

HEALTH REPORT

Everything You Need For Natural Ways To Manage Arthritis



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What is Arthritis?

Arthritis is a common condition that affects millions of people globally and is often characterized by long-standing, gradually worsening joint pain and stiffness. Being able to recognize and understand the basics of arthritis is an important step in being able to properly address the issue and diagnosing the type of arthritis you may be suffering with is a critical part of managing the problem effectively. In the rest of this report you will find important information about the different types of arthritis, how they are diagnosed and the most effective ways of managing them.

Arthritis = Joint Inflammation

The one thing common to all types of arthritis is the presence and development of inflammation within the affected joint.

There are several types of arthritis, each with its own unique set of symptoms and treatments. Osteoarthritis, rheumatoid arthritis, gout, psoriatic arthritis and septic arthritis are some of the most common forms of this condition. Knowing the differences

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between these types can help individuals identify which type they may be suffering from and find effective treatments to manage their symptoms.

The Difference Between Osteoarthritis And The Others...

Osteoarthritis (often know as degenerative joint disease, OA or when it occurs within the spine spondylosis, spondylitis or crumbling discs) is THE most common type of arthritis and is significantly different from all other types of arthritis. It is ultimately a mechanical wearing of the joint cartilage, ligaments and bones until the end state of the process where the joint either becomes completely unstable and collapses, or the body fuses the joint together. Osteoarthritis is generally diagnosed by thorough physical examination of the joint and/or X-ray images.

All other types of arthritis are known as inflammatory arthropathies and they involve the joint itself being attacked by your own body because of some type of trigger – often a trigger in your diet, stress etc. (gout is a good example of this). These types of arthritis can also be seen on X-ray but are most often diagnosed using specific blood tests.

Can I Have 2 Types Of Arthritis At The Same Time?

Unfortunately the answer to this is yes! Because when gout, rheumatoid or psoriatic arthritis attacks your joints it often leads on to accelerated mechanical wearing of the cartilage and ligaments as well. This is why the strategies contained within this report are an important part of prolonging the life of your affected joints and limiting the pain and stiffness caused by the condition(s).

Accurate diagnosis of your condition is critical in developing an appropriate approach to managing the problem – seeking professional advice and a thorough examination of the joint is extremely important both in terms of safety and getting necessary care and relief.

5 Natural Ways to Find Relief



No. 01 – Exercise

Exercise is one of the most effective ways to manage arthritis-related pain and discomfort. Regular exercise can help reduce inflammation, improve mobility, and strengthen muscles and bones. It can also help reduce stress levels (which reduces the amount of inflammation circulating throughout your body) and improve overall wellbeing. Additionally, exercise can help to increase flexibility in joints affected by arthritis and reduce stiffness. By incorporating regular exercise into an arthritis management plan, individuals can experience real relief from the pain associated with this condition. It is important to choose low/non-impact methods of exercising to limit the load through the affected joint(s) – swimming and cycling are often very good options. This also has an important effect on weight-management too, which can often become a challenge when immobilised by the pain of arthritis.



No. 02 – Heat + Cold

Apply heat and/or cold. Applying heat or cold to painful joints can provide relief from arthritis pain. Heat can help reduce muscle spasms, while cold can numb the area and help flush inflammation from the joint. In fact, many people find something called contrast therapy to be particularly effective in arthritic problems where moist heat is applied for 10 minutes and then immediately switching to an ice pack for 15 minutes. Care must be taken to avoid both heat and ice burns when using this approach but hot towels and a gel ice-pack wrapped in a cloth are convenient and safe ways to approach this one.



No. 03 – Diet

Make these simple, healthy changes to your diet. Diet plays an important role in managing arthritis symptoms. A diet rich in anti-inflammatory foods, such as fruits, vegetables, whole grains, and omega-3 fatty acids, can help to reduce inflammation in the whole body, not just your painful joints. On the other hand, a diet high in processed foods, sugar, and saturated fats can contribute to inflammation and worsen arthritis symptoms. Some foods that

may be particularly helpful for people with arthritis include oily fish, such as salmon and sardines, which are high in omega-3 fatty acids, and ginger and turmeric, which have natural anti-inflammatory properties. It may also be worth considering sourcing a good quality supplement for Omega 3, Ginger and Turmeric (but please check with your pharmacist first if you are taking prescribed medications).



No. 04 – Breaks

Take regular breaks. As basic as this one sounds it is very important because you must remember that damaged joints are not as strong as healthy ones. To try to power through when the joint is screaming at you only serves to cause more damage, more inflammation and more immobility the next day. When you have arthritis, it is important to take regular breaks from activities that cause pain or strain, such as typing or lifting – because taking breaks can help reduce pain and stiffness and prevent further permanent damage to the joints.



No. 05 – Body Functions

Get your body functioning properly. Many times you may find that one knee or hip has worn down much quicker than the other. In fact, it's not uncommon see X-rays of someone with one hip ready for replacement and the other knee is still perfectly healthy. The same is often true within the spine – with one disc and vertebrae is severely worn and damaged whilst the rest of the spine is in excellent condition. So it's important to understand that there is more to the problem than just age! In fact, if poor mechanics of a joint and abnormal loading has caused the wear to occur in the first place, then walking around for the next 20 years with the same is likely to guarantee bigger and more complicated problems.

The best results and improvements in this difficult condition are almost always achieved by those who apply a sensible, comprehensive approach to the problem. Hitting the problem from a number of angles on a consistent basis gives the best chance of success and a better quality of life! Ultimately, feeding your body well, moving your joints appropriately and getting your body functioning properly are the foundations to getting you back on your feet.

How Can Chiropractic Care Help With Arthritis?

Chiropractic care is a great way to manage arthritis symptoms. By adjusting the spine and other joints, it can help reduce inflammation in the affected area and improve mobility. The primary focus is to restore and maintain healthy alignment and movement within your spine so that your spine and other joints can move, function and weight-bear exactly the way they were designed to. It is an alternative method which involves no drugs or surgery, making it a safe and effective treatment option.

Proper alignment of your spine and pelvis is essential in mechanically loading the rest of your joints in a safe and healthy way. In order to both limit and slow the deterioration of your affected joints, as well as giving your body the optimal conditions to repair and recover from as much of the damage as possible.

While it's not possible to completely cure arthritis, Chiropractors can often provide care to help your damaged joints to function as well as they are capable, often making the symptoms of your condition far more manageable. The chiropractic approach to your condition will typically involve a comprehensive physical examination and history of your condition first (often with X-rays) before developing a specific plan of management for you consisting of gentle adjustments and/or mobilisation techniques to re-align, strengthen and improve your flexibility. We will tailor a specific program of stretches and other exercises for you to do at home, specifically designed to speed your recovery and maintain the function of your affected areas in between visits. We will even advise you of the optimal sleeping positions to work around your issues, dietary and supplement suggestions, along with a range of other easy-to-implement lifestyle-based guidance.

Your Special Health Report Bonus:

If you've found the information in this report useful and would like further professional advice visit: lifetimewellness.co.uk/discovery

*To schedule a **Free "Discovery Call"** where you can discuss your condition and any other issues with one of our GCC registered Doctors of Chiropractic!*