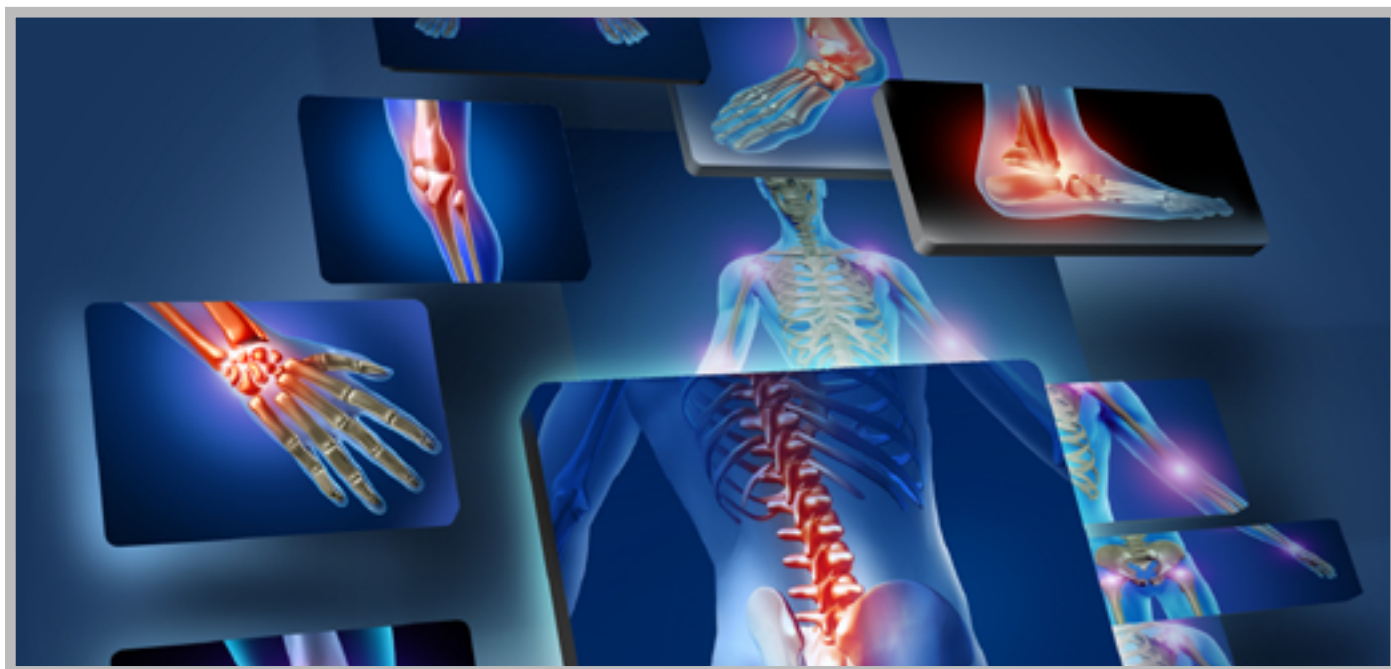
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Introduction

Instant arthritis relief is possible. But sadly, there are over 100 different forms of Arthritis. While they all have different causes and symptoms, the one thing they all have in common is PAIN.

There are many different types of arthritis. Two of the best known are:

1. **Osteoarthritis Arthritis:** develops in joints with overuse.
2. **Rheumatoid Arthritis:** an autoimmune disease in which your immune system attacks your joints.



For some of us the pain comes and goes. For others the pain is constant. The bottom line is that you want relief and you want it NOW.

So tell me, have you ever met active seniors in their 70's 80's or 90's... Full of life, energetic and strong?

Well, most other arthritis sufferers turn to their medicine cabinet to seek relief.

The medical profession typically offers this suggestion.

If you suffer from Arthritis your physician does have your best interests at heart. They truly believe that Over The Counter (OTC) pain medication is best for you. And it may be. But many natural simple food remedies can relieve your pain, too.



The good news is that some of these remedies can work immediately to resolve your pain.

But don't limit yourself to thinking that you only want instant relief. If you are consistently implementing these natural food remedies, their benefits build up in your body over time so that you have daily, long lasting relief.

Inside this guide, you'll find a proven blueprint to knock out the pain associated with arthritis with techniques and simple food hacks. This can relieve you from the burdens of autoimmune and age-related arthritis.

I promise you that after reading this you'll never think about treating your arthritis again without trying every option available to you.

You'll have the upper hand on your arthritis... And you'll still enjoy the foods you love.

You can do this!

PhytAge Labs

IMPORTANT!
PLEASE NOTE BEFORE CONTINUING:

The statements presented are intended to provide alternative methods in improving your joint health, help relieve inflammation and help ease the painful symptoms of arthritis.

While the educational material provided in this ebook is based on the author's research, please be advised that results may vary from person to person.

Under no circumstances shall the author be held liable for any damages of any kind whatsoever concerning the service, materials, or conclusions shared within this ebook.

The information presented in this ebook should not be interpreted as medical advice. If you have any further questions or concerns related to your overall health, or arthritis and joint pain, it is strongly advised that you seek the counseling of a licensed, board certified physician.

Foods That Can Help Arthritis Sufferers

If you're suffering with arthritis right now is the time to consider more natural ways to seek relief.

The fact is that this pain relief journey should start in your kitchen. While there are no guarantees, many arthritis sufferers see success by incorporating certain foods into their diets.

