



by admin

Arthritis Treatment a End or a new Start

11:44 am in [Osteoarthritis](#) by [admin](#)

Arthritis is a de-generative disease which affect joints of body, out of which most common is Osteoarthritis or Knee Arthritis.

Symptoms of arthritis are acute pain, irritation, stiff joints, crikling noise and ligament injury. The main cause behind arthritis is old age but it could be because of genes, obesity, tearing of ligaments and others.

Osteoarthritis disease is found in 11% of world population and growing at 8% per year, still with no solution. The general treatments are knee surgery, medicines, yoga, accupuncture and many more, still without a permanent solution.

Only treatment and cure recommeded by Cure2Arthritis.com is lifestyle modification, suggest reduced walking but more exercises and stretchng while sitting to put less stress on knee joint. According to Cure2Arthritis.com, this disease found where flouride content in water is high, flouride affects generation of synovial fluid (water content in ligaments) and thus reduces elasticity of ligaments.

Reduced elasticity results to ligaments injury which affects joint movement and lead to osteoarthritis. Cure2Arthritis.com recommends to do excercises like to and fro movement of legs and stretchng while sitting which ease stiffed ligaments and prevents further damage. Cure2Arthritis provide a caliper to do excercise in right direction so that knee replacement can be avoided. Knee replacement is suitable for people for aged 60 and above, knee replacement has a life of 10 to 15 years and again problem is same a permanent cure. We also suggest to test your drinking water to avoid further damage.

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So, better to avoid stress on knee, do more stretching and excercise to put an end to the begining.



For more information email us:- info@cure2arthritis.com

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8 Responses to *Arthritis Treatment a End or a new Start*



[loan pay day](#) said:

I am completely impressed with the article I have just read. I wish the writer of [cure2arthritis.com](#) can continue to provide so much worthwhile information and unforgettable experience to [cure2arthritis.com](#) readers. There is not much to tell except the following universal truth: Bluetooth headsets look completely moronic I will be back.

On [February 12, 2010](#)



[Amy B.](#) said:

The Amyloidosis Foundation estimates that approximately 3,000 people are diagnosed with amyloidosis each year in North America and that blood cancers overall have increased more than 40% in the last decade.

On [June 6, 2010](#)



[injury lawyer](#) said:

As Of Today Sunday , I really think that Arthritis Treatment a End or a new Start | Arthritis Cure will arise many arguments, in which people might take different sides on. ligaments injury is a truly interesting subject.

On [October 3, 2010](#)



[injury lawyer](#) said:

Tuesday is a very important date, because the topic of Arthritis Treatment a End or a new Start | Arthritis Cure was finally brought up. I looked everywhere to find things related to ligaments injury , and finally I found it! Going to get a cup of Coffee and read on.

On [October 5, 2010](#)

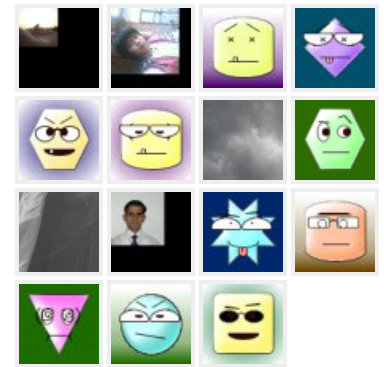


[injury lawyer](#) said:

Thursday is a very important date, because the topic of Arthritis Treatment a End or a

On [October 7, 2010](#)

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[Miguel Stars](#) said:

is this really going to work out

On [October 15, 2010](#)



[wii fit games](#) said:

Ok now this is kinda weird, but still plenty of reasons for it.

On [October 15, 2010](#)



[DVLC](#) said:

i want it

On [November 11, 2010](#)

[cure2arthritis.com](#)



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