



## Top NLO Osteoarthritis Articles of 2014

by NEWLIFEOUTLOOK TEAM

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### **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.

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## **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.