Remember, preventing discomfort and pain is just as, if not more important as treating it.

When it comes to addressing your pain, we'll want to take a special look at how inflammation has been identified as the main culprit and primary root cause.

Inflammation describes the self-protective process by which the body releases white blood cells to combat infection and clear out harmful organisms, such as bacteria.

Inflammation is common in many types of arthritis and contributes towards pain around the affected joints. Inflammation can cause discomfort, particularly when it is chronic.

So, what types of foods may prevent inflammation and help those like you who suffer from Arthritis?

Let's get into it!



Oily Fish

Those suffering from rheumatoid arthritis are often encouraged to avoid meats. Meat contains fat that is known to produce inflammation agents in the body. The only exception to this is the meat from fish.

Oily fish such as mackerel, salmon, sardines and trout are rich in Omega-3 fatty acids. These acids have many health benefits including inhibiting the release of joint destroying chemicals and compounds.

When the fish oil is digested and broken down in the body, it becomes chemicals called prostaglandins. These chemicals will reduce inflammation in the body, which then reduces the pain.

The body can naturally produce these chemicals as well in certain situations, but in order to alleviate pain, the body needs more than the tissues and organs can provide for day-to-day functioning.

Derived from the tissues of fish, fish oils are also referred to as Omega-3 fatty acids, DHA, and EPA. All of these labels are correct, and all of these chemicals break down into the inflammation reducing chemicals the body needs.

In one study in Pennsylvania's University of Pittsburgh, patients who took cod liver oil on a regular basis for 10 weeks were able to completely stop taking their traditional pain medications.



What the main problem with fish oil is in relation to pain management is that most patients don't take enough!

Though most supplements come in 1000mg formulations, you need to take at least 4 times as much in order to help your arthritis pain.

Some researchers have recommended taking up to 8000 mg per day for the maximum effectiveness, in fact.

Some patients will have troubles taking fish oil, however, as it is a fish based compound. Since the oil is derived from an actual fish, there can be a fishy aftertaste after taking these pills. This can be avoided when you take the pills after eating a full meal.

There are also some supplements that have removed the fishy taste or that have added a lemon flavoring in order to help with digestion.

Over time, however, your body will become accustomed to taking in these oils and you will not taste the fish at all.

If you find you are sensitive, just try a few different fish oil brands to see if one works better than the other for you.

You can also try to get your fish oil supplementation by trying to eat some fatty fishes more often than you eat red meat or poultry.

But the trick with doing this is that you have to eat a lot of actual fish in order to even come close to the amount of Omega fatty acids that you get from the concentrated oils.

In addition, eating a lot of fatty fish can increase your chances of mercury poisoning, as fattier fish tend to accumulate more mercury in their bodies as they move through their environments.

Mercury poisoning does not occur with the fish oil supplements as they are purified and they are 'clean' in terms of outside toxins.

Of course, it never hurts to choose a brand that's well known over those that are cheaper and possibly not as well made. The most practical approach is to get your nutrients both by eating fish and then supplement that with fish oil capsules.



It's recommended that you limit your consumption of fatty fish to no more than 2 to 3 servings of fish a week – which obviously limits your ability to get the maximum arthritis 'dose.'

If you find you are experiencing symptoms like headaches, a lack of energy, and an overall ill feeling, it might be wise to discontinue your fish oil regimen and talk to your doctor about possibly being tested for mercury poisoning.

Make sure you read the label of the fish oil supplement carefully before making your final purchase. You will want to find capsules that are at least 1000 mg each in order to help you limit the number of pills you have to take.

If you are taking any other medications, it's a good idea to talk to your doctor about supplementing with fish oils.

Red Chili Pepper



Red Pepper, also known as cayenne pepper can help relieve the joint pain associated with most types of arthritis.

As for how? You may be amazed. Many claim it causes the release of natural endorphins. Essentially, your body itself stops the pain!

The active ingredient in cayenne pepper is Capsaicin. It can interact with a number of drugs including acid reducers, aspirin, blood thinners, and ACE inhibitors.

So if you're taking any these medications, hold off. First speak to your primary care physician or a pharmacist. He or she can inform you of the dangers or the risks of mixing with your current medication.

But if you are not taking any of these medications and you're ready to read on, you should know that cayenne pepper is available in many different forms including capsules, oils, creams, and even the whole pepper.

Where you purchase will be determined by the form selected. For example, if you wish to try a topical cream you should head to your drug store. If you wish to take your cayenne pepper naturally, head to your local supermarket or organic food store. As great as it is to know that some individuals can get relief from chili pepper, you'll likely have questions.

- What type of Red Pepper?
- What form and application of the pepper should I opt for?
- Do I eat it, or apply it to the skin?
- How much should I consume?
- And how often?

If you have these questions, now is the time to get answers:

• Cayenne Pepper Remedy #1

Mix a small amount of red pepper with a small amount of castor oil. Use a paper towel or cloth to soak in the mixture. Apply the paper towel or cloth to the painful area. Some recommend applying and leaving the mixture on your skin overnight.

NOTE: Castor Oil has many health benefits although it is not right for everyone. Try this home remedy for a couple of hours during the day first. If you notice a decrease in pain with no adverse reactions, you can then aim for overnight relief.

This fiery arthritis reliever works just in the way you think it would – by warming the skin and making the joints and muscles around the area relax.



