

Alkaline Arthritis - How to Avoid and Cure Arthritis by Alkalizing Your Body

Having arthritis is not very easy to handle, because it affects the way you move and thereby it affects your everyday work. The worse scenario is that you would not be able to work in the office or anywhere because of the aches and pains that you have in your joints. Alkaline osteoarthritis diet will be a key to avoid and cure this particular illness.



Do you know that accumulation of too much acid forming foods in the body aggravates arthritis? It is because too much intake of red meat and alcohols lead to large manufacture of **uric acid** which is a key to promoting **gout** that is a good evidence of arthritis.

- Therefore, to be able to prevent and cure it, the best way to do is to eat alkaline forming foods.
- These foods are the ones that we know that are good for our health.
- It includes fresh fruits and vegetables.
- Alkaline arthritis diet is really a very important thing to follow.
- Lemons are ones among the many alkaline fruits which are proven to be beneficial for arthritic people.
- It is due to the citric acid that they contain which dissolves **uric acid**, which way, curing the undesired illness.

Raw Juices are Also Proven to be Affective in Curing Arthritis

These juices are made from green leafy vegetables, which are known to be alkaline foods. Since they have alkaline effect on the body, these juices dissolve the build up of deposits round the joints and other tissues.

Refreshing pineapple juice can also be advisable to an arthritic patient because it contains bromelain which lowers swelling and irritation inside osteoarthritis and rheumatoid arthritis.



Uric AcidUricGout

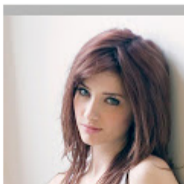
Addition, Strawberry can be Eaten in Order to Treat Arthritis

It contains Vitamin B6 which helps handle the illness. Green gram soup and garlic are also other alternatives to be able to be considered to be able to cure it. These all fall under alkaline eating habits.

Alkaline Water is Also a Great Help to Live a Life Free of Aching Joints

Our nation take half an ounces of water for every pound of body weight every day. This way, all of us will be able to easily and naturally diminish our cravings for junks, sweets as well as other acid forming food.

“ Some of acid forming foods that are not good to arthritic person are red meat, milk products, alcohol, coffee, frizzy drinks, highly processed food and junk foods. Some of the alkaline foods that can be taken in by our body to avoid and cure arthritis are mineral water, green tea, fruits, vegetables, natural oils and almonds.



“ Susie Hart

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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