

## Gifts for arthritis

### Description

Gentle Reader,

Who do you know who suffers from sore, painful knees, hips, fingers or shoulders? You love this person who has arthritis and you are going to go shopping to buy them something for Christmas. Why not combine a cozy lap blanket with an herbal pain reliever and a deep-tissue cream that could bring comfort as well as warmth?

I'm not a shopper so I was stunned Wed. night when a friend and I went to a movie in Seattle's endless mall area with a big AMC. We were thinking the parking would be easier. Whoa! People are out shopping already—in droves and into the night. In this blog, I'm inviting you to shop. 'Tis the season, right?

You might appreciate choosing gifts that bring better health to those you care about. This is an invitation to shop for health. Bring meaning to every purchase.

Have you watched Annie Leonard's Story of Stuff? Take a minute to watch before piling up a mound and consider the necessity of each purchase and how it got to the store and what the received is going to do with that gift later.

I make an argument for buying a Shaklee product over something else because I believe in the company's philosophy of living in harmony with nature in every aspect of their corporate life. In the end, stuff is stuff, and all the great suggestions I have for you about things you can add to a Shaklee product to make a sweet, health enhancing gift still accumulates stuff. It is tricky being a fierce environmentalist and a sales person of goods I love and buy myself.

So, having suggested you buy nothing this Christmas here goes my suggestions for what to buy for someone who has been complaining of **arthritis**. After all, I know you and I are going to buy some stuff anyway.

[Joint & Muscle Pain Relief Cream](#) with a microwaveable comfort pillow.

[Pain Relief Complex](#) and [Physique After Workout Recovery Drink](#) with Peggy Cappy's

DVD [“Easy Yoga for the Rest of Us”](#) especially for *arthritis*. Add a yoga mat to make this gift special.

[Joint Health Complex](#) and Peggy Cappy’s [CD meditation for back health](#). I listen to this CD nearly every night and I’m convinced her quiet words have helped heal the **arthritis** in my lower back. You can add an orthopedic pillow. [This](#) is the one I have used for the last 15 years and I love it.

I have a lo-o-o-ng list of healthy living gifts on my resource page [www.GrandmaBetsyBell.com](http://www.GrandmaBetsyBell.com).

If you decide to do any of these suggestions, I’d love to hear about the results. You can shop for the Shaklee part of the gift at [www.GrandmaBetsyBell.com/shop](http://www.GrandmaBetsyBell.com/shop). Or you can click on the links above.

Have a great Thanksgiving, pain free and full of love.

Be well, Do well and Keep Moving,

Betsy

206 933 1889

Enjoy the list. I hope you get some great ideas. Let me know if you have questions.



## Category

1. Arthritis
2. Be Well health tips
3. Keep Moving: Managing Arthritis

## Tags

1. arthritis
2. arthritis pain
3. back pain
4. glucosamine
5. herbal supplements

6. joint pain
7. knee pain
8. meditation for pain
9. orthopedic pillow
10. pain relief
11. Peggy Cappy
12. work out recovery drink
13. yoga for arthritis

**Date Created**

November 22, 2013

**Author**

betsyjbell