But that's only a part of the process. What capsaicin does is help desensitize the skin as well. Within our skin are receptors to pain that cause us to feel the aches and the throbbing. But when these receptors are desensitized, you can be pain free for months at a time.

Since capsaicin is derived from the chili pepper, there are a few things you'll want to keep in mind as you use it on your body.

First of all, just like the chili pepper, it can be quite hot – often too hot for some people's sensitive skin. If you feel your skin might be too sensitive, use a very small dose on a patch of skin near your hand to see what the reaction is.

Like the other arthritis ointments, capsaicin should only be applied to clean and healthy skin which is free of cuts or open sores. Getting the mixture into these types of skin openings could be more painful than the arthritis itself.

That said, one of the perks of capsaicin is that it doesn't seem to have any known drug interactions. So, you can be taking oral pain medications and still use this cream. However, it is recommended that you limit the application of capsaicin to no more than 4 times a day.

UNDER NO CIRCUMSTANCES SHOULD YOU DRINK THE MIXTURE DUE TO THE RUBBING ALCOHOL IT CONTAINS.

• Cayenne Pepper Remedy #2

Purchase the cayenne pepper spice. This is a dry mixture that can be added to your food.

Red pepper can be added to most foods and you can tastefully add it to your water, smoothie, or protein shake. It gives a nice fresh kick to foods and drinks that you might have otherwise become bored with and can liven up your day!

You can also make an infusion using up to 1 teaspoon of powdered cayenne pepper per cup of water. Take a 1 teaspoon dose of this mixture in a small amount of water a few times per day.



Both infusion and tincture could cause irritation to your eyes, nose, or throat. Always start with a small dose to see how your body reacts.

If you discover that you're not a fan of the taste of cayenne, try adding it to dishes that are already flavorful. Add small amounts to curries, stews, chili, or Mexican food.

If you have digestive problems you may notice a few complications at first. For many, this means that your body will just need to adjust to the pepper as it can initially be difficult to digest.

Start slowly with 1/8 of a tablespoon. Then over time work your way up to 2 teaspoons a day. You can scatter this dosage out over different meals.

If you'd prefer to avoid eating or drinking cayenne pepper, you'll love these next remedies.

• Cayenne Pepper Remedy #3

If on a budget, try this hot sauce remedy first. If it doesn't work, or you don't have the patience to experiment with this, you can skip right down to Remedy #4 below.

What you can do here is purchase a hot sauce that is made from Cayenne Pepper. The hot sauce label should state the main ingredient as Aged Cayenne. Apply the sauce directly to the painful areas of your body at least 2 times per day.



Many report that this home remedy does work wonderfully, but there is a possibility of stained clothing, so please be careful when applying.

A few popular (and great tasting) hot sauce brands with cayenne pepper are Frank's Red Hot Cayenne Pepper Sauce, Dave's Cool Cayenne Pepper Hot Sauce, and Iguana Red Cayenne Pepper Sauce.

• Cayenne Pepper Remedy #4

If you don't want to take the time to experiment with different hot sauces, you can go straight to a purchase of an over-the-counter topical cream with Capsaicin as the main ingredient.

As with any natural or home remedy it is important to consider the risk and speak with a medical professional.

Over the counter capsaicin comes in a variety of strengths, so make sure to start with the lowest dosage before moving up to a strong dose. Chances are good the lower dose will be all you need.



In one University of Oxford study, it was found that 4 out of 10 arthritis patients were able to reduce their pain by almost half after using capsaicin cream for a month. This is a dramatic difference and it can certainly help arthritis sufferers as well.

To use a topical cream with capsaicin, you will want to take a small amount and rub it into the skin where the pain is situated. Immediately after, you should wash your hands of the cream so that you don't feel the burning sensation there too.

However, if you want to use this cream on your hands for pain or stiffness, you can – just remove it after a half an hour to ensure you're not forgetting it's on your hands and then touching other parts of your body. Getting the cream in your eye, for example, is quite painful and can necessitate a trip to the hospital in rare cases.



A Final Word: The capsaicin found in chili peppers is found in many medications and has aspirin-like qualities. The pepper improves blood flow, circulation, and releases natural endorphins, which help combat pain and discomfort.

In fact, capsaicin has also been recommended for those suffering from neuropathy, muscle pain,

joint pain, nerve pain, and from shingles, a painful condition that affects older patients.

While some people will find they feel almost instant relief, long-term relief will still take up to 2 weeks to notice. Be patient, however, and you will find the power of chili peppers is quite effective in your fight against arthritis pain.

Sesame Seeds

Sesame Seeds have been used in folk medicine for thousands of years and the ancient Chinese have long believed in their use to combat and protect against heart disease, diabetes, and the inflammation caused by arthritis.

Sesame seeds contain healthy fatty acids and may fight inflammation. Remember that long-term, low-level inflammation may play a role in many chronic conditions, including obesity and cancer, as well as heart and kidney disease.

Sesame seeds affect on inflammation may be due to sesamin, a compound found in sesame seeds and their oil. Sesamin has anti-inflammatory and antioxidant effects that may protect your cartilage.

Sesame seeds are also a good sources of nutrients — such as selenium, iron, copper, zinc, and vitamin B6.

