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Arthritis

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| W | P | F | **T** | **E** | **I** | **D** | **Y** | **R** | **O** | **T** | **A** | **M** | **M** | **A** | **L** | **F** | **N** | **I** | **I** | **T** | **N** | **A** | C |
| W | **S** | V | H | P | Q | E | L | Y | B | E | I | **E** | L | E | I | I | T | K | D | P | M | K | Q |
| E | M | **Y** | A | S | Y | U | A | Q | G | Z | **G** | F | F | W | B | C | **P** | J | C | H | L | W | K |
| **F** | S | V | **N** | N | V | F | P | M | A | **A** | J | O | Z | P | B | Y | O | **A** | J | P | F | R | V |
| **R** | F | N | Q | **O** | E | K | H | C | **L** | P | K | N | Y | J | U | E | A | M | **I** | B | I | I | **S** |
| **U** | J | J | B | P | **V** | K | G | **I** | K | G | Q | P | O | L | G | D | X | Q | I | **N** | E | T | **I** |
| **I** | L | E | Y | X | T | **I** | **T** | H | X | O | G | R | N | W | C | N | A | C | W | X | F | F | **T** |
| **T** | **G** | L | T | L | B | **R** | **A** | S | D | Q | W | A | A | H | G | **S** | **T** | **N** | **I** | **O** | **J** | Z | **I** |
| **S** | **N** | H | N | **S** | **A** | W | V | **L** | V | L | V | X | W | U | W | P | **B** | **O** | **N** | **E** | **S** | V | **R** |
| **A** | **I** | S | Y | **C** | **T** | A | U | U | **M** | **O** | **I** | **L** | **Y** | **F** | **I** | **S** | **H** | Z | K | Q | B | K | **H** |
| **N** | **L** | O | **M** | F | E | **I** | S | V | Z | **E** | U | G | U | G | C | Y | I | R | C | V | D | W | **T** |
| **D** | **L** | U | **U** | X | S | I | **F** | C | U | **T** | **M** | Q | S | Q | J | Z | H | Q | L | L | A | I | **R** |
| **V** | **E** | O | **S** | B | N | L | G | **F** | T | C | **H** | **B** | V | H | A | P | R | P | Y | T | B | L | **A** |
| **E** | **W** | P | **C** | V | R | I | R | X | **N** | N | T | **G** | **R** | P | A | Q | E | Y | B | X | F | Q | **D** |
| **G** | **S** | M | **L** | P | L | V | Q | A | X | **E** | Q | G | **I** | **A** | P | T | H | H | H | M | Y | B | **I** |
| **E** | R | V | **E** | S | Y | J | K | U | J | D | **S** | P | Z | **E** | **N** | B | X | U | X | F | G | J | **O** |
| **T** | L | T | **E** | Y | J | A | O | X | N | V | N | **S** | L | J | **W** | **E** | K | F | O | S | W | J | **T** |
| **A** | B | T | **X** | B | U | D | A | I | R | G | J | I | P | Y | K | **Y** | Q | B | E | Z | X | D | **A** |
| **B** | U | U | **E** | E | M | K | J | W | P | X | W | C | O | X | G | Y | **H** | L | I | T | T | C | **M** |
| **L** | N | G | **R** | B | L | K | J | D | M | L | T | I | J | K | K | C | V | **T** | Q | W | T | O | **U** |
| **E** | O | N | **C** | C | **N** | **O** | **I** | **T** | **A** | **M** | **M** | **A** | **L** | **F** | **N** | **I** | R | Z | **L** | O | P | O | **E** |
| **S** | G | L | **I** | W | I | R | A | D | V | Q | O | X | V | F | E | H | K | V | I | **A** | O | J | **H** |
| S | T | **O** | **S** | **T** | **E** | **O** | **A** | **R** | **T** | **H** | **R** | **I** | **T** | **I** | **S** | M | Q | G | B | O | **E** | T | **R** |
| M | T | S | **E** | H | X | Z | H | F | **N** | **O** | **I** | **T** | **O** | **M** | **D** | **E** | **C** | **U** | **D** | **E** | **R** | **H** | O |

   oily fish       fruits and vegetables       muscle exercise       healthy weight       anti-inflammatory diet       joints       bones       synovial membrane       cartilage       inflammation       swelling       stiffness       reduced motion       pain       rheumatoid arthritis       osteoarthritis