

The Insiders Guide To Joint Relief

Eat These 10 Anti-Inflammatory
Foods To Snuff Out
Inflammatory Arthritis



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Chapter 1: Introduction

You probably don't like to speak about it much.

But it's there.

You probably remember the time when you were able to get out of bed-with no pain.

But those days are a distant memory.

Now, it seems like every day is a struggle.

And it's not like it occurred overnight...

...this was years in the making. You probably still remember the first time you felt the twinge.

...at such an early age-that you probably tucked it away deep your brain, hoping the problem would just "fix itself".

But it didn't.

Today, you can't move...without one area of your body screaming at you.

You can't walk upstairs...without the nagging reminder that you're not 30 years old anymore and you can't go quite as fast.

And you probably hesitate to get down on the floor to look for anything under the couch or the table...all due to the FEAR that you may never be able to get up again...

...and that's how they will find you weeks later.

My guess is, when the symptoms first started you probably ignored them, hoping the pain would go away on its own.

And when it didn't-and you noticed you couldn't keep enough Tylenol around-you finally gave in and admitted that there was a problem.

The aching...the locking...the radiating pain...the burning...and finally the inability to bend your knee, arm, or hand without feeling like someone was stabbing you over and over again.

This, my friend, is the reality of living-day to day-with pain from arthritis.

And although it may not impact every single joint in your body...

...the joint(s) it does impact may be enough for you to wave your white flag and look for other options to relieve the constant stabbing, burning sensation that radiates in your joints.

We've all been there...

But there IS SOMETHING you may be able to do about it. And it involves no risky-surgery...no toxic and potentially DEADLY painkillers...and no other CHEAP alternatives that only mask the pain but don't do any good for your joint health in the long run.

In a minute, I am going to show you how you can ease joint pain...

...and greatly improve your range of motion without popping another Tylenol again.

But first, I want to explain to you exactly what-and why-your joints feel like you're rubbing two hard stones together.

Chapter 2: The Root Cause of Arthritis Is?

Arthritis is a pretty general term to classify joint pain or joint disease.

Although most people have heard the term, what they may not know is arthritis is very poorly understood.

In fact, I bet you didn't know there are over 100 different types of arthritis?

It's true! Although it's not a single disease, most people that suffer from joint pain or joint disease are often diagnosed as having "arthritis."

Currently, there are over 50 million adults living with some form of arthritis-be it general wear and tear, or a more serious disease, like rheumatoid or degenerative disease.

And to make matters worse, there are roughly 300,000 CHILDREN who are currently living with some form of arthritis.

Arthritis does not discriminate, impacting the lives of all sexes, races, and ages. And even though it impacts everyone, women seem to suffer more than men do.

Cases of arthritis also climb as you get older!

Now, there's a good chance you have experienced some of the symptoms associated with arthritis.

These symptoms include:

- Pain
- Swelling
- Stiffness
- Decreased range of motion
- Joints that "lock up"
- Inability to perform daily activities
- Burning sensation

Although everyone is different, these are common symptoms that every arthritis sufferer seems to experience.

Plus, arthritis pain may come and go, which means:

One day you may not be able to move at all...

...and the next, you're able to climb stairs, hike a mountain, or even run!

But, I do feel the need to warn you...

The pain...the burning...the locking up...it WILL get worse!

Although your arthritis symptoms may stay the same for YEARS...

...there may come a time when your mild (or even moderate) symptoms take on a new life and become severe-or even debilitating!

And when this occurs, doing every day activities may be a struggle...you may live in constant pain...and you may not be able to walk, let alone climb stairs!

Oh, and I forgot to mention one other thing...

...your joints may become deformed! That's right, in some severe cases of arthritis, there may be permanent changes to your joints.

Fingers could become knobby...

Knee and hip joints could essentially be bone-on-bone (causing severe pain)...

Your internal organs may also be impacted!

Now, although there are many different types of arthritis, there is one common thread that ties them all together:

Stiffness of the joints (which may cause pain) and inflammation!

So what causes the stiffness?

Swelling

Now, there are two main reasons why you get swelling in your joints.

The first has to do with the lining of the joint-called the synovium-which may swell up.

The second factor is an increase in your synovial fluid. Why is there such an increase?

This occurs when white blood cells and blood enters into the joint space and inflammatory peptides often infiltrate the tissue that surrounding the joint.

The increased blood flow to the joint may cause swelling (and a warm feeling in the joint).

Now, often times the swelling becomes worse when the inflammatory particles are present because it increases the volume of fluid in the joints, which only adds to the swelling.

Now, having inflamed joints often leads to stiffness in the morning when you try to rise out of bed and start your day.

And the longer the stiffness and pain last, the more severe your arthritis is!

If it takes you longer than an hour to rid the stiffness, then there is a good chance that you have some type of inflammatory arthritis.

