

Question Asked: Is There a Natural Way to Stop RA from Getting Worse?

Analysis by [Dr. Obianuju Okeke](#)



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Rheumatoid Arthritis Question Asked: Is There a Natural Way to Stop RA from Getting Worse?

Many people with rheumatoid arthritis often have questions about effective alternative approaches, so I want to document Rheumatoid Arthritis Natural Strategies.

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Is There a Natural Way to Stop RA from Getting Worse? Here's What You Need to Know:

Briefly, Rheumatoid arthritis (RA) is a chronic autoimmune disease that causes inflammation, pain, and swelling in the joints. As the immune system mistakenly attacks healthy joint tissue, those suffering from RA often seek ways to manage symptoms and slow disease progression naturally.

Recently, this question arose in a community forum:

"Is there a natural way to stop RA from getting worse? I started taking CBD oil to try to cut back inflammation in my body. Any advice?"

If you're asking yourself the same question, this blog will explore holistic approaches that may help manage RA symptoms, reduce inflammation, and improve overall well-being.

Understanding Rheumatoid Arthritis

Rheumatoid arthritis is more than just joint pain. It's an autoimmune condition that requires a comprehensive approach to manage effectively. While medications prescribed by doctors are crucial in managing the disease, many people look to complement their treatment with natural strategies that align with their body's needs.

Role of CBD Oil in RA Management

The CBD (cannabidiol) oil has gained popularity as a natural anti-inflammatory agent. Studies suggest that CBD interacts with the endocannabinoid system (ECS) in the body, which plays a role in regulating pain and immune responses. By influencing ECS receptors, CBD may help reduce inflammation and pain associated with RA.

What the Research Says:

- **Anti-inflammatory Effects:** Research shows that CBD can reduce inflammation by impacting immune cell activity, potentially providing relief from RA symptoms.
- **Pain Relief:** Some studies suggest that CBD oil may help reduce pain in people with chronic conditions like RA.
- **CBD Oil Quality:** Some individuals find relief from inflammation and pain using CBD oil.

However, it's important to note that while some people find relief with CBD, the evidence is still emerging, and results can vary from person to person.

Ensure you're using **a high-quality product**.

Here is Why:

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Did you know that Your popular big chains, small chains, and stores, may NOT be the most reliable places to get quality vitamins and supplements?

A study conducted in 2022 evaluated A total of 30 select dietary supplement products,
found that: "Seventeen of 30 products had inaccurate labels; 13 were misbranded, and
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So To further on the quality of products consider this:

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I use Fullscript to give my clients easy access to healthcare's best supplements.

You order the products, and your orders are delivered quickly to your doors.

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I trust Fullscript because it guarantees reputable suppliers, products, and quality standards that are hard for anyone to match.

It gives me the tools to ensure my clients are supported on their wellness journeys.

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Beyond CBD oil, there are several natural strategies that can help manage RA symptoms and potentially slow disease progression.

Here are some evidence-based practices to consider:

Understanding The Triggers of Autoimmune Conditions



Infections



Gluten



Stress



Genetics



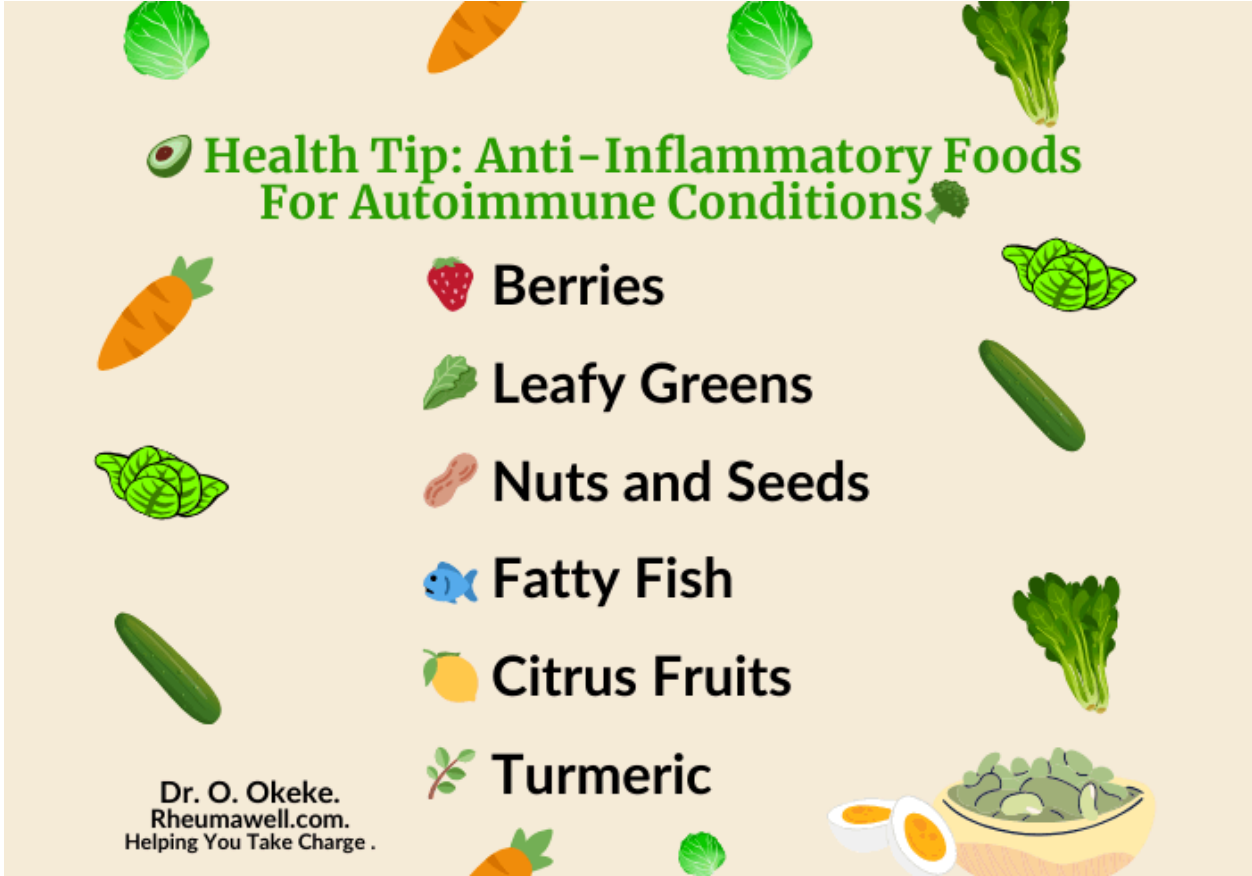
Medications

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1. Diet and Nutrition:

How does Food Affect Arthritis? Arthritis is a disease of inflammation. Logical and effective treatment should consist of anything that fights inflammation. Specific foods you eat can either make inflammation in the body worse or can reduce the amount of inflammation produced by the body.



Health Tip: Anti-Inflammatory Foods For Autoimmune Conditions

 Berries

 Leafy Greens

 Nuts and Seeds

 Fatty Fish

 Citrus Fruits

 Turmeric

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Nutrition is a science, but finding the right nutritional balance for each person is an art! It calls for the right professional assistance. What is good for one person is not always good for another. If you eat a balanced diet, your body can produce energy efficiently, fuel top performance and you will gain more power, strength, and endurance

The 6 Nutrients to Health include Carbohydrates, fat, protein, vitamins, minerals, and water. Yes, water is a nutrient.

Key Components:

Omega-3 Fatty Acids: Found in fatty fish like salmon, walnuts, and flaxseeds, omega-3s have anti-inflammatory properties.

Fruits and Vegetables: Rich in antioxidants, vitamins, and minerals, these help combat inflammation.

Whole Grains: Whole grains like brown rice and quinoa can reduce inflammation markers.

