

Natural Arthritis Relief

The Secret to Reversing Rheumatoid Arthritis





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By Your Name

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Dear reader,

Before you continue through this book, I would like to point out that the information presented throughout the following chapters is not a quick fix or overnight miracle cure for your Rheumatoid Arthritis.

I don't believe that any such cure exists & nor should you, instead I'm going to talk about reversing & controlling rheumatoid arthritis, which I can assure you is entirely achievable when you know how.

I intend to show you the same little known self treatment methods which currently help thousands of rheumatoid arthritis sufferers live normal pain free lives.

THE ARTHRITIS PANDEMIC

Arthritis generally means inflammation of the joint, and is a collective term used to describe over a hundred different diseases, all connected to muscular skeletal disorders.

Arthritis is known to affect the joints, bones, attached muscles and tendons.

People have suffered with arthritis since the dawn of time itself; however the condition has become far more common in our recent past.

Arthritis along with numerous other conditions is now so common, they could almost be labelled as diseases of our time, and our modern world has accelerated our poor health.

Tens of millions are reported to be afflicted with one type of arthritis or another, while millions more suffer in silence. The number of known cases of arthritis has almost doubled in the last 20 years, and only seems to gather to gather momentum by the day.

It's estimated that one in three of us will experience symptoms of arthritis to some degree, at some point in our lives.



This terrible disease shows no sign of slowing, & some experts have reportedly gone as far as saying that future generations may all be affected by arthritis to some degree.

Arthritis has in the past been mistakenly labelled as a consequence of ageing, and while it is true that this disease is far more common amongst the older population, we now know arthritis is not linked only to age. Men, women, children even animals are susceptible to this debilitating disease, there are no exceptions and the reasons could be right under our noses.

It's a growing belief among many that arthritis, especially Rheumatoid Arthritis is a symptom of the body's intolerance to certain toxins & environmental pollutants. Perhaps this sounds very complicated and unavoidable? The truth is that these toxins may not be what you expect them to be. Throughout this book I will attempt to uncover the real reason you suffer with Rheumatoid Arthritis & more importantly how you can reverse the symptoms in weeks without medication.

WHAT IS RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA)

Rheumatoid arthritis is known to be an autoimmune disease. Inflammation of the synovium causes chemicals to thicken the thin layer of tissue which lines and lubricates the joint.

The thickened synovium may eventually damage the cartilage and ultimately the bone. Arthritics suffering with RA may experience symptoms, such as pain, stiffness, swelling and impaired function of the affected joint. In advanced cases the condition may lead to configuration and twisting of the affected area.

Rheumatoid arthritis can be apparent in any age and is not confined to one sex, having said that RA does tend to be more prevalent in females; women are thought to be three times more likely to suffer with rheumatoid arthritis than men.



RA is not often restricted to just one joint, many arthritics will often find themselves symmetrically affected, such as in both hands, or perhaps in both knees.

Juvenile Rheumatoid Arthritis

The juvenile form of rheumatoid arthritis is basically the same as the adult version, and is the most common form of arthritis found in childhood. As with the adult form of rheumatoid arthritis, any part (joint) of the body may be affected.

WHAT CAUSED YOUR ARTHRITIS

Many factors are known to contribute towards different types of arthritis, unfortunately even with modern day medical practices, identifying any specific route cause is almost impossible which makes effective treatment difficult.

Listed within this chapter are some widely accepted risk factors, and causes which are known to contribute towards all types of arthritis. Also listed are some lesser known possibility's which research indicates may also have a bearing.

This is just a small list of some of the risk factors thought to be responsible for and attributed to arthritis, many prescribed and over the counter drugs may also play a very damaging part which we will cover later.

OBESITY

Excess weight puts unnecessary pressure on the supporting joints, especially hips and knees. It is hard to say whether obesity actually causes arthritis, or if having arthritis leads to obesity.

Either way obesity has a detrimental effect on all of us. It is very clear that a reduction in weight will greatly help people in all walks of life, especially arthritics suffering with



osteoarthritis.

AGE

As the body becomes older it may become more susceptible to arthritis. The reason for arthritis being more prevalent in the elderly is due mainly to the bone becoming brittle. With age, an increasingly brittle cartilage has less capacity to repair itself, which may ultimately lead to arthritis.

A lesser known reason for rheumatoid arthritis becoming worse or developing with age may be a build up of toxins throughout the gastrointestinal tract.

