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"treating the cause of your problem, not just the symptoms"

Use Caution with Cures for Arthritis

Education and awareness are imperative when considering alternative, natural and home remedies for arthritis. Out of desperation, caution can be overlooked, allowing time and money to be spent on treatments that have no value. Before trying a new treatment or remedy, it should be investigated. There will always be unscrupulous people willing to sell you nothing more than hope in a bottle.

Have you ever heard of the saying "if it sounds too good to be true, it probably is". Your common sense can go a long way in determining if a particular remedy will help your arthritis symptoms or not. The following are a few things that should "raise a red flag" for you.

- 1) Beware of arthritis treatments promoted with any of the following words: exclusive, secret, proven, miracle, breakthrough, special, overnight, or cure.
- 2) Beware of endorsements based on glowing testimonials from supposedly satisfied arthritis patients.
- 3) Beware of claims against the medical establishment and suggestion of conspiracy.
- 4) Beware of the promise of a complete cure for arthritis.
- 5) Beware of the guarantee of no side effects with the arthritis treatment being promoted.
- 6) Be suspicious when you see the words "limited offer".
- 7) Beware of arthritis treatments offered in foreign or exotic locations. Use extra caution when buying products online. Many legitimate Websites bring customers health products with the benefits of convenience, privacy, and, sometimes, cheaper price. But you also need to be aware that the Internet has also created a marketplace for unapproved medical products, illegal prescribing, and products marketed with fraudulent health claims.
- 8) Avoid arthritis treatments that are sensationalized in magazine ads or in tabloids.
- 9) Be suspicious when the arthritis treatment is touted repeatedly to be "natural" and proclaimed the only sensible alternative to dangerous drugs and surgery.
- 10) Beware of any proposed arthritis treatment that cannot be backed up by scientific clinical trials.

Before starting a new and improved secret remedy for arthritis, always talk to your medical doctor or pharmacist. Although there is no known cure for arthritis, don't feel so desperate that you are willing to try "anything". Finally, remember that the

placebo effect can fool people into believing a treatment has true value. It has been proven that when people believe strongly in a treatment their endorphins and natural pain mediators are enhanced. Also, arthritis characteristically has periods of flares and remissions, allowing people to attribute feeling better to the remedy when it is truly due to a remission.