In a 2-month study, people with knee arthritis ate 5 tablespoons (40 grams) of sesame seed powder daily alongside drug therapy. They experienced a 63% decrease in knee pain compared to only a 22% decrease for the group on drug therapy alone.

Additionally, the sesame seed group showed greater improvement in a simple mobility test and larger reductions in certain inflammatory markers compared to the control group.

Understand that several factors may play a role in arthritis, including inflammation and oxidative damage to the cartilage that cushions joints. The anti-inflammatory and antioxidant effects of sesamin could be a large part of what you need to protect your cartilage.



Animal and human studies suggest that consuming sesame seeds may increase the overall amount of antioxidant activity in your blood.

The lignans in sesame seeds function as antioxidants, which help fight oxidative stress — a chemical reaction that may damage your cells and increase your risk of many chronic diseases.

For the best results eat sesame seeds straight. To gain the maximum pain relief benefits you will likely need to eat a small handful each day.

If you dislike the taste or texture of sesame seeds on their own, opt for incorporating them into your meals. They can be added to most foods. Sesame can give a nutty flavor and subtle crunch to many dishes.

To enhance the flavor and nutrient availability of sesame seeds, roast them at 350°F (180°C) for a few minutes, stirring periodically, until they reach a light, golden brown.



Try adding sesame seeds to:

- Bread and muffins
- Granola and granola bars
- Yogurt
- Stir-fries
- Salad dressing
- Hummus
- Garnishes
- Smoothies
- Crackers
- Salads
- Steamed broccoli
- Hot or cold cereal

Additionally, you can use sesame seed butter — also known as tahini — in place of peanut butter or hummus.

Ground sesame seeds — called sesame flour or sesame seed meal — can be used in baking, smoothies, fish batter, and more.

Ginger

Studies show that ginger can have a positive impact on reducing inflammation and discomfort in people with arthritis when compared to control groups - both for inflammatory arthritis like rheumatoid arthritis and degenerative arthritis like osteoarthritis.

Specifically, the medicinal properties of ginger are derived from the root or rhizome of the plant, and its stem.

It has been demonstrated that ginger and its components block the production of substances that promote inflammation in the body.

The gingerols and shogaols compounds found in ginger can function as a COX-2 inhibitor, the same way as common medications for rheumatoid arthritis or psoriatic arthritis.

The compounds in ginger have also been found to inhibit these troublesome enzymes and may function in a similar way to nonsteroidal anti-inflammatory drugs (NSAIDs).

Similarly, it is possible that ginger is able to turn off certain genes that cause inflammation, thus making it a powerful alternative to NSAIDs.

In fact, a University of Miami study concluded that ginger extract could one day be a substitute to NSAIDs.



The study compared the effects of a highly concentrated ginger extract to placebo in 247 patients with osteoarthritis (OA) of the knee. The ginger reduced pain and stiffness in knee joints by 40 percent over the placebo.

Another study found that compared to a control group those subjects with osteoarthritis who took ginger had a 30% decrease in pain and a 22% reduction in disability.

All-natural ginger is even comparable to ibuprofen in terms of its effectiveness.

Another study from 2001 assessed the effects of ginger extract in 261 patients with osteoarthritis of the knee. After six weeks, 63% of participants experienced improvements in knee pain.

Ginger can be consumed on its own raw or in powdered form. It can be readily bought, as a capsule for oral consumption. Ginger adds a burst of flavor to teas, soups and sweets. If you choose to eat ginger in its most basic raw form, there are many ways to enjoy it, such as in a stir-fry or curry.

You can also add powdered ginger to vegetable dishes for a spicy, aromatic flavor. Or, you can grate fresh ginger root into soup or stir-fries. You can even create your own ginger syrup to use in cold drinks or cocktails.

Please note that the consumption of ginger is considered to be safe in small doses. Side effects are mild and rare, typically only occurring when more than 4 g are consumed per day.



You can also use ginger in the form of a spice that should be sprinkled atop cooked vegetables and other foods. Fresh ginger is easy to peel and cook.

A smart plan would be for you to get an adequate supply of ginger, so that you can always have it on hand, as needed. Once you have your fresh ginger supply, wrap it in a towel, then place the ginger in a bag and freeze for months for use on demand.

Another positive route to go is to apply ginger directly to inflamed areas of the body in the form of a cream or oil. To avoid the risk of an allergic reaction when taking ginger, test a product containing ginger oil on the skin. If a reaction occurs it may be a sign of a ginger allergy.

It is important to consult with a doctor before ingesting ginger, or applying it to your skin. It may not be appropriate for everyone. Extra caution should be used with individuals who have:

- Diabetes
- Blood disorders
- Gallstones

Ginger can also interfere with certain medications, including blood-thinning drugs.

The last thing to note is that it is possible to be allergic to ginger. This can be determined by applying a small amount of ginger cream to the skin. If any side effects, such as skin irritation or rashes appear within 24 hours, it may be a sign of an allergy.

Once you have confirmed there are no allergies, adding fresh ginger to your diet is the safest way to introduce the medicinal effects of ginger to the body.

Raw Cabbage

Cabbage has been used as a folk remedy for centuries to soothe painful joints. It is loaded with vitamins and minerals, phytonutrients and has been shown to contain anti-inflammatory properties.

Raw cabbage contains protein, fiber, Vitamin K, Vitamin C, folate, manganese, Vitamin B6, calcium, potassium, magnesium and small amounts of micronutrients including Vitamin A, iron and riboflavin.

