



Cover photo by: [handarmdoc](#) - - - [Creative Commons](#)

## 6 Shocking Causes of Arthritis You Don't Know About (But Should)

Blue Heron  
Health News



**Suffering  
Arthritis?**

Learn The Real Cause of Arthritis  
and How to Naturally Get Rid of It  
in 21 Days or Less [Click here...](#)

Ask a doctor why you have arthritis and you'll probably hear a rambling response involving vague phrases like "multiple causes", "inflammation" and "genetics".

There's some truth to the fact that many things contribute to arthritis. But most of these fly under the radar screen of most doctors (and many of their patients).

That's why I'm shedding light on 6 of the most common (yet unknown) arthritis causes:

**Smoking:** It's no secret that smoking rips your lungs to shreds. According to research published in *Arthritis & Rheumatism*, people who smoke have double the risk of developing arthritis than those that "say no to butts."

How does a pack a day habit make your joints ache? Scientists have found that smoking dramatically escalates your body's inflammation levels –the

underlying cause of all arthritis.

**Eating Red Meat:** You choose chicken over steak for your heart. But could that occasional breakfast bacon bout lead to arthritis?

Dorothy Pattison of National Rheumatoid Arthritis Society discovered that people who regularly red meat doubled their risk of developing rheumatoid arthritis. The saturated fat in red meat seems to bumps up inflammation –leading to arthritis.

**Not Enough Vitamin C:** People who don't eat vitamin C rich fruits and veggies are playing Russian roulette with arthritis. Duke University researchers found that people who didn't get enough vitamin C had higher rates of osteoarthritis –the most common form of arthritis.

**Watching TV:** People that watch TV are much more likely to suffer from the extra pounds that often lead to arthritis. Flipping channels actually burns less calories than sleeping. Also, inactive joints are much more susceptible to arthritis "flare ups".

To prevent arthritis (and obesity) limit your TV watching to an hour or less per day.

**Being Alone:** Drop by the neighbors house, pick up the

phone, or shoot off an email: being socially connected significantly reduces your risk of struggling with severe arthritis.

Researchers at the University of Oxford found that people who were socially isolated tended to have more severe rheumatoid arthritis than those with a strong social network.

Allergies: Whether you're allergic to peanuts or pollen, those allergies can make your joints cry out in pain. Allergies make your body's immune system go haywire --making inflammation spiral out of control.

That's why people with allergies are much more likely to have arthritis joints than those who are allergy free.

21 Ways To Knock Out Arthritis You Don't Know (But Should)

Knowing the causes of arthritis is one thing. Doing something about it is something else altogether.

To help you recover from arthritis in 21 short days, we've recently launched our new program: Blue Heron Guide to Healing Arthritis. After you reserve your copy, you'll learn the secrets that thousands of others have used to reverse arthritis without needing mind-numbing medications or deadly surgical procedures.

Blue Heron  
Health News



## Suffering Arthritis?

Learn The Real Cause of Arthritis  
and How to Naturally Get Rid of It  
in 21 Days of Less [Click here...](#)



### **Are You Sick of Toxic Products?**

Discover 215+ suprising natural home  
remedies, beauty recipes & DIY household  
product tutorials.

[Click here to learn more](#)