

# **Are the Foods You Eat Actually Feeding Your Arthritis Worries?**

Why hasn't your doctor told you the foods you eat can greatly impact your arthritis? He may not know! After all, he only receives roughly 10-20 hours of nutrition instruction getting his degree. In comparison, naturopaths get 180 hours.

No need to ditch your doctor, though. Because shortly, we'll introduce a brand new resource that reveals how diet may be causing your inflammation, swelling, stiffness and pain.

The role of nutrition in protecting health is nothing new. Research now confirms what our grandmother's knew by instinct... many healing foods offer effective relief from your arthritis. For you, that means greater mobility... enhanced mood... increased strength... feeling young and vibrant again... and overall improved quality of life.

Yet, watch out! In a moment, we'll reveal just a few of today's many foods that actually aggravate your arthritis. But first...

## **Why are foods so important for arthritis relief?**

Dozens of toxins attack your body daily. When young and healthy, your immune system successfully defends against these invaders. But as you age, or when disease like arthritis strikes, your body begins losing the battle against these culprits.

For years, patients told their doctors that avoiding "inflammatory" foods helps their osteoarthritis pain. Now, researchers confirm that diet affects your ability to fight arthritis symptoms, including pain and inflammation.

According to one study published in *Psychosomatic Medicine*, subjects eating foods high in omega-6 fatty acids and low in omega-3 saw an increase in levels of cytokines- the proteins released from cells that trigger inflammation. Furthermore, a review of research reported in *American Family Physician* indicated at least 3 grams per day of omega-3 fatty acids reduced morning stiffness and the number of tender or swollen joints in those suffering rheumatoid arthritis.

Not sure which foods you eat hurt more than help? The latest research suggests you start by eliminating these...

### **Arthritis Food Villains**

- ***Avoid shellfish, high-fat dairy products, red meat and beer*** (if you suffer with gout). These foods contain purine, which converts to uric acid. Gout results from the build-up of uric acid in the blood, which forms crystals that painfully settle in the joints.
- ***Avoid sunflower, safflower, corn and soybean oils***. These all have omega-6 fatty acids, which increase inflammation. Avoid *most* baked goods in the US and snacks.
- ***Avoid nightshade plants, like white potato, eggplant, tomato, red peppers and tobacco*** for starters. They contain a bitter poisonous glyco-alkaloid called solanine. New research suggests solanine inhibits cholinesterase, a chemical that supports the smooth movement of muscles.

To discover other food villains that “feed” your arthritis, check out a new book just published by renowned natural health author Emily Thacker. Called *Fighting Arthritis Naturally*, Ms. Thacker traveled the globe and did extensive research to uncover this complete detailed list of food villains, as well as dozens of food superheroes that promise relief from arthritis.

### **Just the Tip of the Iceberg**

Not sure *Fighting Arthritis Naturally* is for you? This invaluable resource on arthritis is also packed full of history, statistics, science, traditional therapies, latest drug treatments, natural home remedies, and much more! Here are a few of the countless amazing secrets that’ll give you peace of mind about your arthritis worries:

- Why the most dangerous threat from your arthritis... is Not the disease!
- How you can add 10 years to your life... and be healthy to enjoy them!
- Why arthritis should not hurt all the time... and what it means if it does
- How to avoid or delay irreversible joint damage
- The latest medical breakthroughs even your doctor doesn’t know about
- Whether *fasting* can control your pain, or make it worse
- What exercises you should do, and which ones to avoid!

- What are (3) most important steps you can take today to control your arthritis, and regain control of your life
- Which home remedies live up to their claims, and which ones fail
- And much, much more!

If you still struggle with the devastation of arthritis, consider trying Emily's latest resource gem... risk-free. That's right!

Read all 208 pages... and if you don't agree *Fighting Arthritis Naturally* is the most comprehensive, valuable resource in your fight to reduce arthritis pain and inflammation, just return your copy anytime within 90 days of purchase date for a full refund, no questions asked!

To get your copy of *Fighting Arthritis Naturally*, order direct from the publisher at a special introductory price of \$19.95, plus \$3.98 shipping and handling (total of \$23.93, OH residents please add 6% sales tax). **Here's how to order:**

Write "Fighting Arthritis Naturally" on a piece of paper and mail it, along with your check or money order, payable to James Direct, Inc., Dept FA123, 500 S. Prospect Ave., Box 980, Hartville, Ohio 44632.

Or, charge to your Visa, MasterCard, Discover or American Express by mail. Be sure to include your card number, expiration date and signature.

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But hurry! Due to limited supplies, you'll want to order your copy of *Fighting Arthritis Naturally* now.