

# Alkaline Arthritis - How to Avoid and Cure Arthritis by Alkalizing Your Body

**H**aving arthritis is not very easy to handle, because it affects the way you move and thereby it affects your everyday work. The worse scenario is that you would not be able to work in the office or anywhere because of the aches and pains that you have in your joints. Alkaline osteoarthritis diet will be a key to avoid and cure this particular illness.



*“ Do you know that accumulation of too much acid forming foods in the body aggravates arthritis? It is because too much intake of red meat and alcohols lead to large production of **uric acid** which is a key to promoting **gout** that is an evidence of arthritis.*

- Therefore, to be able to prevent and cure it, the best way to do is to eat alkaline forming foods.
- These foods are the ones that we know that are good for our health.
- It includes fresh fruits and vegetables.
- Alkaline arthritis diet is really a very important thing to follow.
- Lemons are ones among the many alkaline fruits which are proven to be beneficial for arthritic people.
- It is due to the citric acid that they contain which dissolves **uric acid**, and this way, curing the undesired illness.

## Raw Juices are Also Proven to be Affective in Curing Arthritis

These juices are made from green leafy vegetables, which are known to be alkaline foods. Simply because they have alkaline effect on our bodies, these juices dissolve the accumulation of deposits around the joints along with other tissues.

*Fresh pineapple juice is also advisable to an arthritic patient because it contains bromelain which decreases swelling and swelling inside osteoarthritis and rheumatoid arthritis.*

- Addition, banana can be eaten in order to treat arthritis.
- It contains Supplement B6 which helps handle the illness.
- Green gram soup and garlic are also other alternatives to be able to be considered to cure it.
- These all come under alkaline diet.

## Alkaline Water is Also a Great Help to Live a Life Free of Aching Joints

Our nation take half an oz of water for every pound of body weight every day. This way, all of us will be able to easily and naturally diminish our cravings for junks, sweets as well as other acid forming food.

Some of acid forming foods that are not good to arthritic person are red meat, dairy products, alcohol, coffee, fizzy drinks, highly processed food and junk foods. Some of the alkaline foods that can be taken in by our body to avoid and cure arthritis are mineral water, green tea, fruits, veggies, uncooked oils and almonds.

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