



# Natural Treatments for Arthritis

*Christine Craggs-Hinton*

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More than nine million people in the UK have arthritis and there are over 200 kinds of rheumatic disease. While it is not clear what causes arthritis, or what might cure it, plenty can be done to take control of symptoms and improve quality of life. Natural Treatments for Arthritis looks at the range of options available. It examines the range of supplements recommended for arthritis, and how far they are really likely to help. It also explores the controversial area of diet.

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