



Curing Arthritis without Drugs A Natural Way to Treat Joint Pains

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It gives me great pleasure to present this treatise to men and women of all ages to acquaint them with basic facts of arthritis which attacks them suddenly without a warning. I believe that whosoever reads this book which is based on sound scientific knowledge and findings of experts shall greatly benefit from it in controlling his suffering. I have presented here various options which are available for the treatment and curing of joint inflammation which causes joint pains. During the last decade great advances have been made in the treatment of these afflictions. We also anticipate further big advances in their treatment particularly after the establishment of conclusive proofs that intakes of drugs whether orally or through injections or by way of surgery cause certain side effects which increase with the intake of more drugs. Here we warn that intake of large quantities of medicines and their interchange produces side effects which manifest in the form of joint pains.

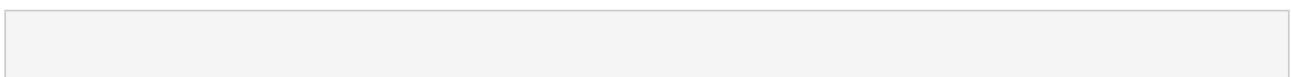
Joint pains affect a person's temperament, activity and body movements to perform his normal daily business. This disability is detrimental to national economy because of patient's inability to perform his functions properly and the necessity of his frequent absence from work.

The patient feels pain in his joints because of their inflammation and inflammation is due to different and complex causes. Some may think that advanced age is the sole reason of these afflictions with their different names. Others may attribute them to a decrease in secretion of certain chemical substances by the body. Disturbance of a person's immune system in certain circumstances may cause such afflictions. Similarly, heredity may be a cause and though scientific findings have not confirmed heredity as a causative factor this much is certain that a baby born of a mother afflicted with this disease will show the symptoms of this disease during his childhood in the form of pains or other suffering in different organs of his body.

The future is full of hope that the patient can recover and lead a normal life. The twentieth century witnessed a considerable advance in the treatment of joint pains. So no patient should despair of a cure and think that he will pass the rest of his life sitting or in a wheel-chair. The future is in your hands. What is in store will eliminate the sufferings of past and present. It is up to you whether you conquer your disease or allow your disease to conquer you

Here we shall guide you with facts you need to understand your condition to be able to enjoy your life without pains, God willing. Do you know that out of sixty million people of Great Britain eight million persons are suffering from arthritis but only one out of five ever visits the physician. Similarly, more than 50 million American suffer from various forms of arthritis and it is listed as number one cause of disability in the US. Certain types of pain are associated with a particular age and women suffer more from them than men. The joints which are most affected by inflammation and pain are wrists, knees, thighs, ankles and the vertebral column.

All that a physician can do for you is to provide relief from pain. But there are a number of latest methods to treat the causes of these pains which include self-regulation, nutrition, physical exercises, breathing, naturopathy and others. These we will discuss in detail in the coming pages.



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