How do you know if this applies to you?

Simple! Most people with inflammatory arthritis complain that their joints are very stiff and they have a hard time moving when they first wake up.

Sound familiar?

If this doesn't sound like you, then you may have a case of osteoarthritis. If you feel stiff after exercise, then it may be a sign that your joints are starting to fail.

Whatever form you have, it's vital to your health-and your longevity-to protect them as best you can, which may mean a trip to your doctor's office or some more over-the-counter remedies.

And although your doctor means well, he/she may not be in the best position to advise you on what you need to do to improve your joint health.

You see, they are extremely busy people. They only have a window of about 15 minutes to address all your questions, your symptoms, and your pain and make a quick diagnosis on what is wrong.

Then again, since they are so busy, they often prescribe one of many anti-inflammatory medications in their arsenal.

Some may work, while others won't touch the pain...the stiffness...or the swelling!

And you can't really blame them...

...they only have that short amount of time to figure out how to help you the most and give you the quickest relief possible.

And this may be downright frustrating! Not only are you NOT getting better, now you are taking a medication that may carry awful side effects that probably doesn't even touch your symptoms.

Am I right?

Well, if this has been your experience with joint pain, I am about to open your eyes to an all-natural remedy...

One that you can start TODAY (or tomorrow) and may INSTANTLY start to make you feel better!

How? Remember those trademarks that all forms of arthritis have in common?

Well, there are some specific tricks-like changing some of the foods you are currently eating-in order to lower your inflammation levels...improve the health of your joints...and give your overall health a much needed boost.

What foods should you eat? I am so glad that you asked...

Chapter 3: Top 10 Anti-Inflammatory Foods

When you look at the role that inflammation has in many different diseases, you can see a clear pattern that having high internal inflammation is bad for your body.

Besides arthritis, heart disease, diabetes, high blood pressure, asthma, and IBD may all be caused by high inflammation levels.

So what can you do?

The simple answer is to start eating better! You should start including MORE foods that lower inflammation, which could have huge system-wide impacts.

You may start to see lower blood pressure numbers...

Your insulin and blood sugar may be better managed... And the pain and stiffness associated with arthritis may disappear!

Yes, there are a lot of foods out there, so choosing the RIGHT foods is KEY to lowering internal inflammation.

That's why we recommend you start to include these 10 foods into your everyday (or at least WEEKLY) meal plan:

1. Wild-Caught Salmon

The first one on the list is wild-caught salmon.

Besides having a robust nutrient profile, salmon contains the omega-3 fatty acids, EPA and DHA.

Studies have confirmed that the omega-3 fatty acids may lower inflammation and improve many aspects of your health.

Also, research concludes that including more omega-3 fats in your diet may not only lower your inflammation levels, but may also reduce your risk for heart disease, cancer, diabetes, and ARTHRITIS.

Salmon also contains the vitamins B12, B3, D, and B6, all of which may contribute to lowering your inflammation levels.

2. Coconut Oil

This just so happens to be one of my favorite cooking oils!

Coconut oil contains potent anti-inflammatory compounds, most notably lauric acid, which could reduce inflammation in your body.

Simply lowering your inflammation may reduce pain, swelling, and stiffness that often occur in your joints.

Now, there are different kinds of coconut oil on the market, so choosing the right type of oil is key to improving health and lowering inflammation.

And the right one just happens to be virgin coconut oil. Studies show virgin oils may reduce chronic inflammation levels from doing more damage to your body.

3. Turmeric

This ancient spice has been used for centuries in Eastern medicine.

The main compound found in turmeric-curcumin, may be one of the most powerful anti-inflammatory compounds the world has ever seen.

Studies show that curcumin may be more potent than aspirin and ibuprofen at lowering inflammation in your body.

4. Pineapple

There is one compound found in pineapple that may lower inflammation and reduce the risk for heart disease.

Bromelain, a digestive enzyme found in pineapple, has been studied extensively as it relates to inflammation.

Studies have shown that bromelain may reduce the accumulation of platelets on the walls of your arteries, therefore enabling blood to flow freely to and from your heart.

Bromelain may also be considered an immune-modulating nutrient that slows the response of the immune system.

5. Blueberries

One of my favorite all-time snacks happens to be blueberries. My kids love them too, which means I am ok with them loading them up on their plate and enjoying themselves!

Blueberries (and most berries in general) contain the potent antiinflammatory nutrient quercetin, which may also be found in olive oil, citrus, and other dark-colored fruits.

Quercetin is a type of flavonoid that is a strong fighter against inflammation and cancer.

Plus, studies show eating more blueberries may slow cognitive decline and could protect your memory!

6. Broccoli

If there is one food that should be considered a nutritional powerhouse, it would be broccoli.