Healthy Fats: Olive oil, avocados, and nuts are great sources of healthy fats that fight inflammation.

Foods to Avoid:

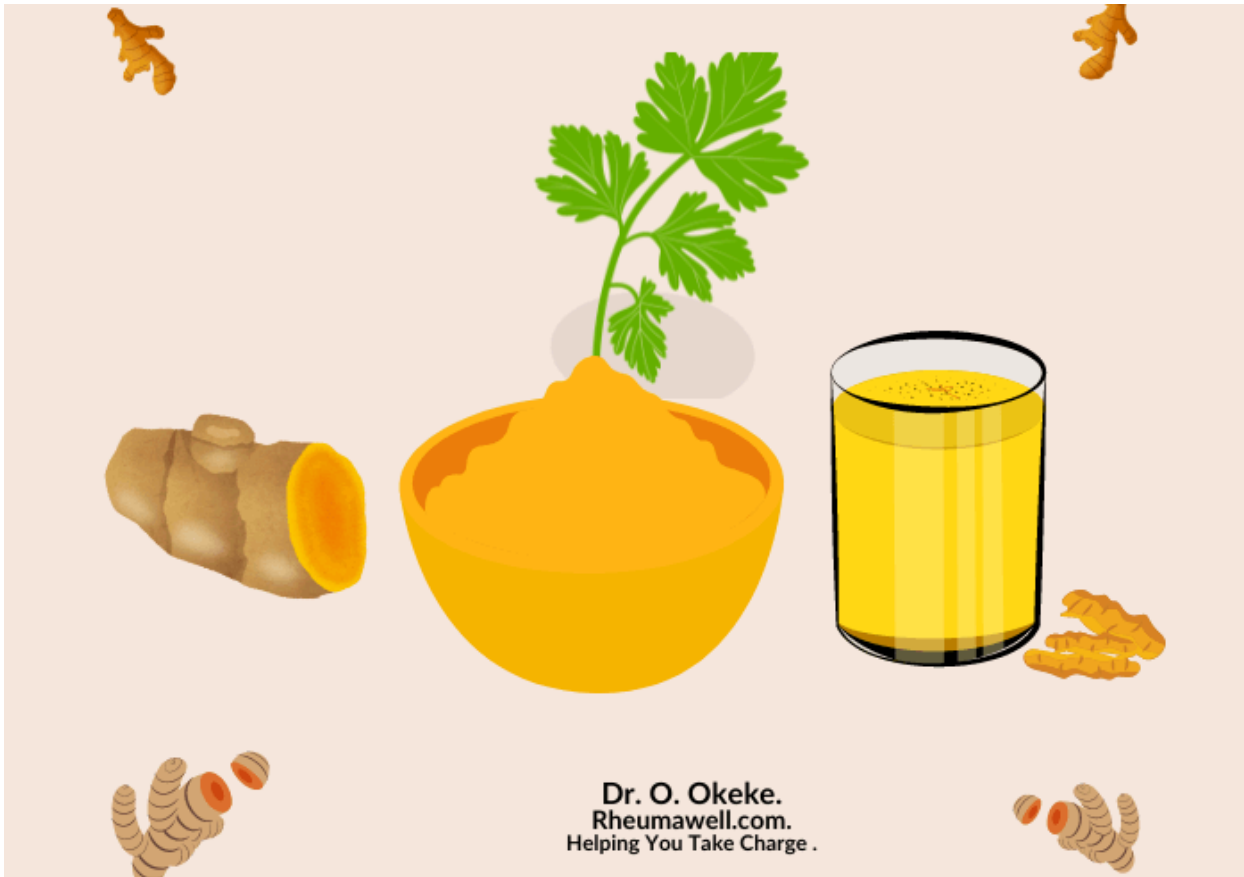
Processed Foods: High in sugar and unhealthy fats, these can increase inflammation.

Red Meat: Some studies suggest that red meat may worsen RA symptoms due to its high levels of saturated fats.

