Top NLO Osteoarthritis Articles of 2014

by NEWLIFEOUTLOOK TEAM

Four Habits That May Worsen Osteoarthritis

For every health disorder, there are daily habits that may act as triggers or help to alleviate pain and symptoms; osteoarthritis is no different.

Growing a Garden Full of Foods for Osteoarthritis

When growing a garden full of foods for osteoarthritis make sure you choose plants that have the potential to strengthen your joints, like these.

Applying for Disability with Osteoarthritis

You may qualify for disability for osteoarthritis based on the back problems or joint dysfunction it causes.

Osteoarthritis Back Pain

Osteoarthritis back pain can be debilitating and depressing, but there is hope. Learn about managing back pain.

New Treatment for OA Pain Discovered

Researchers have discovered a new OA treatment that reduces pain without the side effects of anti-inflammatory drugs.

Infographic: Osteoarthritis and Fatigue

Joint pain isn't the only issue with osteoarthritis; many patients also report suffering from extreme fatigue. Consider these tips for fighting fatigue.

Common Symptoms of Osteoarthritis

A look at some of the most common osteoarthritis symptoms and what you can do to help reduce them.

Smoothies for Arthritis

Your diet affects the production of inflammatory compounds in the body. Certain foods will increase inflammation while others reduce it. Why not try an anti-inflammatory smoothie.

Recognizing Early Signs of OA

OA usually starts in one joint, before spreading to others. It's important to recognize early symptoms of osteoarthritis so you can slow its progression.

Great Salad Recipes for Osteoarthritis

These healthy salads are great recipes for osteoarthritis and can go a long way to helping calm down the inflammation in your joints.