

## INTRODUCTION

Arthritis is a big issue. Look at some introductory facts. Referred to as the nation's number one crippling disease and the most common chronic disease in people over 40, arthritis affects more than 40 million Americans. And this figure is expected to rise to 65 million by 2022, according to the Center for Disease Control.

Arthritis generally afflicts people between the ages of 20 and 50, but can affect all ages, even infants. The average age of onset is 47 and about three out of every five people with arthritis are under 65 years of age.

Arthritic expenditures for just one person due to lost wages, medical treatment and other related expenses can come to more than \$150,000 in his or her lifetime. And doctors believe there are over 100 different forms of arthritis, all sharing one main characteristic: all forms cause joint inflammation.

What can be done for arthritis relief? Many things. For example, weight and nutrition are only a couple of factors that play a role in arthritic pain. And yet shedding even 10 pounds to relieve weight from knees and finding the right nutritional strategy can help relieve pain a lot.

This ebook will present you with the most recent research and findings available so that you can learn more about arthritis relief, covering as many bases as possible from A to Z. Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview of arthritis relief research for educational purposes and does not replace medical advice from a professional physician.

## ARTHRITIC BASICS

Arthritis signals people in a variety of ways. Joints might crack suddenly, like knees upon standing. Other joints may be stiff and creak. Maybe pain occurs, like when trying to open a