PREVIOUS INJURY / TRAUMA

It is very common for osteoarthritis to develop after a serious accident, trauma even surgery. Osteoarthritis will frequently develop in the joint where the damage occurred.

SEX

Arthritis, as we know, is not a disease restricted to sex, however women are far more likely to develop arthritis, especially rheumatoid arthritis. Research has suggested a figure of around 60% of all arthritics to be female.

Gout tends to be more prevalent in the male population, articles linked to gout suggest alcohol may be a contributing factor & may help explain why more men than women suffer with this condition.

GENETICS / FAMILY

Studies into the causes of arthritis suggest the association of specific genes which could be linked to certain types of arthritic conditions.

It's thought that rheumatoid arthritis or genes containing the disease may be passed down through family generations.



Having the gene passed to you through family puts you at a higher risk of developing arthritis, known as genetic predisposition; this however does not mean you will develop the condition.

SMOKING

Smoking cigarettes and passive smoking has damaging effects on many parts of the human body, its clear to everyone what smoking does to their heart and lungs, not to mention their skin.

You may be surprised to learn that studies now indicate a very strong link between smoking and rheumatoid arthritis.

The connection is yet to be fully understood, but research has shown that smoking releases excess free radicals and toxins into the bloodstream.

Excess free radicals along with numerous other toxins are known to attack and affect the immune system, which may cause abnormality in white blood cells. Smoking over a long period may also have a significant effect on bone and the bones ability to repair itself.

ALLERGIES / FOOD INTOLERENCIES

There are very few foods which cause obvious allergic reactions, the best known are probably peanuts.

Not knowing what foods you may be allergic to is a real problem, a bigger problem than you might imagine.

Many people go through life with food intolerances and never show any classical signs of an allergy, for this reason they may never suspect their favourite food may be the cause of their arthritis.

Symptoms of food intolerances, when apparent are more often than not delayed reactions, so even if you do display symptoms it can still be difficult to link a reaction with a particular



food.

Nutritionists specialising in food intolerances and arthritis suggest that the main culprit will be our favourite food or beverage, the foods we crave, the food or drink you can't live without. These foods may have an addictive quality,

CANDIDIASIS

Candida is normally harmless yeast contained within the gastrointestinal tract, under normal circumstances Candida is a sugar fermenting yeast which along with other micro-organisms helps break down and digest food.

The human body's biochemistry is very fragile and may be easily thrown off balance. Candida can transform itself from part of the body's natural yeast, into a pathogenic fungus, a condition known as candidiasis.

The transformation of Candida into candidiasis can be caused by the prolonged use of antibiotics, stress, diabetes, acidic pH level, & depleted immune system.

Candidiasis growth can affect the normal functioning of the gut, without treatment the fungus can penetrate the wall of the gut causing leaky gut syndrome. Once through the wall candidiasis can pass through the bloodstream releasing toxins which can attack any of the body's organs.

Candidiasis is also known to decrease the body's nutrient uptake, leading to vitamin and mineral deficiency.

HEAVY METAL POISONING / METAL TOXICITIES

Heavy metal poisoning has become a major health problem in recent history and will inevitably become much worse, as more countries become industrialised nations.

Metals and industrial by products seep into the water and enter the food chain.

Heavy metals have a density of over five times that of water, the human body is unable to



successfully break down the foreign bodies and is forced to retain them.

The accumulation of heavy metals trapped in the body causes toxicity to poison the bloodstream, leading to damaged kidneys, lungs, nervous system and other organs.

YOUR ARTHRITIS MEDICATION IS MAKING YOU WORSE...

The most common medication used to treat arthritis, are Anti-Inflammatory, Steroids & Non-Steroid Anti-Inflammatory, along with the more aggressive treatments programs. The problem with prescribed and over the counter drugs used to treat arthritis is at best they only mask the disease, with a temporary relief of the symptoms.

Arthritis is prevalent for a reason and has a cause, while the root cause in any specific case of arthritis is basically impossible to pinpoint, I think it unwise to tackle only the symptoms of the disease.

Treating the symptoms with drugs such as Aspirin, Ibuprofen and more aggressive drugs will over time release toxins and chemicals into the bloodstream, which may in fact be worsening the condition along with causing numerous other medical problems.

