

[IMAGE]

## 3 Easy Ways to Prevent Arthritis

By Editorial Staff

Arthritis is the leading cause of disability in the United States, affecting a staggering 50 million adults and 300,000 children. What's worse, it's estimated that these numbers will increase substantially within the next 20 years. What can you do to reduce your risk of developing arthritis? Here are three simple lifestyle tactics you can incorporate into your daily routine starting today:

1. Eat a balanced diet high in nutrients and low in fat to maintain a healthy weight. Excess weight puts stress on bones and joints, particularly the knees, while vitamin D and calcium deficiencies weaken bone.
2. Exercise regularly to help increase bone density and strengthen the muscles around joints. Physical activity also increases overall mobility while keeping your joints flexible. A regular stretching program is also essential to help maintain flexibility and reduce joint stiffness.
3. Say no to smoking and alcohol consumption, both of which are known to weaken bone structure. In fact, by avoiding these two vices, you'll significantly reduce your risk of developing a host of other serious health complications as well.

Is arthritis in your future? In some ways it depends on the choices you make today. Talk to your doctor of chiropractic to learn more about arthritis. These and other natural strategies can help prevent arthritis from developing and lessen its severity if you're already suffering from it.

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