Cues: Also pay attention to your body for cues.

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2. Herbal Supplements and CBD:



Turmeric and Curcumin: These have strong anti-inflammatory properties and can be taken as supplements or added to your diet.



Ginger: Another powerful anti-inflammatory, ginger can be consumed fresh, as a tea, or in supplement form.

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3. Regular Physical Activity:

Exercise is crucial in managing RA. It strengthens muscles around the joints, improves flexibility, and reduces inflammation.

Recommended Activities:

Low-Impact Aerobics: Walking, swimming, and cycling are great options that don't stress the joints.

Strength Training: Building muscle helps protect joints from damage.

Flexibility Exercises: Stretching and yoga can help maintain joint mobility.

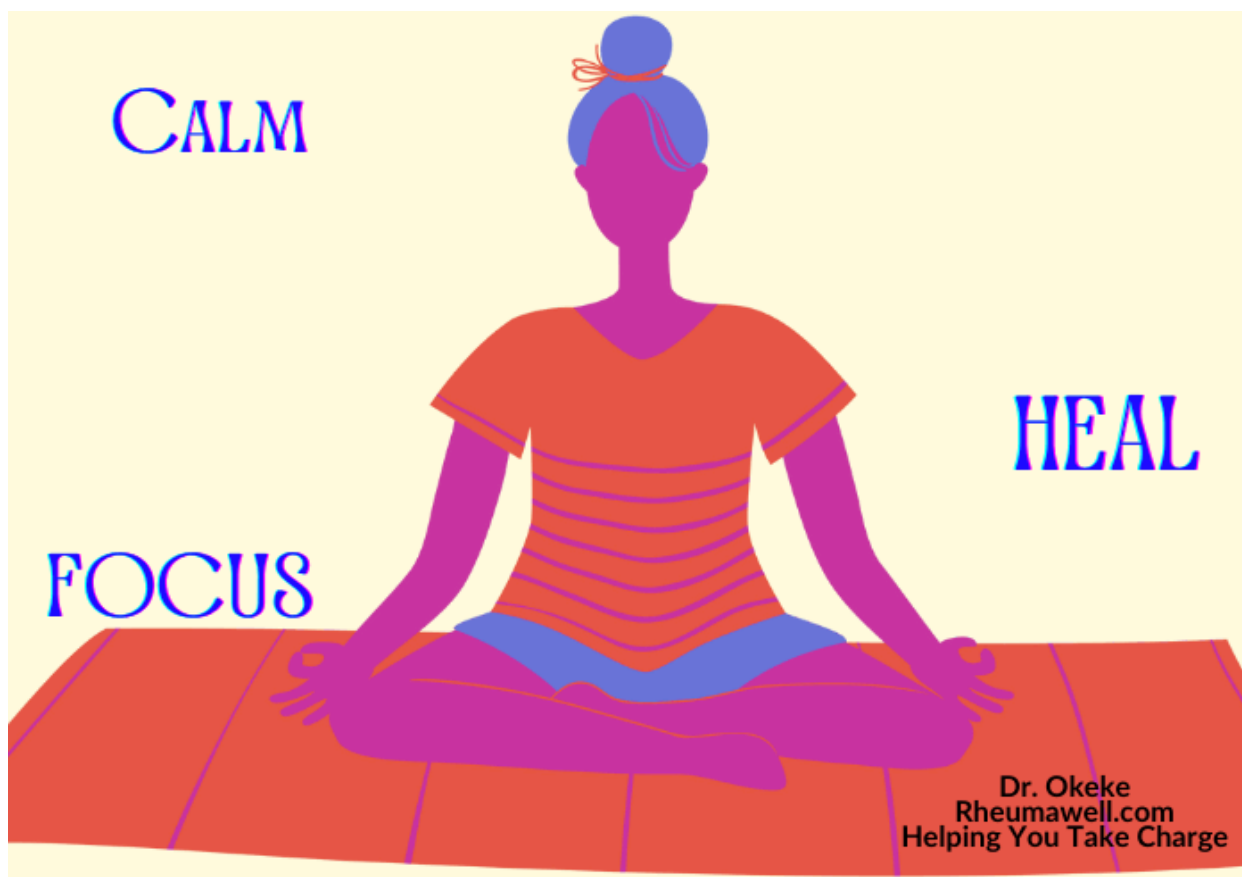
Important Note: Always consult with a healthcare provider before starting any new exercise regimen, especially if you have RA.