NSAIDs

NSAIDs provides only symptomatic relief and have been shown to suppress bone repair and have toxic effects on cartilage metabolism, so as with most of the drugs prescribed to treat your arthritis pain, the drug will actually damage the effected cartilage further and ultimately destroy the joint. Other side effects are known to be, Kidney failure, Liver dysfunction, Bleeding, and Gastric ulceration.

Cortisone

Cortisone also provides only temporary and in some cases spectacular symptomatic pain relief, however to achieve the same effects of earlier relief we must take increasing quantities. Over time and increased use of the drug the body will stop producing its natural form of cortisone (Hydrocortisone); therefore without ongoing cortisone prescriptions we will be in serious trouble.



Cortisone has many other undesirable side effects, such as an impaired ability for the body to kill foreign bodies in the blood, leaving the body defenceless and open to infection.

More aggressive drugs

Which may include azathioprine, methotrexate, cyclophosphamide, penicillamine and hydroxychloroquine that may be administered together with NSAIDs and corticosteroids? A recent study evaluated over 100 arthritic patients who were on such aggressive drug therapy over a 20-year period. The results proved alarming as over one third had died and just 18% were able to carry on their normal lives.

NOTE: Pharmaceutical companies (& their stock holders).

Drug companies have little interest in curing arthritis; they make far more money for their stockholders by maintaining the dependency on their symptomatic drug treatments.

Your arthritis is worse today, you now need more of the symptomatic drug just to attain the relief you experienced yesterday, and you will need more tomorrow to get the relief you feel today.

It's an ever increasing flow of profits for the drug companies, the worse your condition gets the more medication you need. Why on earth would they want to cure you?

ARTHRITIS FOODS THE GOOD, THE BAD & THE UGLY

Arthritis is sometimes referred to as the 'cooked food disease.' A high combined intake of cooked, sweet, processed and fatty food can be characteristic in the development of arthritis.

Arthritis along with certain other serious diseases is more prevalent in western society. Research shows that diseases such as arthritis, cancer, heart conditions are far less common in remote or more primitive areas of the world, the reason for this is not hard to see, our industrialised, modern environment is slowly killing us all.



I have included this food chapter as it may help you identify any food triggers you may unknowingly have, or for those of you who do have the inclination to change your diet. Bad foods for arthritis tend to contain chemicals called inflammatory prostaglandins, which can be directly responsible for triggering some arthritis conditions.

Rheumatoid arthritis in particular is closely linked to food allergy & intolerances. Most sufferers have been shown to greatly improve when they cut out certain foods or restrict their diet, which eliminates the foods to which they are allergic.

The food we put in our bodies can be described quite easily as either 'Good' or 'Bad.' So where do we start and what do we eat? We shall define 'Bad' as every kind of food that is packaged, frozen, refined, processed, or otherwise changed from its natural form.

This will also include all food and produce with a long shelf life, all canned / tinned foods, all dried fruits and vegetables, all sterilized and otherwise cooked foods that are then cooled and sold in food stores, all irradiated foods, any and all junk food, etc. Candy, cakes, pies, sweets, and other such combinations are considered 'Bad.'

The following lists of foods may be of interest to those of you wishing to address their diet.

Foods which are considered bad for arthritis (RA sufferers);

Avoid anything containing 'Trans fatty acids' or 'Hydrogenated fat'

Also known as trans fats, research has shown that trans fatty acids have many adverse effects on health, & could be responsible for increasing the risk of developing cancer, diabetes, as well as compromising the body's immune system.

MSG 'Mono sodium glutamate'

Is often used as a flavouring.



All processed foods, including all junk / fast food, reformed etc.

Alcohol

Tinned foods

Citrus fruits many arthritics have found that the acidity of citrus fruits can aggravate & trigger symptoms. Whilst in general fruits are known to have a healing potential for arthritis sufferers, experience has indicated that citrus fruits such as oranges lemons, limes and grapefruit etc., should be avoided.

Sugar

White, brown & all foods containing added sugar.

Sweeteners

Rhubarb

Arthritics should be aware that rhubarb contains a substance called oxalic acid, which can inhibit the body's ability to absorb calcium and iron from other foods.

Salt

Except if you have low blood pressure.

All fizzy soft drinks

Carbonated, colas, fizzy even the diet variety.

Coffee and tea

And all caffeine containing beverages.

Try using green tea as an alternative, green tea contains excellent anti-oxidant properties.

