

Rheumatoid arthritis is a condition of ongoing swelling of the inner lining of joints. The body's immune system mistakenly starts to attack the lining of a joint and causes it to become inflamed. Rheumatoid arthritis can also affect other organs such as the heart, lungs or eyes.

Risk Factors for Developing Rheumatoid Arthritis:

Family History

Managing your Rheumatoid Arthritis:

Increase physical activity

Stop Smoking

Consider fasting and vegetarian diets

Eat more fish oil

Kripps **Fishol E.C.** 2 capsules 3 x day

Pain relievers such as acetaminophen and anti-inflammatory medications.

Kripps **Boswellia**, Kripps **Turmeric** and Kripps **Devil's Claw**

1 capsule 3 times a day of each

Kripps **Joint Cream/Vitamin D3**

**Cream**

Apply on joints liberally.