I run, and friends are constantly telling me that I will wear out my knees and will soon suffer from arthritis. The interesting thing about running and arthritis is that there is hardly any hard evidence that running is bad for your knees, but there is a huge amount of evidence and research into the health benefits of running.

Anyway this isn't a post about running, but I spoke to my doctor about running causing knee problems. My doctor explained that arthritis is inevitable for everyone as we get older. It is just part of our bodies wearing out as we get older. but the strange things is - the more active we are, the less we appear to suffer from arthritis (go figure!) Sure some people are more susceptible to arthritis than others and there are definitely things you can do to help prevent it for as long as possible. If you are suffering from arthritis, below is a post detailing 10 natural home remedies you can try.

Top 10 Natural Home Remedies For Arthritis

(Photo from: Herbs-Info.com)