

DO YOU HAVE ACHY JOINTS?

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**DO YOU HAVE ACHY JOINTS?**

**By Jane Kriese**

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Regardless of your age, you could have Arthritis. In North America over Fifty five million people suffer from this debilitating disease.

Arthritis is an inflammation of one or more joints. It is characterized by pain, swelling, stiffness, deformity, or a diminished range of motion.

The most common types of Arthritis and their symptoms are;

Osteoarthritis; the symptoms are, stiffness, and pain on joint motion. Usually this comes on gradually and occurs after the age of forty.

Rheumatoid arthritis; the symptoms are joint stiffness upon awakening; this usually lasts for a couple hours, also swelling in the finger and wrist joints. This usually affects people between the ages of, twenty five to fifty.

Spondyloarthropathies (including psoriatic arthritis, ankylosing spondylitis, Reiter's syndrome) this group of disorders tends to affect the spine, causing pain, stiffness, inflammation, and changes in body position. This usually affects people between the ages of twenty and forty years of age.

Gout; The symptoms come on quickly with extreme pain and swelling. It usually affects people over forty years of age.

Juvenile rheumatoid arthritis; the symptoms are joint stiffness, often in the knee, wrist and hands. It can also involve the organs and the nervous system. It usually affects children under eighteen years of age.

If you have this disease here are some of the choices available to you.

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You can take pain killers, steroids or anti-inflammatory drugs, and manage the disease, or you can use holistic products, and cure the disease.

You can learn more, visit The Arthritis Foundation at [www.arthritis.org](http://www.arthritis.org). Knowledge is power and life style diseases are curable!

You can change your lifestyle and be good to your joints.

Here are 12 life style changes that will help your joints and the rest of your body. Lose weight Turn off the T.V. Eat well Add color to your diet, fruits and veggies Eat a diet high in protein, eliminate refined carbohydrates, white bread, white pasta, white rice and potatoes. Visit the salad bar when you eat out Keep a food journal Cut down on caffeine intake; no more than two caffeinated drinks a day. Take calcium, vitamins and minerals each day. All supplements should be a high quality, liquid plant

extract. Cleanse your body of impurities, to learn more about cleanses refer to [www.herbs4health.net](http://www.herbs4health.net) click on The E book "9 Steps To A Healthy Vibrant Body", Chapter three "Cleansing The Body" Eliminate the bad stresses from your lifestyle Address any addictions in your life, smoking, alcohol, or drugs Get plenty of exercise

Many people feel that having some form of an arthritic condition is inevitable; they feel it is part of aging. This is not true; many people who practice a holistic life style are free of this disease for their whole life. Our life style determines our health, if you have led an unhealthy life style, you can change your lifestyle, rebuild your body, and you too can have a healthy vibrant body.

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Would you like to have a Healthy Vibrant Body?

To learn more, sign up for Jane Kriese's

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Herbs For Health Newsletter at;

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I am Jane Kriese, I am the web master for the site,

[www.herbsforhealthstore.biz](http://www.herbsforhealthstore.biz)

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I am a business woman, author, wife and mother. My passion is the holistic world. I love to study, and write articles, about holistic cures for life style diseases. It is exciting to educate people, and watch as they change their life style by, introducing holistic products, and new habits, into their life. Many of these people have healed their bodies. The holistic world is full of hope and joy, and I believe with effort we can have a healthy vibrant body.

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### **Everyone Will Want This Product – It Sells Itself**

**By Kim Klaver**

Have you ever heard that line?

When you do, you'll know the speaker is either ignorant or fibbing. So you're being fooled, at best.

**THERE IS NO PRODUCT FOR EVERYONE.** We have choices about what to buy and not to buy, and then of the things we choose to buy, what brand, style, color, size and type.

People tell you things about themselves when they make product choices. A woman who shops at Whole Foods, for example, tells you something about her values. One who drives a Prius tells you something, also. But are those two choices for everyone? Does every woman shop at Whole Foods or drive a Prius?

**Moral:** Whatever product or service you love, that you want to offer to another woman, do not presume that she'll want it too.

Women have different tastes, different priorities, different lifestyles, yes? You can see them in the choices they make – from where they shop to how they spend a free hour.

Since women are different, the most natural thing is to look for a woman like you – who shares values or concerns that you have also. It's the same way you make a friend. You swap stories. In this case, you tell your "before and after" story and see who is drawn to it – just like a movie draws different kinds of people. Just like similar interests and concerns make for friendships.

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Before and After product story example

Say you used to have an achy knee going up and down the stairs, from a fall. And say you tried different remedies, some physical therapy, some creams, and nothing seemed to work well enough. You were willing to try about anything, only you did NOT want to consider drugs or surgery.

One day you came across this rub—a—dub product that you massaged into your knee, and lo and behold, a week later your achy knee was gone – and now you're even playing tennis again!

Let's say you want to market this product to other women like you. Women who share your "before" story and values, at least.

So how about asking for a woman like you then?

I.e. A woman who has achy knees going up and down the stairs, who has tried different over—the—counter remedies, with not much effect, but who doesn't want to do drugs or surgery. Someone LIKE YOU.

Do you suppose if you put the call out for women like that, you might find some just like you? E.g.

"We're introducing a product for women who have achy knees like I used to, but who don't want to do

drugs or surgery, like me. Do you know a woman who might like to know about a product like that?"

How about that?

Finding women like you.

How many women do you think fit that description? These are all women who might give you their attention, because they're like you in that way. Without attention no sale will happen. And regardless of the outcome, at least you'll have a pleasant conversation and maybe make a friend.

And what if a few women would like to try the product too, in case it works for them the way it did for you?

Kim Klaver is Harvard & Stanford educated. Her 20 years experience in network marketing have resulted in a popular blog,

<http://KimKlaverBlogs.com>

, a podcast,

<http://YourGreatThing.com>

and a

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giant resource site,

<http://BananaMarketing.com>

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