More specifically for your arthritis symptoms, cabbage is a member of the cruciferous family, which are all full of a compound called sulforaphane. This compound may help slow cartilage damage in joints due to osteoarthritis.

Cabbage also contains Apigenin, a flavonoid compound with anti-inflammatory properties.

Red cabbage contains anthocyanins that not only gives the cabbage its color, but the antioxidants are known to reduce joint pain and inflammation.

By the way, did you know with all this negative talk about inflammation that it is actually a good thing for your body to produce an inflammatory response to protect against infection or speed up healing? This kind of acute inflammation is a normal response to an injury or infection.



On the other hand, chronic inflammation that occurs over a long period of time is definitely not a good thing! It is associated with many diseases, including heart disease, rheumatoid arthritis and inflammatory bowel disease.

Thankfully cruciferous vegetables like cabbage contain many different antioxidants that have been shown to reduce chronic inflammation.

In fact, research has shown that eating more cruciferous vegetables reduces certain blood markers of inflammation. One study including over 1,000 Chinese women showed that those who ate the highest amounts of cruciferous vegetables had considerably lower levels of inflammation, compared to those who ate the lowest amounts.

Sulforaphane, kaempferol and other antioxidants found in this remarkable group of plants are likely responsible for their anti-inflammatory effect and they even protect the degradation of cartilage.

There are many creative ways to eat raw cabbage. Try adding shredded cabbage as an extra ingredient to your fresh salad, soups, stir-fry, fish tacos, or add it to your tuna or chicken salad for a nice added texture.

You can sprinkle the chopped cabbage with olive oil, cracked black pepper, and minced garlic to make it extra tasty.

You can also eat raw cabbage as part of coleslaw, noodle salad, potato salad, or if you like things spicy you can try the delicious Korean delicacy of kimchi.

• Applying Cabbage Topically

Applying cabbage leaves to your knees or other joints as a wrap, or as a “cabbage bandage” has been an effective practice for quite some time now. These cabbage leaves wrapped around painful joints can truly help with joint pain relief for many people.

In fact, cabbage leaf has been used for centuries for swelling, ulcers, sprains, and strains. Osteoarthritis (OA) and Rheumatoid Arthritis (RA) sufferers have long been advised to wrap their swollen joints at night with cabbage leaves to help reduce joint swelling and pain.

If you are unfamiliar with the term poultice, it is a soft, moist mass of material, typically of plant material (or thin cloth material), applied to the body typically to relieve soreness and inflammation.



To make your own poultice:

1. Take some cabbage leaves (Savoy cabbage seem to work best)
2. Cut out the central rib (hard stem), so that only the leaves will be used
3. Lay the leaves flat on a chopping board
4. Bash with a rolling pin, wooden hammer or any other appropriate kitchen tool until the juices start to come out
5. Now place the leaves over the swollen joints and wrap a gauze bandage around the joint to keep the leaves in place for at least 30 minutes.

Many have found that these steps relieve both joint pain and swelling. If pain persists, consult a health professional.

Bonus: Foods That Help Ease the Suffering of Arthritis

Broccoli

Everyone knows that broccoli goes hand in hand with being one of the healthiest foods available to us. So it's probably no surprise that it is also associated with reduced inflammation and it contains important components that could help reduce symptoms of arthritis. Along with cabbage, broccoli is a member of the cruciferous vegetables family.

One study tracked the diets of 1,005 women and found that the intake of cruciferous vegetables like broccoli was associated with decreased levels of inflammatory markers.

Like cabbage, sulforaphane is a compound found in broccoli that has been shown to block the formation of a type of cell involved in rheumatoid arthritis development.



Spinach

Similar to broccoli, almost no one would talk about healthy foods without including spinach in the conversation. And luckily for us, leafy greens like spinach contain nutritional components that can help decrease inflammation caused by arthritis.

Spinach is especially high in the antioxidant kaempferol, which has been shown to decrease the effects of the inflammatory agents associated with rheumatoid arthritis.

A 2017 study treated arthritic cartilage cells with kaempferol, and found it reduced inflammation and prevented the progression of osteoarthritis.



Garlic

Among many other amazing health benefits such as providing a boost to the immune system, garlic has been shown to have an anti-inflammatory effect that may help decrease symptoms of arthritis.

In one study, researchers analyzed the diets of 1,082 twins. They found that those who ate more garlic had a reduced risk of hip osteoarthritis.

Adding garlic to your diet could benefit both arthritis symptoms and overall health.



Berries

Berries such as strawberries, blackberries and blueberries have a unique ability to help support a decrease in inflammation. This is due to the high levels of antioxidants, vitamins and minerals found in these berries.

In one study of 38,176 women, those who ate at least two servings of strawberries per week were 14% less likely to have an elevated level of inflammatory markers in the blood.

These berries are also rich in quercetin and rutin, which are plant compounds that were found to block some of the inflammatory processes associated with arthritis.



Walnuts

Similar to the benefits of the previously discussed oily fish, walnuts are especially high in omega-3 fatty acids, which have been shown to decrease the symptoms of arthritis and inflammation.

Walnuts are nutrient-dense and promote your overall health. They are also loaded with compounds that may help reduce the inflammation associated with joint disease.



Grapes

Grapes are nutrient-dense, high in antioxidants and possess anti-inflammatory properties.

