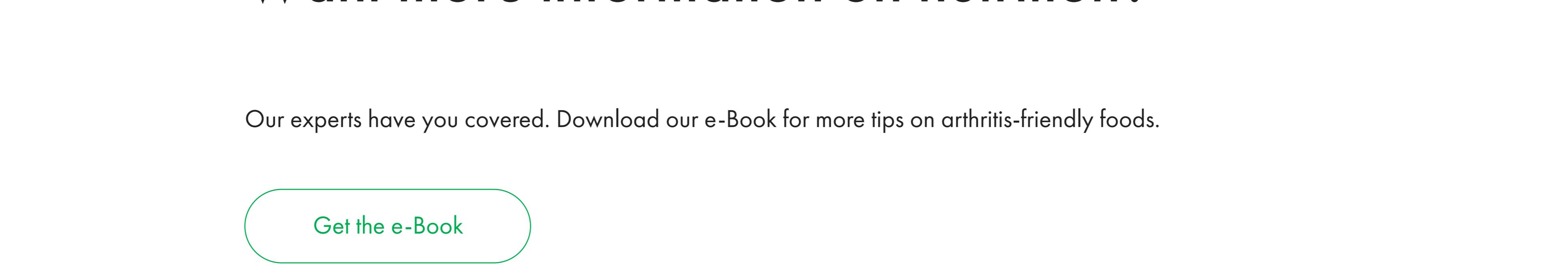


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12 Best Foods for Arthritis

out the 12 best foods to fight inflammation and boost your immune system to ease arthritis.

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1. 12 Best Foods for Arthritis

Although no diet can cure for arthritis, certain foods have been shown to strengthen bones, maintain the immune system and fight inflammation. Adding these foods to your balanced diet may help ease pain and other arthritis symptoms. Find out how here, and view our [pain resources](#) for more ways to control pain.

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Want more information on nutrition?

Our experts have you covered. Download our e-Book for more tips on arthritis-friendly foods.

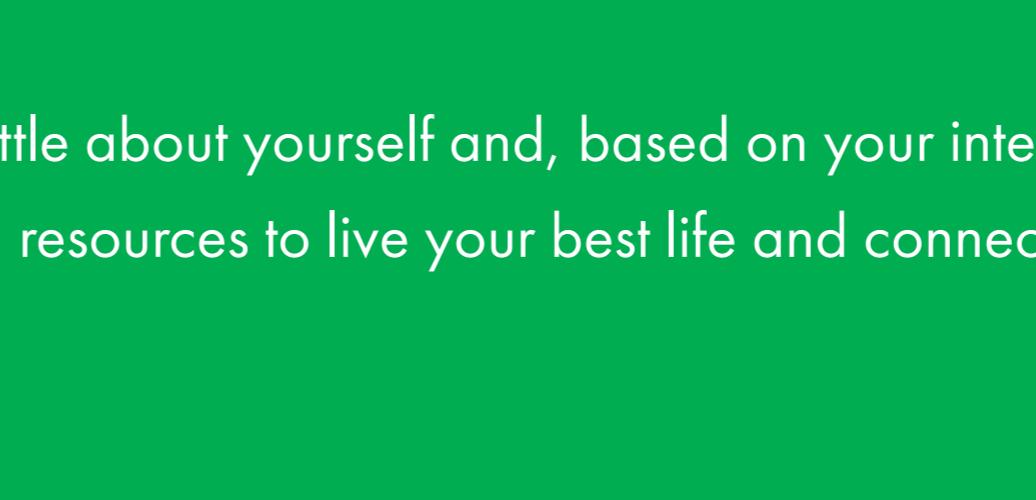
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Together, we are conquering arthritis.

Your gift will help provide greater access to care, educational resources, support for our community and send children to juvenile arthritis camp. You'll also help fund groundbreaking research that brings us closer to a cure. Arthritis is relentless, but so are we. Unleash your generosity!

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