

# Arthritis (Osteo)

Osteoarthritis is commonly known as the arthritic disease that tends to develop when the linings of joints no longer maintain their normal structure, which leads to pain and decreased mobility. It has been known by many as “wear and tear arthritis.”

## **Possible Causes and Contributing Factors:**

- Diet high in refined carbohydrates, alcohol, caffeine
- Thyroid and/or parathyroid dysfunction
- Excessive use of antacids

## **Suggested Dietary Changes:**

- Avoid calcium carbonate supplements and antacids
- Water Cure
- Try vegetable juice fasting if pain is severe

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*