Grapes contain several compounds that have been shown to be beneficial in the treatment of arthritis. One of these compounds is Resveratrol, which is an antioxidant present in the skin of grapes that enjoyed a new level of fame due to a 60 Minutes television profile that boasted of its incredible anti-aging benefits.

Resveratrol also shows potential for helping prevent the thickening of the joints associated with arthritis by blocking the formation of rheumatoid arthritis cells.

Grapes also contain a plant compound called proanthocyanidin, which may have promising effects on arthritis. Research shows that grape seed proanthocyanidin extract reduced inflammation related to the disease.



Olive Oil

Olive oil has long been well known for its anti-inflammatory properties and it may have a positive effect on arthritis symptoms. It even compares to the positive effects that fish oil has on specific inflammatory markers.

In one study, mice were fed extra-virgin olive oil for six weeks. This helped stop the development of arthritis, reduce joint swelling, slow cartilage destruction and decrease inflammation.

Another study analyzed the diets of 333 participants with and without rheumatoid arthritis, finding that olive oil consumption was associated with a lower risk of the disease.

Including olive oil and other healthy fats in your diet can definitely benefit your health, and may also reduce arthritis symptoms.



Bonus: Try These 100% Natural Healing Supplements

Arnica

Homeopathy is the practice of using very small amounts of herbs, flowers, and other ingredients in order to stimulate the body's own healing response.

It can be likened to the idea of a vaccine in which the dead virus or bacteria is injected into the body in order to persuade the body to make the appropriate white blood cells in order to prevent the disease.

While homeopathy still has some ground to gain in relation to the overall medical field, the Arnica flower seems to be one of the most respected treatments in relation to arthritis and muscle pain.

Whether applied topically or taken orally, this European flower helps to ease the suffering of afflicted patients

The arnica flower is a part of the sunflower family, and the hairy leaves are what has given it its name, derived from the Greek for 'lamb' or 'arna.'

There are several types of arnica, but the most commonly used type is arnica Montana. Within this compound is the chemical helenalin, which is unusually strong and actually toxic when taken in larger amounts.



However, when used in very minute measurements, it helps to reduce the inflammation of joints, while also helping to prevent and to heal bruising of the skin.

It is thought that the roots of the arnica plant contain thymol, which helps to also prevent fungal infections, which might have something to do with preventing the inflammatory reaction. Again, science is still studying how this homeopathic process works.

The main finding of the usefulness of arnica is that it seems to help stimulate the transportation of blood from one part of the body to the affected and afflicted body part. This helps to take away any accumulation of fluids in the joints and in the skin, which allows the body to be free of pain, while also helping to stimulate the natural healing process.

By helping the blood capillaries dilate, the body's blood transport system is much more efficient and a patient can move their joints more easily and without aches and pains.

The actual ingestion of arnica is not recommended, unless it has been prepared by a reputable homeopathic company or practitioner. Those who ingest arnica can have severe stomach upset and even internal bleeding as a result.



Arnica is easy to find in most drugstores, and it's found as an ointment that is applied directly to the skin in order to promote the alleviation of pain and swelling. You can apply this ointment to the skin as often as you like, taking care to wash your hands before moving onto your next task. You will also want to make sure the skin is clean before applying and that there are no open sores or cracks in the skin that might become irritated by this therapy.

If you choose to use arnica orally, you can find it in small pellets of which you take 3 under the tongue, up to 6 times per day, or as recommended by the manufacturer or the homeopathic practitioner.

While arnica does not seem to interact with any other medications or prescriptions, it is recommended that you alert your doctor when you begin an arnica regimen of any kind.

Overall, arnica is seen to be safe and effective, while also being a gentle way to help your body heal itself as a complementary practice to traditional medicine.

SAM-E (*S Adenosylmethionine*)

It seems each day the number of supplements on the Internet and in the supermarkets grows exponentially. Each time you turn on the news, it seems there is another chemical or substance we should be taking into our bodies.

However, Adenosylmethionine (SAM-e) is showing some true results. This chemical is actually a naturally occurring compound found in an amino acid. Amino acids are the building blocks of proteins in our bodies and without them, the human body can not survive.

As a result, it seems logical that adding more amino acids to the body might help to expedite the healing process in some manner.



Like many other natural remedies, it seems scientists aren't completely certain why SAM-e works to help with arthritis pain, but the studies are proving its usefulness. For example, in a study by the University of California at Irvine, researchers found that SAM-e is just as effective as traditional anti-inflammatory drugs like NSAIDs. In just 2 months of using SAM-e, patients found that their arthritis pain was cut in half, something that few other medications can claim to achieve.

There are many different ways SAM-e can be used in relation to the improvement of health. Not only has SAM-e been linked with helping arthritis pain, but it is also being studied for its ability to relieve depression in some patients.

In using SAM-e, it seems the body is able to increase the serotonin and dopamine chemicals in the brain, leading to feelings of well-being and even euphoria. Since the improvement of your mental state is linked with reducing arthritis pain as well, it seems SAM-e is able to address multiple levels of arthritis pain issues.

