



## ***Natural Alternatives for Arthritis Sufferers***

**Q:** With the media attention again surrounding the arthritis drugs, is there anything I can do naturally to improve my condition?

**A:** Many arthritis sufferers can't escape constant pain. Simple movements are agonizing, and once-everyday tasks, no longer easy.

Those who do take pain-relief drugs find out only too late about potentially dangerous side-effects, as evidenced by current media attention surrounding Vioxx, Celebrex and non-steroidal anti-inflammatories, yet again. Well, if you are arthritic, there is still hope. Safe, effective alternatives to drugs do exist, and work well for chronic inflammatory conditions—like arthritis. These alternatives include hydro (water) therapy, acupuncture, herbal medicine, injection therapy and nutrition. A recent study in the British Medical Journal for instance, showed acupuncture successfully reduces pain and stiffness, and increases physical functioning of arthritic joints.

Simple dietary habits influence arthritis. Did you know omega-3 essential fatty acids (in salmon, mackerel, and flax oils) can have an anti-inflammatory effect?

Certain herbs may also help. Studies show curcumin, yucca, and devil's claw may decrease inflammation. Perhaps even better, in contrast to common drugs, they are all relatively free of side-effects.

If you or someone you love copes with arthritic and/or anti-inflammatory pain, perhaps it's time to consider your alternatives.