Gentle Exercise: Regular, low-impact exercises such as swimming, yoga, and walking can help maintain joint flexibility and reduce stiffness.

Strength Training: Helps to build muscle around the joints, providing better support and reducing strain.

4. Stress Management:



Mindfulness and Meditation: Practices such as mindfulness, meditation, and deep-breathing exercises can help reduce stress, which in turn can help reduce inflammation.



Adequate Sleep: Ensuring you get quality sleep is crucial for managing inflammation and overall health.

Restorative Sleep: Ensures proper recovery and supports healthy parasympathetic activity.

Sleep Hygiene: Maintain a consistent sleep schedule and create a restful seep environment.



Increase Parasympathetic Tone: some people may not be familiar with this so I'll provide more details but not overwhelm you.

Part of the Autonomic Nervous System

The autonomic nervous system (ANS) controls involuntary physiological functions and is divided into two main branches:

Sympathetic Nervous System (SNS):

- Activates the "fight or flight" response during stressful or emergency situations.
- Increases heart rate, dilates pupils, inhibits digestion, and releases adrenaline.

Parasympathetic Nervous System (PNS):

- Promotes the "rest and digest" response during relaxed states.
- Decreases heart rate, stimulates digestion, promotes energy storage, and supports relaxation and recovery.

Parasympathetic tone plays a critical role in maintaining the body's rest, recovery, and healing processes. Understanding and actively supporting healthy parasympathetic activity through lifestyle choices and relaxation techniques can lead to improved physical and mental health, better stress management, and enhanced overall well-being. If you have specific health concerns or conditions, it's always advisable to consult with a qualified provider.

Adequate Parasympathetic Tone: Essential for recovery and restoration after stress, supporting processes like tissue repair, digestion, and relaxation.

Social Connection and Laughter

Positive Interactions: Spending time with loved ones and engaging in enjoyable activities can stimulate the PNS.

Laughter: Has been shown to increase parasympathetic activity and reduce stress hormones.

Nature Walks: Spending time outdoors in natural settings promotes relaxation and reduces stress.

An imbalance, such as **chronic low parasympathetic tone**, may contribute to various health issues, including chronic diseases, cardiovascular diseases, digestive disorders, and increased stress levels.

5. Alternative Therapies:

Acupuncture: Some people with RA find relief through acupuncture, which can help reduce pain and improve joint function.



Massage Therapy: Massage therapy may be overlooked as important but it offers a wide range of benefits that support both physical and mental health. Regular massages can be a powerful tool for maintaining overall well-being and addressing specific health concerns.

Detailed Benefits of Massage Therapy:

Reduces Muscle Tension

Relieves tight muscles and knots, promoting relaxation and flexibility.

Improves Circulation

Enhances blood flow, which helps deliver oxygen and nutrients to tissues and organs.

Alleviates Stress and Anxiety

Lowers cortisol levels and triggers the release of endorphins, leading to reduced stress and improved mood.

Promotes Relaxation

Activates the parasympathetic nervous system, helping to calm the body and mind.

Enhances Immune Function

Stimulates the lymphatic system, aiding in the removal of toxins and boosting immune response.

Improves Sleep Quality

Reduces muscle pain and stress, which can lead to better sleep and more restful nights.

Reduces Pain and Inflammation

Decreases the perception of pain, helps manage chronic pain conditions, and reduces inflammation in the muscles and joints.

