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Treating Arthritis - The Supplements Guide

Julia Davies

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There are 200 types of arthritis which affects 1 in 5 adults in the UK, and one in four of all GP consultations in the UK relates to a musculoskeletal problem. Arthritis and related conditions are the second most common cause of days off work, while just over 70% of people with arthritis meet the legal definition of disabled. The total cost of arthritis in the UK to the NHS and social services is ?5.5 billion. These statistics mean that there is tremendous interest in complementary methods of treating arthritis. This book is a thorough exploration of supplements that might help, based on the clinical experience of the Margaret Hills Clinic for arthritis. It explains why current conventional medical treatments so often fail in the light of the underlying nutritional imbalances which may be contributing factors to arthritis development. It examines the usefulness of protein supplements, essential fatty acids, antioxidants, enzyme therapy, herbal pain relief, natural supplements, and nutritional solutions. It looks at how to start building your own nutritional programme, and where to go for further help.

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