

## Arthritis: A Natural Approach to Treatment

Arthritis is a common health problem that affects over 20 million people every year with distress in the form of joint pain, swelling and inflammation. Most people treat their symptoms with NSAIDS and analgesics for pain. In addition, many sufferers change their diet and exercise routine to help to alleviate the discomfort. Chiropractic care can be beneficial as well.

Arthritis can be categorized into degenerative or autoimmune. These are known as Osteo, Rheumatoid or Psoriatic. Osteoarthritis is from “wear n tear” or degeneration. Rheumatoid or Psoriatic are autoimmune in nature.

There are many foods that are considered inflammatory and can affect one’s symptoms. These include high fructose corn syrup, processed sugars, saturated fats, gluten and casein, aspartame, caffeine and alcohol. These foods trigger inflammatory messengers called cytokines which can result in pain.



**Dr. Rochelle Bien & Dr. Michael Goldstein**

Lisa P. visited the Holistic Center at Bristol Square after suffering with symptoms of arthritis for over five years. Lisa’s joint pain in her shoulders, neck and back were unrelenting and prevented her from sleeping and doing daily chores, such as doing laundry, making her bed, even loading the dishwasher. Standing for long periods aggravates the joints which affected her ability to stand at the sink for

long periods of time.

After performing a comprehensive exam and evaluating her x-rays, Lisa P began a personalized care program, which included Chiropractic adjustments, changes in her diet by excluding wheat, dairy, refined sugars and caffeine, as well as an exercise regimen to support her health. Since implementing these changes, Lisa is now happily living her life, per-

forming her daily chores and doing it all practically pain free.

If you are suffering from arthritis symptoms and are looking to improve your quality of life, contact the Holistic Center at Bristol Square, located at 1426 Main St., Suite 6, Walpole. Call (508) 660-2722 today to schedule an appointment.