

The Medicare Diet: Best Diet for Arthritis in Seniors



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Stiff Joints Got You Down?

According to the [Arthritis Foundation](#), arthritis is the #1 cause of disability in the US, affecting over 60 million adults in the US alone. Chances are, you or a loved one deal with some form of this condition, which makes finding the best diet for arthritis that much more important.

Make the Most Out of Medicare

☎ Call (800) 950-0608

The Bare Bones of Arthritis

Get Help →