

What Type of Arthritis Do You Have?

Arthritis dates back to prehistoric times and is seen all through the ages in the joints of the skeleton remains.

Most of you will have problems with your joints and it may be arthritis. Arthritis is associated with aging but it is not caused because [mushroom industry](#) you are aging. Arthritis is caused by the body not being fed the proper nutrients that keep your joints healthy and free of wear and tear.

There are plenty of joints in your body and typically there are only specific joints that have arthritic pain. Those are the ones that you use frequently. For men it is

knees, spine, and feet. For women it is fingers, hands, knees, and spine.

Arthritis means inflammation of the joint. When your joints have bone-to-bone contact and grind against each other that area becomes swollen and inflamed.

There are two main types of arthritis: osteoarthritis and rheumatoid, and others that are less known.

Osteoarthritis

Osteoarthritis means inflammation of the bony part of your joint. As your joints move against each other, the protective coating and surrounding material membranes, oil sacs, cartilage wear down. This wear down occurs when the joints see excess activity.

Normally you would not expect to see this wear down condition since there are many joints that see excess activity and don't become inflamed or arthritic. There are millions of people who don't get arthritis, yet they use their joints are used just as much and perhaps even more. Then there are people who don't use their joint to excess and still get arthritis.

So the actual cause of arthritis is more than excess activity.

The cause of arthritis has come down to a single or combination of nutritional deficiencies, excess joint activity, and emotional issues.

Rheumatoid Arthritis

Rheumatoid means "similar to flowing pain." It is an autoimmune disease where good cells and tissue are attacked by the immune system. Rheumatoid first affects the joint membranes and later the bone structure at the joint. Rheumatoid arthritis occurs in people of all ages. As this arthritis progresses it can become crippling.

Rheumatoid arthritis is a recent disease, which appeared at the turn of the 20th Century. Its cause can be associated with diet where the balance of the joint structure receives chemicals that destroy its balanced condition.

Gouty Arthritis

Gout is a disease where uric acid deposits in the joints of feet and legs. When the body has an excess of uric acid, which it can't eliminate through normal channels of elimination- the kidney the uric acid settles in the joints and soft tissue causing pain.

Gout is more common with men, people with high blood pressure, alcoholics, diabetics, and obesity. Gout means drop. It was thought by Romans that gout was caused by poisonous crystals coming from the blood, drop by drop, and depositing in the toes.

There is some evidence that gout is related to the amount of wine that is drunk with the meal. This put an extra strain on the liver that tries to detoxify the wine and the meal at the same time. Result is the liver is unable to detoxify the complete meal.

Other Types of Arthritis

There are other types of arthritis. These account for a small amount of the types of arthritis that most people have. Here is the list:

Bursitis [mushroom industry opportunities](#) inflammation of the shoulder joints and muscles.

Neuritis is known as rheumatism of your nerves. When the sheaths of your nerves dry out you have neuritis

Myositis – pain that comes from working hard and muscles have friction between them.

Fibrositis is when your connective tissue become inflamed Lumbago occurs before you get arthritis of the spine.

Which arthritis doe you have? In other articles, I'll tell you what you can do to prevent or eliminate arthritis of any kind.