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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Arthritis Cure - Discover The Natural Arthritis Remedy

By Greg DBK Smith

Arthritis comes in many forms, such as gout, rheumatoid, osteoarthritis, also known as

degenerative joint disease or degenerative arthritis, and fibromyalgia. Anyone who lives with, or knows someone who has, this debilitating disease knows how painful and life-affecting it can be. They also know how costly it can be to "manage" arthritis with expensive medications, such as NSAIDs (non-steroidal anti-inflammatory drugs), some of which result in terrible side-effects, have known dangerous health risks, such as increased risk for heart attack and stroke, and which decrease in effectiveness over time, if they were even effective to begin with. Other expensive options include invasive surgeries and mobility devices, such as crutches, canes or wheelchairs. But, the sad truth is that none of these "treatments" do anything to stop the progress of this crippling disease.

I personally know of a woman who has experienced the tremendous pain and suffering caused by rheumatoid arthritis in her elbows and wrists since she was 35 years old; she is now 43. I witnessed first-hand the enormous difficulty she had with the simple task of drying and brushing her hair; motions that any healthy woman takes for granted. The disease has damaged her wrists and elbows so badly that she currently has no cartilage remaining in one of her wrists and, consequently, has no movement in that wrist. In addition, both of her elbows are severely deformed; both elbows look swollen and are slightly bent. Since lifting, pushing, or pulling an object usually causes her pain, she rarely uses her arms and, as a result, her arm muscles have atrophied. Her arms look like those of an elderly woman; her muscles sag and look shriveled.

During the last eight years, this woman has made countless trips to the doctor and pharmacies and spent a tremendous amount of money and time trying to find relief from her suffering. However, nothing helped and her condition worsened to the point she was willing to try anything, including participating in experimental studies. Unfortunately, these experimental treatments did not help her either. On the contrary, they may have actually caused her cancer, which she is currently battling with now.

I am writing this letter for her and for the millions of people around the world that are needlessly suffering from this horrible, life-affecting disease known, in general terms, as arthritis. Contrary to what the medical establishment might have you believe, such as "arthritis is just a part of life...there is no cure...learn to live with it", every disease is curable, naturally, including arthritis; all that is required is

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the knowledge. In the case of arthritis, a few special individuals outside the medical establishment have discovered that knowledge on their own through years of in–depth research and testing; testing they actually performed on themselves. You see, these people too once suffered the horrible pains of arthritis but, after discovering and applying what they learned, they were able to cure themselves of this disease naturally. To further validate what they learned, they would revert back to their old ways and, without exception, the arthritis pain would return. They would then, of course, go back to applying what they learned and, again, without exception, the arthritis would "disappear". In fact, by applying this knowledge, one woman, after suffering for 43 years, has been free from the pains of arthritis for over 29 years now; another woman applied what she learned and has been arthritis–free for over 16 years.

The point I want to get across is that **ARTHRITIS IS CURABLE NATURALLY**; real people have proven that it is. The details of what these people discovered to cure themselves of arthritis naturally are beyond the scope of this article. However, if you'd like to learn these details, simply visit

<http://www.databaseofknowledge.com/illness/arthritis.php>

. Here, for example, you can learn, in addition

to so much more, the "gout remedy", or rather, "gout diet" that explains what "gout food" to avoid in order to get rid of gout symptoms.

One last point: your health is ultimately your responsibility. As such, take an active stance and discover what your body needs to maintain optimum health. Do NOT simply leave your health in the hands of someone else. Do NOT assume that a highly–educated, licensed medical practitioner knows everything. They do NOT! No one person can know everything. Please do not misunderstand me, definitely work with a licensed medical professional when it comes to your health. However, if you find that what he/she is prescribing is not helping you, it is your responsibility to take further action and look for other solutions. Keep in mind that **THERE IS A SOLUTION TO EVERY PROBLEM**. You only need to seek it out. Remember the old adage: "seek and you shall find" .

Wishing you a healthy, happy and prosperous life,

Greg Smith Founder/President The Database of Knowledge: The Source for Enhancing Our Lives
[databaseofknowledge.com](http://www.databaseofknowledge.com)

Greg Smith is President of

<http://www.databaseofknowledge.com>

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arthritis cures, visit

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Vitamin K, An Arthritis Preventative Home Remedy

By Rudy Silva

Most all of us will have to deal with arthritis joint pain – joint inflammation and deterioration of cartilage – at some time. Arthritis occurs in the knees, elbow, fingers, and any where there is a bone joint. Where it occurs in your body will be determined by genetics, diet, and repetitive use of the joint.

As with most illness or body conditions there is always a home remedy that can help reduce, eliminate or even cure the condition. There are many natural cures for arthritis and many home remedies.

Here is one natural substance that reduces the severity of arthritis and provides a more natural balance and function of bone and chemicals at the bone joint – vitamin k.

Vitamin k also gives blood the ability to form blood clots, which prevent us from bleeding to death whenever we cut ourselves.

There has been recent activity in testing vitamin k for the prevention of arthritis and for reducing the severity of bone degeneration. In her studies, Tuhina Neogi, of Boston University School of Medicine found that low levels of vitamin k in individual activated bone and cartilage deterioration. And, those found with low vitamin k also had more severe arthritis.

So what does all of this mean? When you are deficient in vitamin k you are more susceptible to bone and cartilage degeneration and abnormalities. As you age and start to have arthritis and you are deficient in vitamin k your arthritis will be more severe.

Here's how to get more vitamin k in your diet. You can take vitamin k supplement in doses of 5 to 15 mg daily. Look for plant based vitamin k1 and k2 since these have no toxicity associated with them. Avoid using K3 which is the synthetic form, which can cause liver toxicity.

For those of you that are using blood thinning medication, coumadin, it best not to use vitamin k supplements. In some cases doctors also recommend not eating those foods that are high in vitamin k.

But if you not taking blood thinning medication and have no major cardiovascular conditions then supplementing with vitamin k should not be a problem.

Here are some foods that you should be eating daily to get natural organic vitamin k:

Dark green leafy vegetables of all kinds, chestnut leaves, spinach leaves, kale, cabbage, cauliflower, broccoli, Brussels sprouts, endive, olive oil, avocados, meat, egg yolk, cheese, yogurt.

Start eating more dark green vegetables and add a small amount of vitamin k to your daily diet. This will help you offset the degradation of you bone joints and reduce the severity of arthritis as you use your joints more and more.

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Rudy Silva is a natural Nutritionist. Check out his site for more natural arthritis pain relief at:

<http://www.arthritis-remedies.for--you.info>

To get more natural remedy tips and information sign up for his newsletter at:

<http://www.natural-remedies-thatwork.com>



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