White rice

Use brown as an alternative.

Shellfish



Fat & all fatty foods

Fried food

Additives and preservatives

Mayonnaise

Tobacco

White flour and all foods containing white flour

Use whole grain, and products containing whole grain as an alternative.

All gluten containing foods,

Gluten can damage the intestinal wall by having an irritating and inflammatory effect on the intestinal lining. Use gluten free, as an alternative.

All foods with a long shelf life / use by date

Dairy products

Margarine

Contains trans-fats or Trans fatty acids.

Eggs

Red meat

Especially beef and pork, Its best to remove all red meat from your diet to begin with, as many arthritics have an allergy to certain meats which may trigger an attack. You can start adding the meat back into your diet slowly and only one type of meat at a time; this will allow you to ascertain whether you have intolerance.



Commercial breakfast cereals

Tabasco sauce

Foods which RA sufferers should treat with caution.

The foods which cause the most confusion amongst nutritionists and arthritis professionals are those referred to as from the 'nightshade family,'

The group of foods known as nightshade contain a substance called alkaloid which is known to have an impact on nerve and digestive function in humans and animals.

Potatoes (especially when green and sprouting),

Tomatoes (especially when green),

Hot peppers,

Sweet peppers,

Paprika,

Eggplant,

Cayenne,

Tobacco.

The amount of alkaloids contained in these foods is minimal; health problems arising from nightshade foods are rare and tend to only occur in individuals who are especially sensitive to these alkaloid substances, highly sensitive people are very likely to include arthritics.

Good and beneficial foods

All fruits not on the bad or caution foods list

All root vegetables, not on the bad or caution foods list



All vegetables that grow above ground, not on the bad or caution foods list

Brown rice

Sweet potatoes

Onions

Garlic

Celery

Oily fish. Salmon, sardines, mackerel, herring. (not tinned or smoked)

Cold water fish contain lots of Omega-3 anti inflammatory oil.

Beans and pulses

Lamb

Chicken & turkey (preferably organic)

Nuts

Except hazelnuts and peanuts

Seeds

Flaxseed, sunflower, pumpkins, sesame, hemp Seeds

Green Tea

As a substitute for tea and coffee.

Tofu and soy bean products

As an alternative to meat.



Berries

All fresh berries, Especially fresh cherries, which should be eaten in abundance daily as they are known to help arthritics, most notably gout sufferers

Fresh (real) fruit and vegetable juices

Home-made juices are the best kind, if you have the time.

Ginger and Turmeric (in their natural form)

Both have been used for centuries for their powerful anti-inflammatory properties.

Olive oil (extra virgin)

Use as an alternative to your normal cooking oil, if you do have to fry anything.

Sea salt

Filtered water

Natural Rheumatoid Arthritis Treatment Methods

The following methods are a combination of tried and tested tips used by thousands of RA sufferers to relieve their condition. Don't worry, I don't intend to leave you wondering how to fit everything together, a full protocol is detailed towards the end of this book.

FASTING AND ITS BENEFITS

Fasting should only be undertaken with your doctor's approval.

Fasting is a proven natural remedy, which dates back thousands of years, while not for everyone, fasting has more than proved itself through the ages.



Known for its detoxification and cleansing properties fasting is considered by some as one of the greatest natural healing therapies available to us.

Today more than ever our poor diet and environmental pollutants contribute to our poor health. The human body is today full of harmful toxins, organs, blood, even our bones. Getting rid of these toxins should be a priority for all of us; unfortunately this is not always so easy to do.

Detoxification through fasting is known to have dramatic effects on many medical problems. Fasting when done properly will remove the harmful toxins from the body.

Example

A simple fasting method may consist of consuming only filtered or mineral water, for two days. Over the two days you would drink around two litres of water a day.

On the third day you would eat fruit, and drink water, on day four you would just eat little portions of solid food (about half what you would normally eat at a sitting), but more often, with plenty of water.

Day five, return to normal eating habit.

There are lots of places to read up on different fasting procedures

Herbs, spices, & roots

Herbs and spices have been used to treat various diseases and ailments for thousands of years, both herbs and spices are excellent antioxidants with many contain excellent anti-inflammatory properties.

Listed below are some of the best herbs and spices known to help arthritics. It may be helpful to try to incorporate some of these herbs into your everyday life. Herbs and spices should where possible be used in their natural form & taken as a tea, or added to food.



