

**What is the Best Way to Completely Cure My Arthritis in 21 Days?**



**[Click on Here to Discover How You Can Completely Heal Any Type of Arthritis In 21 Days or Less](#)**

### **Completely Cure My Arthritis in 21 Days - Arthritis Reversed with This Common Oil**

**Arthritis** sufferer's number in the millions, so anything that helps them to reduce the pain of this debilitating condition is always welcome.

A recent study from Sweden may now have found something that does that.

Researchers found that a commonly available oil could be the key to stopping existing **arthritis** and even preventing it from getting started in the first place.

Dr. Daniela Di Giuseppe was lead author on the study from Karolinska Institute in Stockholm, and she claims that a simple fish oil can make all the difference when it comes to combating **rheumatoid arthritis**.

The study followed subjects for more than a decade, and over that time it was learnt that the habit that correlated most with a lower likelihood of developing **RA** was high consumption of Omega 3 fatty acids. Simply put,

those who ate the most fish had the lowest incidences of [RA](#) and other inflammatory process diseases.

Dr Di Giuseppe described this as the “protective effect” of Omega 3s on bodily tissues. It’s long been thought that Omega 3 fatty acids played a major role in [joint health](#) and the [inflammation](#) process, but this is the first time that conclusive proof of a connection has been found.

Fish and fish supplements contain Omega 3 fatty acids while Western diets often contain too much Omega 6 fatty acid, overpowering omega-3’s by a ratio of nearly 20 to 1. The majority of experts think that the ratio of the two in our diets should be more like 2 to 1.

With such a huge differential, it’s no wonder that [inflammation](#) has free rein in the body. With [RA](#), this makes the body’s immune system turn on itself, attacking and degrading tissues, leading to pain and disability. But what this study has shown is that if Omega 3 and Omega 6 are balanced correctly it can have tremendous health benefits.

It’s nice to hear about this study because Omega 3 has long been a part of our plan, the same one that’s already helped thousands of people to [beat arthritis](#) without resorting to the unpleasantness and expense of medications.

Watch this video - [Take Fish Oil Every Day for 20 Days, See How Your Body Changes](#)

[You might need more than a few cans of tuna to feel a change with your arthritis, though. If you want to completely cure yours, then try this simple and effective approach which I use to completely cure my arthritis in 21 days...](#)

### **Completely Cure My Arthritis in 21 Days - Arthritis? Cut Your Death Risk by 50% By Dumping This Habit**

If you have been diagnosed with [arthritis](#), you can cut your risk of dying 50% by cutting out one bad habit. This is according to a new study published in *Arthritis Care and Research*.

We all know this habit is bad, but it’s particularly bad for [arthritis](#). In fact, you’re 37% more likely to die than non-arthritis with the same bad habit.

The research team wanted to answer two questions:

Are smoking [arthritis](#) patients more likely to die than smoking non-arthritis?

Does giving up smoking soon after an [arthritis](#) diagnosis cut the risk of death?

They used the long-term Nurse's Health Study to identify 938 [arthritis](#) patients and 8,951 age-matched non-arthritics to compare them against.

They also gave their participants a questionnaire to examine their smoking and other potentially relevant behaviors.

They found that 40% of newly diagnosed [arthritics](#) quit smoking and, after comparing them with the 36% of the non-arthritics who quit at approximately the same time, they found that both groups experienced the same benefits with the same subsequent mortality rate.

Compared with those who continued smoking, the quitters reduced their chance of death by between 42% and 53%.

In other words, [arthritis](#) patients who had given up smoking were no more likely than non-arthritic former smokers to die in subsequent years, but 42-53% less likely than continued smokers to die.

But the real interesting finding was that smoking [arthritis](#) patients were 37% more likely to die than smoking non-arthritics were. Therefore, smoking is worse for [rheumatoid arthritis](#) patients than for their healthy peers.

[But the real question is, are you ready to completely REVERSE your arthritis? That's what I did using the 3 simple steps that can completely cure my arthritis in 21 days, found here...](#)

### **Completely Cure My Arthritis in 21 Days - Arthritis Joints Protected by This Breakfast**

You know it's healthy, delicious and simple to make. But now you have the most important reason for eating this breakfast backed up by a new study from *Friedrich-Alexander-Universität Erlangen* in Nürnberg, Germany.

It will directly protect your bones and joints from detraining if you suffer [arthritis](#).

Like that wasn't enough, it also produces cells that directly fight autoimmune diseases like [arthritis](#).

In the experiment on mice, published in the journal *Nature Communications*, researchers discovered that the gut bacteria's response to a high-fiber diet slows down bone and joint degradation.

### **This is how it works:**

When your intestinal bacteria break down fiber, short-chain fatty acids are created as a by-product of the fermentation process.

When you eat a lot of fiber, it changes your intestinal bacteria in a way that even more short-chain fatty acids are produced than usual.

The more short-chain fatty acids of propionate and butyrate that you have in your bones, bone marrow, and joints, the fewer bone degrading cells you have, and the slower your bones degrade.

In addition to preventing bone degradation, these short-chain fatty acids also increase your regulatory T cells (called Tregs) that, in turn, modulate your over-active immune system so that it leaves your joints alone. Tregs are your body's best defense against autoimmune diseases like [\*\*rheumatoid arthritis\*\*](#).

### **Scientists reached this conclusion via three separate, but related, studies:**

They gave the mice the short-chain fatty acids propionate and butyrate in their drinking water.

They transplanted bacteria from the genus *Prevotella*, previously found to be anti-arthritic, to the intestines of [\*\*arthritic\*\*](#) mice.

They gave the mice a high-fiber diet.

All three of these experiments supported the four findings above. The scientists did not propose a specific diet, but suggested that muesli for breakfast is a good start followed by [\*\*fruit\*\*](#) and [\*\*vegetables\*\*](#) throughout the day.

[\*\*Now eating muesli is only one piece of the puzzle to reverse arthritis. Here are the 3 steps I used to completely cure my arthritis in 21 days...\*\*](#)

[\*\*This post is from the Arthritis Strategy Program. It was created by Shelly Manning, a former arthritis sufferer and a health consultant.\*\*](#)

### **A Brief Background on the Author**

**Like you, Shelly Manning also suffered from arthritis, particularly osteoarthritis. This was due to her weight and desk job. Her condition eventually took a toll on her relationship with her (former) husband.**

**It was when she went to Hong Kong that she met Janerdkuo, an old woman who owned the restaurant where she ate. Janerdkuo supposedly offered her a bowl of a weird-smelling soup, which helped ease her joint pain. She ate there each day for 10 days until she was completely healed from arthritis.**

**Shelly Manning decided to research this natural remedy and to create a step-by-step treatment plan to others who are suffering from different types of arthritis, such as gout, rheumatoid arthritis, osteoarthritis, fibromyalgia, and psoriatic arthritis.**

**That's why she created "The Arthritis Step By Step Strategy." According to her claims, this unique strategy will get rid of joint pain and stiffness, repair your damaged joints, and treat the underlying cause of your arthritis.**

**Shelly teamed up with Christian Goodman, the owner of Blue Heron Health News, a publishing company that aims to help people to take responsibility for their own health by using natural health alternatives for preventing arthritis in fingers and knees naturally.**

**To find out more about this program, go to [Completely Cure My Arthritis in 21 Days at Home](#)**

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