



Stop Arthritis Pain Fast No Prescription

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Disclaimer

I am not a doctor and this is not a cure or guarantee that the methods in this mini guide will work for you. This is my story and what worked for me and others I have told. This mini guide is for educational and informational purposes only. This mini guide is at your own risk.

Introduction

As someone who has arthritis running in the family, from my grandparents, uncles, aunts and cousins. Arthritis is a big fear in my family. I would here horror stories from relatives about the stress, swelling and pain. It wasn't until I experienced it myself that I really took it seriously. I know now how the swelling and constant pain day and night can change your life or even bring life as you know it to a halt.

What you are about to read is my story of how I beat the swelling and pain and have not experienced it since. This checklist walks you through every step of the way no fluff no filler.

This mini guide and checklist is by no means a end all, be all, of arthritis pain management. But will show you a fast way to relief from arthritic pain.

Chapter 1

My story

I remember it like yesterday, 2004, living in a rural town with my wife and three kids in a 4 bedroom house next to a farm. My wife had an accident rolling skating with the kids so she was not able to work for a while and all the bills was on me. No problem, I just worked a few extra hours a week at the newspaper plant I worked at then.

One Sunday, we had a football watch party and had family and friends over to watch the game. I remember waking up the next day and my knees aching a little. I didn't think much of it, took some Tylenol and went to work. By the end of the week the aching had turned into a non-stop pain in my knees.

Soon my knees began to swell with fluid. The pain in my knees was getting so bad I couldn't sleep. Just a constant throbbing of sharp pain. I could feel my heart beat in my knees, it hurt to walk, it hurt to lay down, there was no rest. And the pain was getting worst. Since my wife couldn't work at the time, I couldn't take off work. I had no sick days. I had to work 6 days a week like this, with very little sleep, because the Tylenol stopped working a long time ago. I called my relatives about it and they told me it is arthritis and to go to the hospital. So I went to the hospital asap, thinking it was about to be over. Because I had no health insurance at that time. All they could do was give me some Vicodin for the pain. Needless to say the Vicodin was useless.

By this time, I had gone from 8 hours a day to 12 hours a day, 6 days a week at work all on my feet. The pain was unbearable. My knees had small basketballs of pain wrapped around them. I was about to lose my mind. So I began to take things in my own hands. And looked up the cause of arthritis, the cause of arthritis is inflammation of the joint and physical wear and tear. There are a few different types of arthritis but most types of it is due to inflammation.

When I first started having kids my mother had given me an encyclopedia of vitamins. So I always took my multi vitamins, but this was way beyond that. So I looked up which vitamin fights inflammation the best. Wouldn't you know it, it was good old vitamin C.

The next day after work, I went to the vitamin store and got the BIG BOTTLE of vitamin C 1000 mg. I took 2 and waited. Nothing... Long story short, it took 20 tablets of 1000 mg of vitamin C just to stop the pain. So I had to start taking 20 tablets a day. The pain stopped that night. Thank God. But for the pain to stay away I had to take 20 tablets a day, then keep taking that much to stop the swelling that I had.

It was beautiful, I could sleep again, walk without pain, work without pain and was getting back to my old self. All together it took 3 months of taking vitamin C to getting back to normal. That's how long it took the fluid to drain from my knees down to my ankles and then go away. All without a prescription or doctor. I would not advise anyone to wait as long as I did to go and confirm that you have arthritis. But, if you know you have arthritis and you are in a situation like I was, or similar then this is the way to go.

Chapter 2

Stopping the pain

Ok, vitamin C stops inflammation pretty quickly, but you have to take enough of it to work. And I would suggest that you take the highest quality of vitamin C available to you. For example: after my fight with arthritis happened, my grandfather had gout in his elbow. And his elbow was starting to swell. I told him to take vitamin C instead of what he would normally do. And his pain stopped almost immediately and swelling went down fast, with only 2 or 3 tablets of vitamin C a day. Each situation is different because we all have different body types. But, one thing is for sure, vitamin C is the best for inflammation.

The problem is that Tylenol, Vicodin and all other painkillers only attack the symptoms of the pain and not the cause. Vitamin C attacks the root cause of the pain which is the inflammation. That's why it works. There are a few types of arthritis and vitamin C works on all the types where inflammation is the cause, but vitamin C alone does little for the wear and tear of the joint. For wear and tear of the joints, add vitamin D, vitamin K, vitamin B complex with vitamin C to help with wear and tear of the joints.

I suggest that you should take vitamin C daily for preventive measures, but when you have arthritis pain slowly step up your intake to attack that inflammation. And this goes without saying, if you have access to health care and can afford to go. You should go get checked out.

Chapter 3

My routine

Once you know its arthritis and the painkillers stop working.

- Get the highest quality vitamin C available.
- Start slow: only take a few at a time, until you get to the point where the pain is gone.
- Stick to the amount that keeps the pain away: watch how you body feels to judge when to stop.
- If you have swelling: keep taking vitamin C until the pain and the swelling are all gone. If you stop too soon the swelling comes back along with the pain.

Chapter 4

Track you progress

Keep track of how you feel, the goal is to go as healthy as we can without drugs (painkillers).

I hope this mini guide helps you with your fight against arthritis. Not enough people know that there is a simple way of fighting out most arthritis and if I can help just one person out of their pain than it's worth it. I do suggest you do your own research on vitamin C and other vitamins and get yourself a copy of a vitamin encyclopedia, and other home remedies. This information was a lifesaver for me and I can only hope this reaches others who need it too.

God Bless

William Brown