Relieve Arthritis Naturally

Dear Center For,

Arthritis is the most common cause of disability in the United States today. 1 in 5 adults living in the United States reports having doctor-diagnosed arthritis. According to the CDC, arthritis and rheumatic conditions cost the U.S. economy $128 billion annually and result in 44 million outpatient visits and 9,367 deaths each year.

Arthritis literally means inflammation of the joints. However, some forms of arthritis inflame more than just joints and some cause very little inflammation. The term arthritis refers to about 120 different diseases that can affect the joints,
muscles and other soft tissues. The three most common forms are osteoarthritis, fibromyalgia and rheumatoid arthritis.

Here are some simple resources to help you better understand arthritis and how to deal with it!

We hope you enjoy,

The NEWSTART Lifestyle Club Team

**Contrast Treatment**

by Rich Smith, LMP

Contrast Treatments are powerful, quick, and easy ways to help with impaired circulation, arthritis, edema, headaches, infections, strains and sprains, and much more. Within a few moments of watching this short video, you can be applying contrast treatments yourself. Why not?

Watch Video

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Featured Article

Arthritis: Don’t Let Joint Pain Slow Your Journey

by John Glenn Clark, MD

According to the CDC, arthritis is the leading cause of disability in the United States. Twenty-three million Americans (about 11 percent of the U.S. population) have report symptoms of arthritis but have but have never sought medical care for relief. Another 42.7 million Americans (about 20% percent of the U.S. population) have been diagnosed with arthritis by a Physician. Thus, nearly one third of Americans suffer disabling joint pain, much of which could be alleviated or entirely averted if they only knew how to better care for the health their joints.

So, you may ask, “What can I do to improve the health of my joints—to make sure they last as long as I do" In this
article we will explore the contribution of diet, exercise, obesity and water drinking to joint health and longevity.

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**Featured Recipe**

**Asian Lettuce Wraps**

by Michelle Irwin

Here’s a great Asian treat that is rich in Omega3 which is really good for counteracting Arthritis.

1. Place all ingredients, except lettuce, in a skillet with vegetables diced 3/8” thick and stir fry until tender-crisp.
2. Place about three tablespoons of filling in a lettuce leaf and wrap, folding lettuce like a taco.

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Arthritis: Don’t Let Joint Pain Slow Your Journey

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So, you may ask, “What can I do to improve the health of my joints—to make sure they last as long as I do?” In this article we will explore the contribution of diet, exercise, obesity, and water drinking to joint health and longevity.

Because the knee is a very vulnerable joint to arthritis I will use it as a model in our discussion. I could have just as easily used the spinal discs, hip, shoulder, or ankle. The junction of the femur, often called the thigh bone, and the tibia, sometimes referred to as the shinbone form the knee joint. The end of the femur and the top of the tibia are covered with a layer of cartilage about one-eighth of an inch thick. “This cartilage provides protection, shock absorption and smooth motion for the joint.

Lubrication fluid is held in the knee by the joint capsule, this capsule is like a bag that surrounds the entire knee joint. When a person complains of having “water on the knee” it usually means that they have extra joint fluid in their joint capsule.

Cartilage is a rubbery material that has no blood vessels running through it. It depends on nutrients diffusing or soaking into it from the bone and joint capsule. Blood can nourish the cartilage.

To maintain good cartilage nutrition, blood must be kept flowing by the joint. Blood vessels so small that only one red blood cell can pass through them at a time line the joint capsule. These vessels are called capillaries. Nutrients have to pass from the blood cell in the capillary to the cartilage cell in the cartilage. This involves moving nutrients from the blood cell, across the capillary wall, through the joint capsule into the joint fluid. The joint fluid must then pass through the layers of cartilage to reach the cartilage cell. To remove the waste products form the cartilage cell the whole process must work in reverse. Good cartilage nutrition depends on the diffusion of fluid from the blood vessel, across the synovial membrane or joint capsule, into the joint space. Cartilage health also depends on the diffusion of waste products back across the synovial membrane and back into the blood vessel.

Anything that inhibits the free flow of fluid to and from the cartilage...
Asian Lettuce Wraps

http://newstartclub.com/recipe/171

Ingredients

- 4 c. of seasonal vegetables (fresh asparagus, green onion, red onion, red or green pepper, mushrooms, water chestnuts)
- 1 package baked tofu, cut into 3/8” cubes
- 4 cloves garlic, minced
- 1/2 inch piece ginger root, grated
- 1/4 c. Liquid Aminos
- 1 tsp. Bill’s Best Chik Nish seasoning
- Sesame oil (a few drops for flavor)
- 1/2 tsp. date sugar or other sweetener
- 1/4 c. pine nuts, toasted (opt.)
- Lettuce leaves (3-4 per person)

Instructions

1. Place all ingredients, except lettuce, in a skillet with vegetables diced 3/8” thick and stir fry until tender-crisp.
2. Place about three tablespoons of filling in a lettuce leaf and wrap, folding lettuce like a taco.

Tags: Entrées  Gluten Free  Wheat Free  Chinese  Michelle Irwin