

# Top 10 home remedies For **ARTHRITIS**



- Hot and cold therapy
- Exercise
- Weight management
- Proper diet
- Omega-3 fatty acids
- Topical remedies
- Acupuncture
- Massage therapy
- Stress management
- Assistive devices

# The Arthritis Cure

**R Bogdan**



## **The Arthritis Cure:**

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