The following herbs & spices are listed in order of their superior properties when used to treat arthritis.

Some herbs and spices are known to interfere with certain prescribed medications; it is therefore always wise to consult with your doctor or a professional, before introducing any of the following herbs into your diet.

Turmeric

Has long been used to treat arthritis due to its anti-inflammatory property.

Turmeric is also known to contain an antioxidant that neutralizes free radicals.

Ginger

Asian & Indian have been using ginger to treat arthritis for over 2000 years due to its anti-inflammatory property.

Devils Claw

Devil's Claw is native to parts of South Africa, where it is thought to have been used to treat arthritis for centuries, two active ingredients called Harpagoside and Beta sitosterol are found in devils claw which are thought to possess excellent anti-inflammatory properties.

Devil's Claw is claimed to be beneficial for treating arthritis, rheumatism, arthritis and diseases of the liver, kidneys, gallbladder and bladder,

Cats Claw

Cats claw has been used for over 2000 years by the indigenous peoples of South and Central America to treat rheumatic disorders. Ingredients appear to act as anti-inflammatory, antioxidant and anticancer agents. Cats claw is found in the tropical jungles of South and Central America.

Research has also indicated cats claw may help in the treatment of intestinal ailments such as Crohn's disease, gastric ulcers and tumours, parasites, colitis, gastritis, diverticulitis and leaky bowel syndrome,

Cayenne Pepper



Known to support the body's immune system. Used for treating: arthritis, backache, heart disease, ulcers, indigestion, pain, psoriasis, and shingles.

Use caution when introducing cayenne pepper into your diet, although it is known to benefit many arthritics, in some cases it may actually trigger symptoms.

Cloves

Can kill intestinal parasites and act as an anti-microbial agent against fungi and bacteria.

Helps relieve pain, digestive problems, and anti-fungal, antibacterial problems.

Chewing a clove once a day may be beneficial to arthritics.

Golden seal

Known to contain a powerful detoxifier.

Parsley

Commonly used as a diuretic, & to reduce inflammation, treat rheumatism & arthritis, clear toxins in the body, inhibit tumour growth, & combat urinary tract problems.

Licorice (root)

Contains phytoestrogens. Used to treat ulcers & known to have anti-viral, anti-tumour, anti-inflammatory properties.

Do not use licorice (root) if you have high blood pressure as large doses or prolonged use may increase blood pressure.

Do not use if you retain water easily.

Vitamins For Arthritis

I must admit to not being a big fan of capsule type supplements. Supplements in pill form may not be what they seem, even the good ones contain fillers & binding agents.

Supplement manufacturers are not accountable or strictly regulated. If you do need to take supplements, try to find a liquid or better still the powder variety.



Listed below are the most common supplements thought to help arthritics,

vitamin A, B1, B2, B6, B12, C, D, E, F, K, folic acid, copper, iron, magnesium, glucosamine, calcium.

Vitamin D is crucial for the absorption of calcium, which our body needs to build bone. A recent study found that people with higher levels of vitamin D in their blood were more likely to survive cancer, heart disease and diabetes. Having extremely low levels could increase the risk of cardiovascular disease and arthritis.

Just in case you're interested,

Recommended dosage;

US; 400 IU (international units per day)

UK; There is no recommended supplementary dose in the UK.

Taking around 1000 international units per day is thought to be for beneficial for some RA sufferers.

(Overdose of vitamin D is highly unlikely on doses of up to 2,500 IU per day).

Always use vitamin supplement D3, and not D2 (easily available in 1000 IU form).

ARTHRITIS RELIEF PROTOCOL

Discounting diet and other such methods of relief brings me to the pivotal point of this book, you see while diet changes do in fact really help, they are by nature difficult to implement and let's face it who really wants to cut everything they enjoy out of their diet?

The following protocol is the same method successfully used by many RA sufferers to reverse & control their arthritis.

Step 1. (optional)

Fasting (detoxification).

Fasting is nothing new and is well known to be beneficial for those of us wishing to rid our



body's of the harmful toxins trapped within.

Fasting is not crucial to the success of this treatment, it is however a great way of kick-starting and speeding up the process. Individuals should make their own decision on whether to fast or not, I've included it because it helps.

See fasting chapter above.

Step 2.

Apple cider vinegar, taken twice daily.

