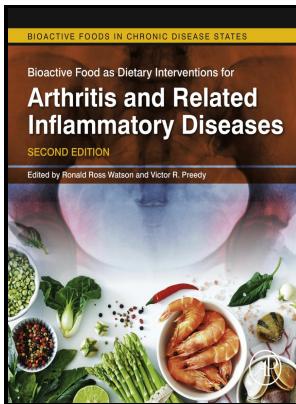


Diet and arthritis - an information booklet.

Arthritis Research Campaign - 5 foods to avoid with arthritis to reduce pain



Description: -

- Diet and arthritis - an information booklet.
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Notes: Cover title.

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Anti

Please, make your urgently-needed donation to the Arthritis Foundation now! Find out more about the formerly known as the Disability Living Allowance. They can advise about equipment you may need to help you live independently. One ounce of whole grain would be equal to $\frac{1}{2}$ cup cooked brown rice or one slice of whole-wheat bread.

5 foods to avoid with arthritis to reduce pain

However, being active can help reduce and prevent pain. Volunteer Opportunities The Arthritis Foundation is focused on finding a cure and championing the fight against arthritis with life-changing information, advocacy, science and community. UK has more information and advice on.

Arthritis

Arthritis experts claim more is better.

Anti

Occupational therapy An occupational therapist can help if you have severe arthritis that's affecting your ability to move around your home and carry out everyday tasks, such as cooking and cleaning. Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a healthcare professional.

5 foods to avoid with arthritis to reduce pain

Arthritis and driving You only need to inform the DVLA if you have arthritis and use special controls for driving. Living with arthritis isn't easy and carrying out simple, everyday tasks can often be painful and difficult. More good news: Nuts are jam-packed with inflammation-fighting monounsaturated fat.

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