Rheumatoid Arthritis: Why Your Meds Aren't Enough Transcript

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Why Medication Alone Isnu2019t Enough

What if I told you that your medication are only half the battle against rheumatoid arthritis? Millions of people with rheuma arthritis take their medication faithfully and still they wake up stiff, exhausted and feeling like life is just passing by pain managed but life still unlimited that's because most tripping plan focus only on medication and symptom management and they completely ignore the lifestyle factors that science now tells us can change everything today I am going to share a system backed by the American College of Rheumatology and the European League Against Rhumetism that combines seven daily habits with strong support network to help you not just manage but to thrive with rheumatoid arthritis.

Introducing the NESCAR Lifestyle System

and it is called NESCAR a better way to live with rheumatoid arthritis less pain more mobility and long lasting joy in your life here is the reality RA is more than just joint inflammation it brings fatigue poor sleep, stress, loss of independence, and the side effects from the medications.

And when treatment focuses only on suppressing your symptoms with medication, patients like you are left dealing with all of those symptoms on your own.

Research shows that over 60% of the people with RA have at least one sleep problem. Poor sleep does not just make you tired. It actually drive more inflammation and more pain, creating this vicious circle.

Stress and depression are just as common and they directly worsen your disease activity and your risk of disability. So the real question isn't whether life cell matter in rheumatoid arthritis.

The science is clear that it does. How do you actually put it all together in a way that's practical and sustainable?

Nutrition, Exercise, and Sleep

That's exactly what Nescar does. If you want to learn more on how to use this system, stay until the end to learning how you can transform your life using our Nascar system.

Now let's dig deeper into Nscar. Niscar is a system of seven daily habits Plus, a strong support network that works together. It works with your medications.

Each letter stands for one pillar and every single one is backed by published research. Let me walk you through them. N. Nutrition. Eat to calm inflammation.

The American College of Rheumatology now recommends a Mediterranean diet for rheumatoid arthritis. Colorful vegetables, olive oil, fish, whole grains.

Studies show it reduces pain and joint swelling. Food is medicine. And this is the one diet with real science behind it for rheumatoid arthritis. E for exercise.

Keep your joints moving. This is only strong recommendation in American College of Rheumatology integrative guideline, whether it's walking, swimming, yoga or resistance training.

Consistent exercise improves pain and your physical function. Your joints were made to move.

Stress, Checkups, Triggers, and Relationships

When you stop moving, you lose them faster. S is for sleep, healing during rest. Sleep is when your body repairs itself, but when you sleep is disrupted, it activates inflammatory pathways that make your rheumatoid arthritis worse.

Fixing your sleep isn't not luxury, it's a part of your treatment. S is for stress care. Calm the nervous system, calm your immune system. Precip stress causes worse pain, more fatigue and lower physical function.

Cognitive behavioral therapy and mindfulness have both been proven to reduce pain in rheumatoid arthritis. Managing stress is managing your disease. See for checkups.

Stay ahead early. RE does not just affect your joints. It affects your heart, your lungs, bones and other organs. Regular check-ups help cast these problems before they become a crisis.

A is for avoid triggers, reduce inflammation triggers. Smoking, excess alcohol, highly processed foods, and overexertion. These can all set off a flare.

Knowing your triggers and avoiding them is one of the best things you can do in managing your rheumatoid arthritis. R is relationship, heal together. Research studies shows that patients with low social support have significantly higher disability.

You are not meant to fight this alone. Your relationships are part of your treatment plan.

The 4F Foundation and Why Support Matters

Please stay until the end. I'll give you three important checklists that you can use it today to find against rheumatoid arthritis using our NASCAR framework.

Stay on the land. Now I gave you these seven habits that are powerful on their own. But, at the center of NASCAR is something that holds it all together.

And we call this 4F Foundation. 1. Faith. Whatever gives you hope and purpose in your life. Family. The people who sew up for you. Friends. Your community.

You tribe. Fulfillment. doing what brings you joy despite the diagnosis. These are all not just nice ideas. Social connection and purpose are scientifically linked to better outcomes in rheumatoid arthritis.

So don't underestimate the power of this 4F. Let me be clear here. NASCAR is not about replacing your medications. This is about completing your treatment plan.

Every single pillar is backed by guidelines from American College of Rheumatology and the European League against rheumaticism.

Quick Start Checklist for Today

And all of these are based on science. The science is clear. Lifestyle plus medical care together produce better outcomes than medications alone. because you deserve more than just the medications and managing your symptoms.

You deserve a transformed life. Life is bigger than your rheumatoid arthritis diagnosis and you deserved to live it fully. Now, as I promised, Here is your bonus, the NASCAR quick start checklist for today.

Three things you can start from tonight. Number one, eat one anti-inflammatory meal. Add some leafy greens, olive oil, or a piece of salmon in your plate.

Just one meal, that's your N. And number two, walk for at least 10 minutes.

Free Guide and Closing Call to Action

not an hour not a marathon but just 10 minutes that's your E for exercise and number three go to sleep at least 30 minutes earlier tonight put the phone down dim the light and give your body the rest it's begging for that your S for sleep these are three simple steps three letters from our nest car and the beginning of a completely different way to live with rheumatoid arthritis.

Now if you are ready to go deeper, I have put together a free guide that walks you through the entire NASCAR system, step by step, with practical actions for every single pillar.

Please click the link in the description below or scan the QR code on the screen to sign up for your free NASCAR guide and transform your rheumatoid arthritis journey.

And if this video opened your eyes to what's possible, hit that like button. subscribe to our channel and share this with someone who need to hear about this.

Because fighting misinformation and transforming your lives, that's what we do in our Channel. And I'll see you in the next video. Remember, the NASCAR is your vehicle for transformation, for less pain, more mobility and long lasting joy.

I will see next time. Bye bye.