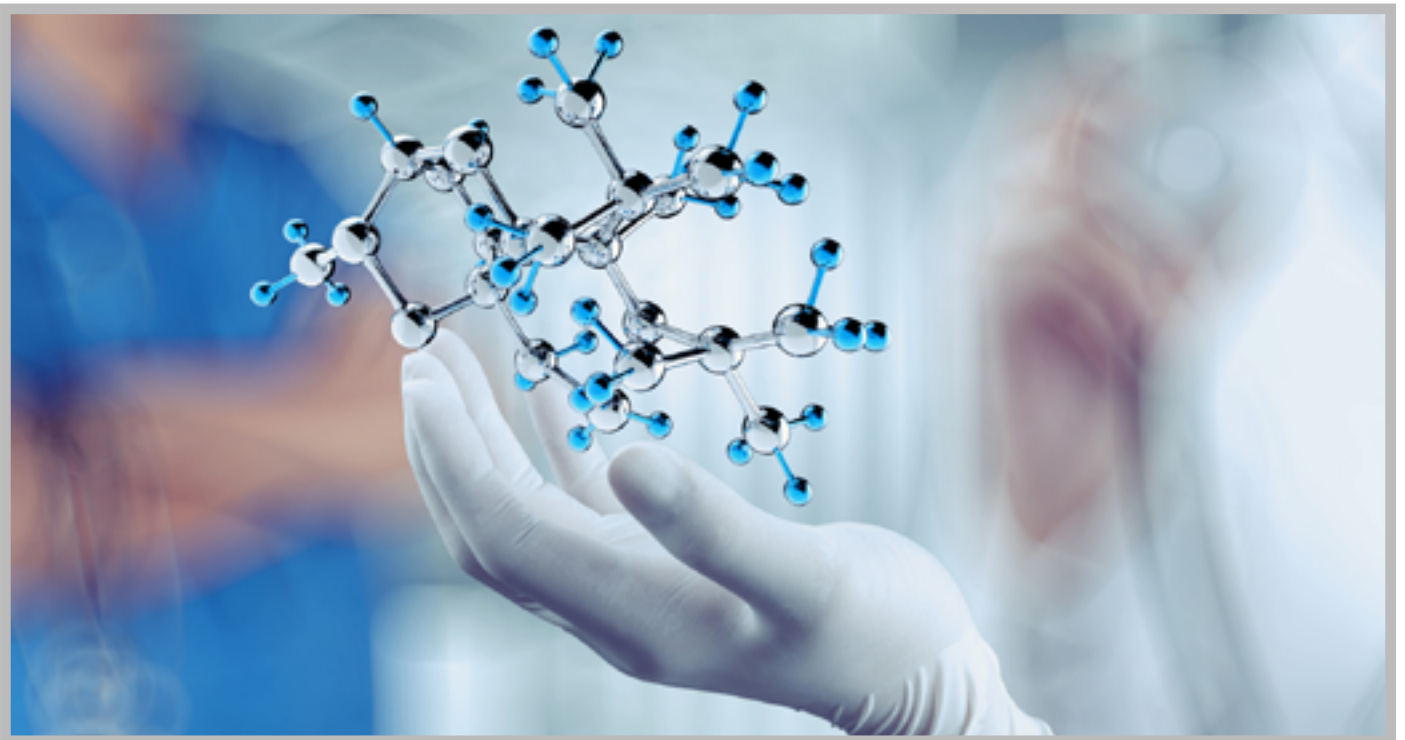
The main advantage of SAM-e is that it helps with cellular repair and with cellular growth. This can help the body repair damage as well as help to slow down the aging process. Of course the fountain of youth hasn't been found just yet, but this amino acid compound does seem to have many possibilities in that search for youthful health and vigor.

In order to get the best results from SAM-e, you will need to take this supplement on a regular basis. Research has shown the patients were able to notice less pain, but only after at least 2 weeks of regular supplementation.

You can find SAM-e at your local drugstores and grocery stores, but it helps to use only well known brands in your daily regimen of pills. Also, since SAM-e seems to break down in light, the packag-

ing should be protective of the pills, like foil blister packaging.

Other things to keep in mind when you are purchasing these pills is that they should have a GMP or a USP quality seal to ensure quality, the expiration date should allow for a few years' time, and a stabilizing salt can help to further protect the integrity of the pills.



One special note: since SAM-e does affect moods, if you are on any other medication for depression or for mood stabilization, you need to talk with your doctor first before taking this supplement. It can have adverse effects with a number of other prescriptions.

Methylsulfonyl-Methane (MSM)

MSM is a naturally occurring substance that's found in some plants and foods. Derived from sulfur, the uses of MSM in the health supplement world are becoming more and more celebrated with each subsequent study.

What's interesting about MSM is that its primary use in the world is as a solvent. It actually helps to break down substances at high temperatures. Though it's not as good a solvent as water, it does work well in the industrial field, helping to clean and break down other chemicals.

But it's the sulfur derivation that has helped MSM become a part of the health supplementation market. In a study at the University of California at San Diego, MSM was found to help prevent the degeneration of cartilage and of the joints themselves. If this continues to be the finding, the use of MSM could be used to prevent arthritis before it even begins to take hold.

Not only is MSM being linked with the prevention of degeneration, but it's also being linked with the ability to enhance mobility of the joints. This can help a person continue to exercise and to strengthen the surrounding joints and muscles. In doing so, arthritis pain can be reduced even more.

MSM can be taken as a supplement and is often found to be combined with glucosamine for joint health. Patients can start with a small dose of 1.5 grams and move up to 2 grams and even 3 grams as they become accustomed to the supplement. You might also find, however, that you can see benefits at much lower dosages – every patient is different.