Increases Range of Motion

Improves flexibility and joint mobility, making it easier to move and perform daily activities.

Supports Mental Health

Contributes to a sense of well-being, reduces symptoms of depression, and improves overall mental clarity.

Promotes Better Posture

Alleviates muscle imbalances and tension that contribute to poor posture, helping to realign the body.

Speeds Up Recovery from Injury

Encourages tissue regeneration and reduces scar tissue, which can accelerate the healing process after injury.

Enhances Athletic Performance

Reduces muscle fatigue, improves recovery time, and helps prevent injuries in athletes.

Relieves Headaches

Reduces the frequency and intensity of tension headaches by relaxing the muscles and improving circulation.

Boosts Energy Levels

By reducing stress and improving circulation, massage can increase overall energy and reduce feelings of fatigue.

Improves Skin Health

Stimulates the skin, promoting a healthy glow and improving the skin's elasticity.

Assists with Detoxification

Facilitates the removal of metabolic waste from tissues, supporting the body's natural detoxification processes.

Reduces Blood Pressure

Lowers both systolic and diastolic blood pressure, contributing to overall cardiovascular health.

Enhances Emotional Well-Being

Provides a sense of comfort, nurturing, and emotional support, which can be particularly beneficial during times of stress or grief.

Improves Digestive Function

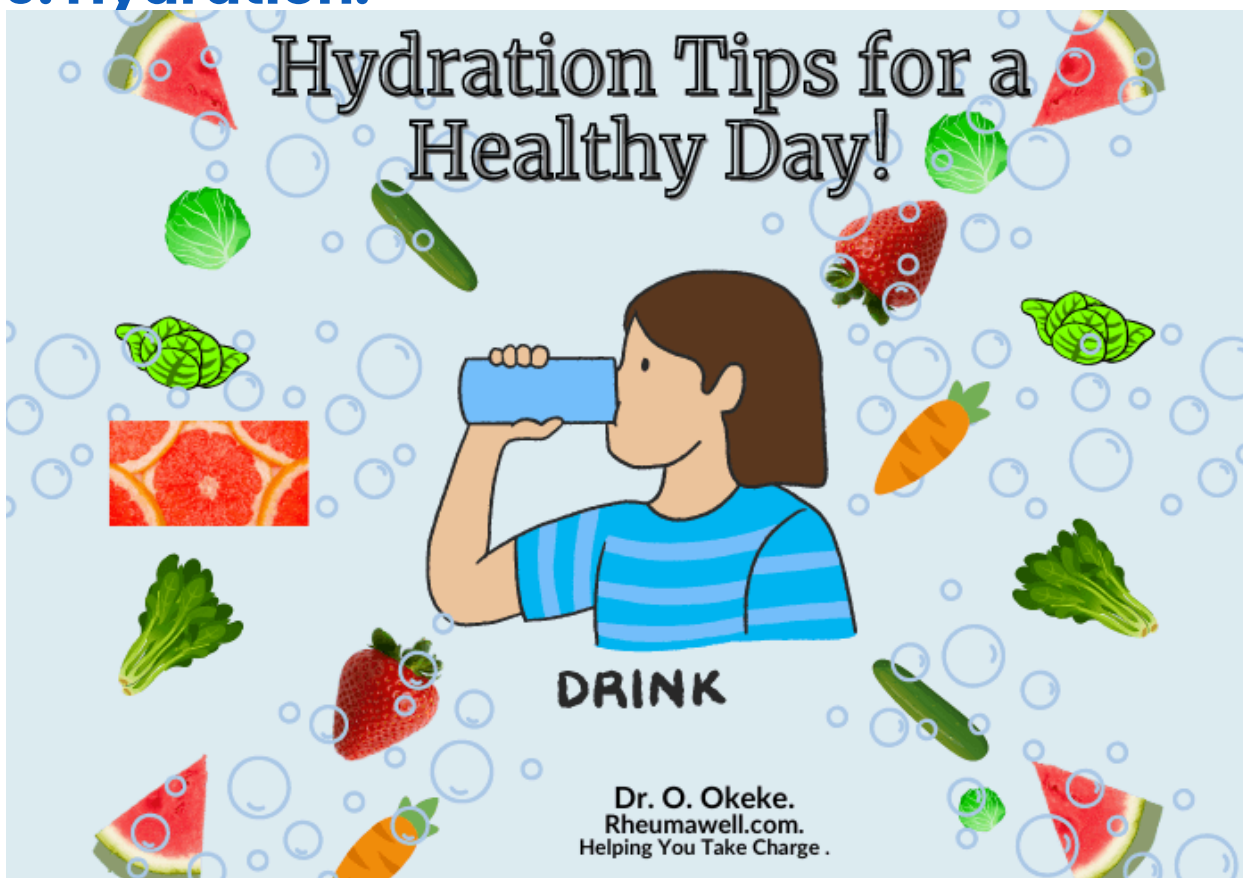
Stimulates the digestive system, helping to alleviate conditions like constipation and promoting overall gut health.