(Description of Apple Cider Vinegar Below)

Add two tablespoons of organic, unpasteurised and unfiltered apple cider vinegar to a medium sized glass of filtered or mineral water.

You may substitute the water for fresh apple juice depending on taste if you require.

The glass size will need to hold approximately 8oz of water or juice.

Drink the tonic first thing in the morning, before breakfast, and again before retiring to bed.

Make sure you only use the organic, unpasteurised and unfiltered variety of apple cider vinegar, as this contains the mother. The mother is apparent as cloudy sediment.

Apple cider vinegar is pivotal to this whole method, it may sound absurd, but it works.

Step 3.

Cut anything made with white flour out of your diet.

Step 4.

Eat fresh cherries daily, (only for the first 2 weeks) try to eat at least 5 every day.



Step 5.

Drink plenty of filtered or mineral water; drink at least 2 litres per day, every day.

ACV, A BRIEF HISTORY

Apple cider vinegar in its most natural form is the secret ingredient used by thousands of people to treat a wide variety of illnesses. This component combined with the other elements described will help you achieve your goal.

Vinegar and notably apple cider vinegar has been employed for its medicinal properties throughout history. Hippocrates the father of medicine is known to have treated patients with vinegar in 400BC, for thousands of years people have been aware of vinegars benefits.

Generations of family's have passed down this age old remedy, knowing of its remarkable properties. Folk healers and alternative therapists have continued to use and recommend apple cider vinegar as a treatment for specific diseases, ailments and as a daily health tonic.

Modern day science would have you believe that alternative treatments like this are little more than hype.

I have read articles regarding apple cider vinegar, articles which ridicule the use of the liquid as a medicine, medical articles which say there is no proof that apple cider vinegar has any medicinal properties in the treatment of arthritis.

Hype doesn't last for thousands of years, apple cider vinegar works and has always worked, just because medical science can't explain it, doesn't mean it doesn't exist, or in this case work.

As they say the proof is in the eating, is it better to use something that nature intended as a medicine, or is it better to fill your body full of chemicals and toxins to keep the drug companies happy.



APPLE CIDER VINGAR

Apple cider vinegar must always be used in its purist form, you must always use organic, unpasteurised, unfiltered ACV, and this variety contains the 'Mother.'

The term 'Mother' refers to the unfiltered sediment which is visible at the bottom of the bottle, this sediment is very important as it contains all of the goodness.

Distilling and filtering the apple cider vinegar removes the mother, rendering the tonic as little more than useless. The treated and mass produced apple cider vinegar is the kind you will find in most supermarkets as it is pretty to look at, don't be tempted to use this variety.

Pure ACV can be purchased from most health food stores or on-line. Always use the liquid as described and don't be tempted to use capsule supplements as an alternative.

PROPERTIES OF APPLE CIDER VINEGAR

Apple cider vinegar is known to kill bad bacteria, fungi, and viral infections. ACV cleans the digestive tract and inhibits the growth of damaging fungus, and it removes crystals and toxins from the joints. ACV also helps the body's digestive system work to its optimum.

Apple cider vinegar is rich in potassium, which is needed by the body to promote new cell and tissue growth, also contained are calcium, iron and phosphorus.

Taking apple cider vinegar regularly is known to maintain the body's natural PH balance.

Research suggests that apple cider vinegar may also be beneficial in lowering blood pressure, helping control diabetes, relieve acid reflux and sinus problems, and combat skin disorders including allergies.

HOW LONG UNTIL I SEE RESULTS?



By following this method daily you should expect to see results in a short space of time, in some cases just days. Obviously I don't know the severity of your condition, so I can't tell you exactly how long it will take for you to see noticeable results. Many people notice a marked improvement in approximately one month.

QUICK START ARTHRITIS PROTOCOL

The steps marked with important should be adhered to at all times, to give this method of treatment its best chance of success.

Step 1. Fasting for 2 days, (detoxification), (optional).

Step 2. Apple cider vinegar, twice daily (add 2 tablespoons to 8oz water). **Important.**

Step 3. Cut white flour completely out of your diet. **Important.**

Step 4. Eat fresh cherries daily, for the first 2 weeks. **Important.**

Step 5. Drink at least two litres of filtered or mineral water per day, every day. **Important.**

Thank you for taking the time to read this book, I do hope you have found it useful, and beneficial, as others have.

I wish you the very best of health for the future

Your Name

Natural Arthritis Relief