This vegetable contains vitamins, minerals, antioxidant, flavonoids, and carotenoids.

Broccoli may also possess the ability to reduce oxidative stress-one of the hallmarks of inflammation!

And with lower oxidative stress, you may see your inflammation levels plummet.

To give broccoli another boost, it has also been shown to lower your risk for certain cancers (remember, cancer is another disease that has inflammatory pathways).

7. Beets

One way to make sure you're lowering your inflammation levels would be to lower the molecules that cause inflammation, commonly referred to as cyclo-oxygenase enzymes.

And one way to do just that is by increasing your intake of beets!

You see, beets are chock full of betalain, which gives beets their red color.

And thankfully, the betalain is a potent anti-inflammatory molecule. Increasing your betalain intake could inhibit the cyclooxygenase enzymes from triggering inflammatory

pathways...which could be the start to increased inflammation levels.

8. Celery

Those long, green stalks that you dread to eat-well they are potent inflammation fighters!

Recent studies show that celery acts as both an antioxidant and an anti-inflammatory food.

So what does that mean for you?

Besides lowering your internal and chronic inflammation levels, celery may lower your blood pressure and cholesterol, therefore improving heart health.

9. Dark, Leafy Greens

Besides being rich in antioxidants, dark, leafy green vegetables may also act as powerful anti-inflammatory foods.

Most dark, leafy greens contain plenty of vitamins and minerals that may restore cellular health and improve your cells' overall function.

Plus, dark, leafy greens may protect your brain from oxidative stress and, of course, the damage associated with free radicals.

10. Chia Seeds

In your body, there is a delicate balance between the omega-3 fats and the omega-6 fats.

When this balance is out-of-whack, inflammation usually starts to climb.

And sadly, most people today have a 22:1 (or even higher) ratio between these two fats.

In order to remain in balance, your goals should be reaching a 4:1 ratio between the omega-3 and the omega-6 fatty acids.

And that's exactly where chia seeds come in handy! Not only are these tiny seeds a great source of protein, they also contain both omega-3 and omega-6 fatty acids.

Chia seeds, research suggests, may lower cholesterol and blood pressure, as well as lower chronic inflammation levels.

Chapter 4: Final Thoughts

As you get older, certain things in your body may not work as well as they did when you were in your 30s, 40s, or even your 50s.

Some say it's just the normal course of aging that makes it hard for you to walk up and down stairs, play with your kids (or your grandkids), and do the simple everyday activities you're used to doing.

If this sounds like you, you're not alone!

There are millions of people-just like you-that suffer from arthritis.

And although there are many different forms of arthritis, there is one common issue that ties them altogether:

Inflammation!

Most people believe that arthritis is just normal wear and tear on the body-and they would be right.

However, inflammation may also play a role in stiffness, pain, and excessive swelling of the joints of the knee, hips, ankles, fingers, and shoulders.

Inflammation may be caused by a number of different factors. However, there is one that stands out the most:

Poor dietary choices! That's right, your diet plays a large role in the degree of inflammation that happens to be present in your body.

Foods like sugar, highly processed foods, foods filled with trans fats, junk foods, and processed meats may all contain chemicals,

additives, fat, and inflammatory molecules that may increase your internal inflammation levels.

These foods increase the amount of oxidative stress (also known as free radicals) that damage the lining of your cells and increase system-wide inflammation.

But there is a way to combat this dangerous trend and drastically lower your inflammation levels.

By choosing the right foods-foods that contain anti-inflammatory nutrients-you may lower your inflammation and return your body to normal!

And when you lower your inflammation levels, you may notice a stark improvement in your joint health.

Activities that were once hard and painful...

...may be easier and much more manageable!

Getting out of bed may no longer be a chore...

No more painful, screaming joints...

And no more stiffness that takes forever to go away!

So, if you're looking for a simple solution to ridding joint pain and lowering your inflammation levels, take a look at the foods you eat.

Including all 10 foods from above may not only lower your inflammation levels and protect your joints..

...but they may also protect your body-and your health-from other chronic diseases such as diabetes, cancer, heart disease, and countless others.

Read This Next SPECIAL REPORT Now To Discover How To Naturally Defeat Your Achy, Swollen Joints...Once And For All!

Hidden inside this report is an astonishing medical marvel...

...A Chinese pain relief secret proven to melt away your joint and muscle pain that's going to have many rheumatologists, cardiologists, and orthopedic surgeons frustrated.

Perhaps even downright FURIOUS.

Because let's face it...

Even though what I'm about to share with you has a long history of use, in Ayurvedic and traditional Chinese medicine.

And even though modern science and clinical studies (which I'll be sharing a couple examples of in a moment) have proven its ability to banish muscle and joint pain...

You're probably not going to hear about it from your doctor any time soon.