An issue to think about with MSM is that it might not be necessary to add to the diet as meat-based diets tend to include plenty of sulfur. But for those who eat less meat and for those who do not eat meat at all, MSM seems to be a wise choice.

As with any of the natural supplements described, the best results come from regular daily use of MSM. The body needs to build up a reserve of the chemicals in order to continue to prevent joint degeneration. Some patients may experience a slight discomfort the first few times they take MSM, so start with a smaller dose at mealtimes to prevent stomach upset as much as possible. MSM is readily available online and at local drugstores without a prescription, but your doctor should be alerted when you begin an MSM regimen.

Conclusion

Eating a variety of foods with powerful components will do wonders for promoting your overall health and can offer relief from the symptoms of inflammation and arthritis.

With all natural and home remedies it's important to remember variance. Our bodies process food differently. Cayenne Pepper, or any other of the remedies mentioned here may provide relief for some, but not others. It's best to experiment to find the best remedy and dosage.

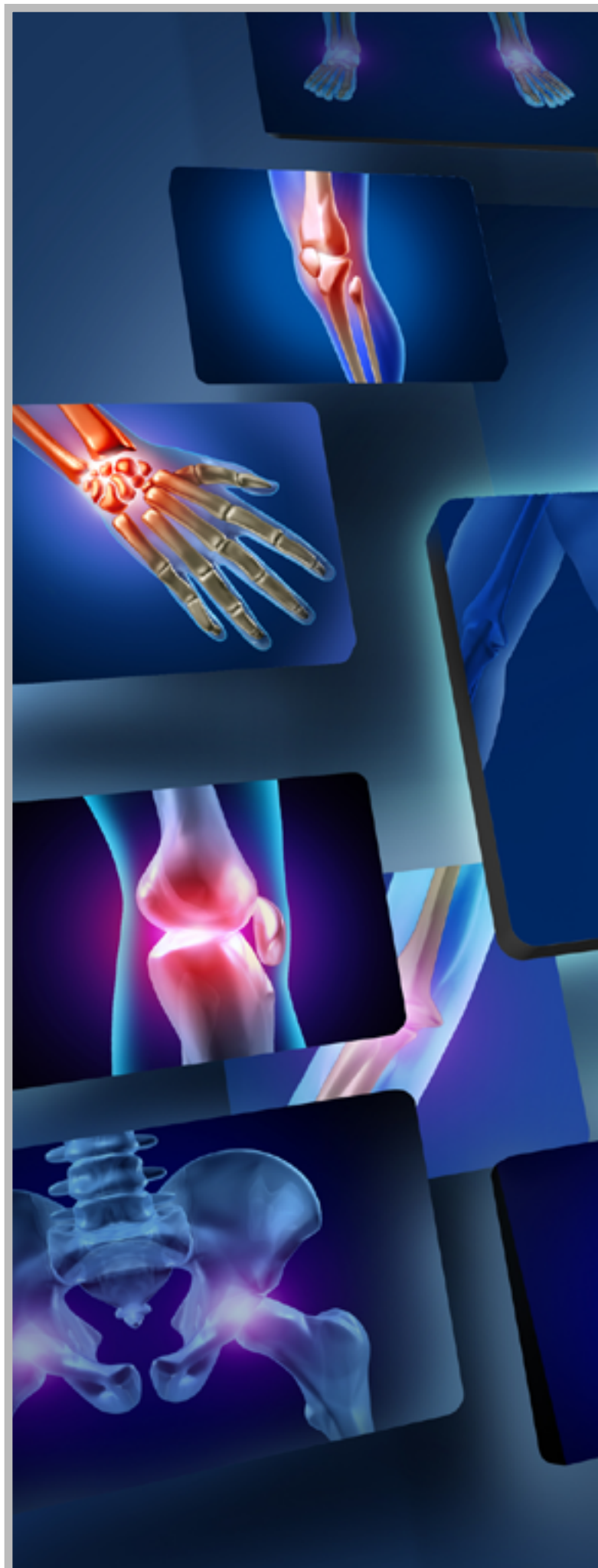
**Speaking of relief, what will happen if these remedies do work?
*You'll notice a decrease in pain!***

The longer you use these home remedies the less pain you'll experience.

All of these foods and supplements can absolutely be the answers you've been looking for in your battle against arthritis.

Please note that our bodies each process food in different ways. For example one food can work to reduce joint pain in one individual but may actually trigger additional pain in someone else. In fact some forms of rheumatoid arthritis are triggered by certain foods.

For these reasons, be prepared to experiment with the foods I've shared with you here. Trial and error can help you determine which foods are best at relieving your own unique pain.



No matter what arthritis treatment you choose, you have many more options than even your doctor may have realized. And with these options comes the power to take charge of your own health and your own pain management process.

While each patient is different, there is a treatment plan for everyone. By using some of these pain relief possibilities, you can experience a life that's less limited and more enjoyable.



Arthritis may be seen as just a condition of getting older, but it doesn't need to be something that stands in the way of your life and of your ability to live your life. Perhaps standard medications aren't the best course of treatment for you – or maybe you simply need these alternatives to complement a regimen your doctor has already started for you.

You do have choices – so why not start testing a few out to see what works best for you? What do you have to lose? Nothing besides your pain and discomfort!



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