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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, Pain Relief And Soft Drinks

By Pieterneel Van Giersbergen

Because arthritis is so widespread now, it gets a lot of attention from all of us – from the average

person to the health professional. Some experts believe that arthritis was first introduced by a strain of virus some two centuries ago. But then, other experts have found conclusive evidence of arthritis in ancient Egyptian mummies. But whether it's two centuries or four millennia, arthritis does seem to be age-related. We are clearly more prone to have it the older we get. And we have therefore come to regard arthritis as a degenerative disease.

But that should by no means mean that arthritis is inevitable. "But why should we have to take natural hormone creams and supplements?" my clients often ask. "Our ancestors didn't take them, and arthritis wasn't nearly as prevalent in times past." The simple fact is, most of our ancestors didn't live to the ripe, old, healthy ages we do nowadays. They died younger and were worn out earlier – while we go on playing golf and tennis into our 70s and beyond. We live longer now, and want to enjoy ourselves more. So why suffer – unnecessarily – the aching joints and low energy of arthritis?

Sure arthritis is a fact, but we needn't resign ourselves to it. By being smart we can stay healthy. From my clientele and personal experience I've learned four easy ways to diminish or get rid of arthritis:

1. Soothex: It's a base of olive oil that's infused with anti-inflammatory herbs. Rub Soothex topically wherever you have pain and it takes the pain away, reduces swelling, and directly introduces healing oxygen to the joints and tissues. Soothex has no side effects... and you can use it as often as you wish.
2. Oil of Oregano: This herbal healer works on the same principles as Soothex, but more mildly. But it also is a completely natural antibiotic, and is antiviral and antifungal, and gives a great boost to the immune system. With such intense healing properties, both Soothex and Oil of Oregano are a far cry from commercial products that often offer mere numbing and heating effects.
3. Natural progesterone creams – These creams – such as Prosperin for women and Prosperon for men – naturally balance the hormones whose imbalance is the origin of so many stresses and bad sensations that can plague us in our middle age and senior years.

4. A natural healthy diet with lots of veggies and not too much animal protein. If you like red meats then go organic – you'll be cutting out a lot of artificial animal hormones that can play havoc with your health and well-being.

Did you happen to read that soft drinks can diminish arthritis? And did you wonder, as I did: Could this possibly be true?

The answer, it turns out, is both yes and no. If you have a bad case of arthritis and do not improve your diet and lifestyle, a six-pack of soft drinks might give you some relief from arthritis – but just temporarily. This can happen because the phosphate in the soda can dissolve some of the calcium deposits in your joints, which are the source of your arthritis pain and swelling. Indeed, what we call "arthritis" is actually an internal internal infection and inflammation.

But if you then take up drinking soft drinks as a regimen to keep your arthritis at bay, it will dissolve the calcium in your bones and put you on the fast track to osteoporosis. A losing proposition. Some recommend trying a six-pack over the course of a few hours, to see if your pain is reduced. If you try this, afterwards please stop with the soft drinks and take up with healthy, natural foods. This way the vitamins and minerals in your food will be well absorbed, and won't form deposits that congest your joints with the blockage and pain we call arthritis. For improved intestinal absorption of nutrients you should also drink kefir and / or take acidophilus.

Sure – arthritis is a degenerative disease, but it can be cured or dramatically reduced if you have the knowledge, persistence, and willingness to change your lifestyle. I've never quite understood why many of us seem unwilling to give up our suffering. It seems some just aren't ready for it yet. Are you?

Let Soothex jump-start the hope that arises when pain actually decreases, movement comes easily again, and your energy starts to flow. If you follow through with a natural diet, you can definitely enjoy your long life more. What else could we wish for?

"Health is our greatest wealth". – Benjamin Franklin

Warmly, Pieter van Giersbergen.

This article is written for

<http://www.painrelief-dot.com>

Pieter van Giersbergen has a website with all natural health

products like natural progesterone creams Prosperine

http://www.pietervanGiersbergen.com/hormone_cream_women.html

and 120 pages of common sense healing.

A Better Understanding Of Arthritis

By Jeff Jefferson

The term "Arthritis" refers to more than 100 different types of diseases which all cause pain, stiffness, and inflammation in the joints of affected people. All arthritis conditions involve some form of joint pain or the other. However, the seriousness of the joint pain, the duration of the joint pain and degree of the joint pain vary from one type of arthritis to another.

The two most prevalent types of arthritis include Osteoarthritis and Rheumatoid arthritis. Osteoarthritis is the most common form of arthritis, in which joint cartilage is destroyed. In other cases of Osteoarthritis, the patient experiences bony outgrowth, also known as bone spurs and also lose of cartilage particles.

Osteoarthritis affects mostly aged people, from 55 years and older. That is why most people say it is an 'aged disease' of the joints. Osteoarthritis is mostly common in the hands, feet, spine, hips and knees of victims.

In rheumatoid arthritis, the patient experiences white blood cells in the synovial membrane dividing, growing and multiplying. These produce inflammation of the joint capsule and synovial membrane, loss of space in the synovial cavity, pain and stiffness in the joint. If there is no arthritis relief and treatment, this may lead to cartilage destruction.

Apart from these types of arthritis, another type of arthritis that commonly affects people is "Inflammatory Arthritis". This type of arthritis causes very severe inflammation in the joints and the tendons of the victims.

This is mostly characterized by the swelling and inflammation of the synovial membrane – thereby causing severe pain and stiffness in the joints of the victims. Inflammatory arthritis makes the joint look red and warm when touched. Arthritis relief for victims is necessary to reduce the pain.

Arthritis relief is therefore very important, especially in a country like the United States where Arthritis is the number one cause of physical disability. There are an estimated total number of 43 million Americans – 16 percent of the population, suffering from one form of arthritis or the other.

It is not only adults who need arthritis relief, but also children. In the United States, about 300,000 children suffer from one type of arthritis related disease or another. Children, being very susceptible to pain, need arthritis relief and treatment more than ever before. Unlike adults who can endure joint pains to a great degree, children cannot and therefore need arthritis relief as soon as the problem starts.

"Want to Discover 4 Pain relief Secrets?"

<http://www.arthritis-treatments-and-health-tips.info>

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<http://www.arthritis-and-health-tips.info>

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