

## MAY IS RHEUMATOID ARTHRITIS MONTH

Rheumatoid arthritis is a degenerative joint disease that primarily affects the synovial tissue (the membranes around the joints that secrete lubricating fluid to allow bones to move easily against each other). Rheumatoid arthritis is an autoimmune disease in which the body attacks its own tissue and causes the joints to become swollen, tender, and possibly deformed. Rheumatoid arthritis can affect any part of the body, including the heart, lungs, and eyes and is a very debilitating disease.

Some signs and symptoms of rheumatoid arthritis are chronic fatigue and weakness, low-grade fever, joint stiffness and pain, painful, swollen joints, inflamed joints, and skin over joint has a purplish color.

Possible causes are genetic susceptibility, food allergies/sensitivities due to leaky gut problems, poor diet, nutritional imbalance, poor bowel function, dysbiosis, stress that triggers hormonal imbalances, and infectious agents.

Dietary and Lifestyle applications that can be applied are a detoxification program—eliminating immune complexes from the joints, stress reduction, proper diet, avoid caffeine, alcohol and tobacco, avoid allergy foods, regular chiropractic care, maintain normal weight, supplemental cod liver oil to potentially decrease inflammation, drink six to eight 8-ounce glasses of filtered water per day to flush toxins and avoid dehydration, 1/2 pound of fresh cherries or blueberries per day may be beneficial, hot baths and hot pads may provide relief, avoid smoking, juicing is good, do not take an iron supplement, and deep massages have been shown to be beneficial.

Nutri-West Blue Ridge has numerous supplements that will aid in correcting this condition:

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*This special good through May 31, 2008.*

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