

Is Arthritis Really Just An Old Folk's Disease?

The next read is an excerpt from "The Doctor's Book of Survival Home Remedies", Chapter: Arthritis, pages 43-45:

Picture this...it's Saturday morning and you're setting things up on your property for target- shooting practice.

You're expecting your buddy to drive his truck up the driveway in the next 10 minutes. You both have .22 semi-automatics, and you can't wait to show off the rapid-fire action of your new Rutger 10/22. Even 35 yards away from the target, that Rutger packs a punch!

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You set up a good range of targets. You've got bags of water hanging from a Willow tree, pumice rocks floating on the marsh behind your tool shed, standing cardboard targets, cans lined up on the fence. Still no sign of your buddy, you decide to test your ammo while you wait.

You pull out the box of Winchester subsonic and pop 5 in the Rutger. You take aim at a can, slide your finger past the trigger guard, and start to pull your trigger finger back. You feel a stiffness you've never felt. You take your hand off the Rutger, moving the finger up and down. A sharp pain shoots down from your finger joint.

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In reality, I hope your doctor hasn't diagnosed you with arthritis yet. In fact, you may be one of the rare few who

never suffers from arthritis. Conversely, you may have a severe case that decides how much physical activity you'll do on any given day. Or you may have a mild case of it and not even know until one day when you're shooting targets or hoeing the garden.

If you have arthritis, your lifestyle *will* be impacted. It's not the end of the world though. You can at least try to learn strategies that bring about positive changes. Like giving your body what it needs – nutritionally and otherwise – to stave off the inflammation. That way you'll minimize pain, enabling yourself to continue on your path to self-reliant survival for you and your family.

6 EARLY WARNING SIGNS OF RHEUMATOID ARTHRITIS



FATIGUE

If you're feeling more tired than normal or you have an overall feeling of ill health, it's important to pay attention. Fatigue tends to start months or weeks before other rheumatoid arthritis signs and symptoms start becoming noticeable.



MORNING STIFFNESS

Morning stiffness can be an early sign of Rheumatoid Arthritis if you're experiencing:

- pain out of nowhere
- pain that lasts for hours
- stiffness in your hands and wrists or ankles and feet



WARM JOINTS

A flare-up of this type of arthritis can trigger joint swelling throughout the body. When these joints swell, they may feel warm. This is due to inflammation.



FLU-LIKE SYMPTOMS

In addition to an overall feeling of unwellness or fatigue, you might notice a mild fever. If your fever remains above 99 and below 100.4 degrees fahrenheit, that could be a symptom of Rheumatoid Arthritis.



LOSS OF RANGE OF MOTION

Lack of motion comes on naturally as people age. But when it's due to Rheumatoid Arthritis, pain comes from the joints and nerves. The less you move, the worse it gets. Physical therapy can help you to regain strength and improve range of motion.



WALKING ON GOLF BALLS

Even in the early stages of rheumatoid arthritis, people often report feeling as if they are walking on golf balls. This sensation is caused by swelling in the joints of the foot, particularly in the balls of the foot. That particular point bears much of your body weight.

Isn't Arthritis An Old Folk's Disease?

While it's true that the majority of sufferers are over 60, arthritis doesn't discriminate against age, gender, race, or even income bracket. It can and does afflict all kinds of people at any time in their lives.

You might wonder about some of the defining characteristics of this insidious disease, like...

- Why some people get it earlier than others.
- Why some cases are worse than others.
- Why pain disables you one day and vanishes the next.

Unfortunately, there are no definitive answers. But I suspect I know the major culprit. Based on the countless medical studies I've poured over, observations I've made in my medical profession, and experience with my own arthritis—I have one or two opinions about this topic. But first, let's get the basics out of the way.

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