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While osteoarthritis is difficult to treat with juices, rheumatoid arthritis can certainly be helped during the early stages. FRESH JUICE RECIPE. Make 500ml from equal amounts of the following juices: carrot. celery. raw beetroot. cucumber (with skin) Drink undiluted on an empty stomach and at the same time chew and eat 100g of ripe pineapple. Prevention

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Add in gut healing foods such as fermented goodies (sauerkraut, kimchi, kombucha), prebiotics (vegetables, cooked and cooled potatoes), butter and avoid gut damaging processed sugars, synthetic additives and trans fats.

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