Balances Hormones

May influence the balance of hormones like cortisol, serotonin, and dopamine, improving mood and reducing stress-related symptoms. Can help reduce muscle tension, improve circulation, and enhance overall well-being.

Relaxation: Massage can lower heart rate and blood pressure, enhancing parasympathetic response.

6. Hydration:



Stay Hydrated: Drinking plenty of water helps to keep your joints lubricated and can help reduce inflammation.

Drink before, during, and after activity to maintain hydration and avoid overheating

Drink small amounts of water frequently, not large amounts less often

Drink cooler beverages to cool your core body temperature and reduce excessive sweating

Sports drinks are beneficial for longer events, but may work better if diluted with water



Daily Water Intake

Drink Half of your body weight in oz of water.

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Key Tips:

- Adjust for Activity Levels: Increase your water intake if you are physically active, especially in hot or humid conditions.
- This provides a general guideline, and individual needs may vary based on factors like climate, health conditions, and overall diet.

Drink "Half your body weight in ounces" rule

This recommendation is based on the idea that it provides an easy-to-remember formula for people to stay hydrated. It simplifies hydration needs but does not account for individual differences such as activity level, climate, or overall health.

While the "half your body weight in ounces" rule can serve as a rough estimate for daily water needs, it is more of a practical guideline than an evidence-based recommendation. For precise hydration needs, it is

better to consider factors like physical activity, environment, and individual health conditions.

7. Mind-Body Connection:



Emotional Wellness: Chronic conditions like RA can take a toll on mental health. Engage in activities that promote emotional wellness, such as journaling, spending time with loved ones, and engaging in hobbies you enjoy.

8. Consult with Professionals:



Holistic Health Practitioner: Consider working with a holistic health practitioner who can provide personalized guidance tailored to your unique needs.

Regular Medical Check-ups: Continue to have regular check-ups with your rheumatologist or healthcare provider to monitor your condition and make any necessary adjustments to your treatment plan.

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Final Thoughts:

Combining conventional treatments with natural approaches may help manage symptoms and improve your quality of life. CBD oil, along with dietary changes, regular exercise, stress

management, adequate sleep, and herbal supplements, can be part of a comprehensive RA management plan. However, it's essential to work closely with your healthcare provider to tailor these strategies to your specific needs.

By exploring and incorporating these natural approaches, you may find relief and a better quality of life while living with rheumatoid arthritis. Remember, everyone's journey with RA is unique, so what works for one person may not work for another. Keep an open mind and stay proactive in managing your health.

Disclaimer: The information provided in this blog is for educational purposes only and should not be considered medical advice. Always consult with a healthcare professional before making any changes to your treatment plan.

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QUESTIONS OR COMMENTS?



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Question or Comment?

Wishing you all the best on your journey to better health!

Warm regards,

Dr. O. Okeke
Functional Holistic health Consultant.

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