

References

- Chou, P. C., & Chu, H.Y. (2018). Clinical efficacy of acupuncture on rheumatoid arthritis and associated mechanisms: A systemic review. *Evidence-Based Complementary and Alternative Medicine*, 1–21. <https://doi.org/10.1155/2018/8596918>
- Clinton, C. M., O'Brien, S., Law, J., Renier, C. M., & Wendt, M. R. (2015). Whole-foods, plant-based diet alleviates the symptoms of osteoarthritis. *Arthritis*, 1–9. <https://doi.org/10.1155/2015/708152>
- Complementary and Alternative Medicine (CAM) Position Paper. (2005). *American Journal of Occupational Therapy*, 59(6), 653-655. doi:10.5014/ajot.59.6.653
- Deepeshwar, S., Tanwar, M., Kavuri, V., & Budhi, R. B. (2018). Effect of yoga-based lifestyle intervention on patients with knee osteoarthritis: A randomized controlled trial. *Frontiers in Psychiatry*, 9, 180. <https://doi.org/10.3389/fpsyt.2018.00180>
- Goh, S. L., Persson, M. S. M., Stocks, J., Hou, Y., Welton, N. J., Lin, J., Hall, M. C., Doherty, M., & Zhang, W. (2019). Relative efficacy of different exercises for pain, function, performance and quality of life in knee and hip osteoarthritis: Systematic review and network meta-analysis. *Sports Medicine*, 49(5), 743–761. <https://doi.org/10.1007/s40279-019-01082-0>
- Grekhov, R., Suleymanova, G., Shilova, L., Levkina, M., & Rogatkina, T. (2018). The use of biological feedback in complex treatment of patients with rheumatoid arthritis and systemic sclerosis. *KnE Life Sciences*, 337. <https://doi.org/10.18502/cls.v4i8.3292>

Innes, K. E., Selfe, T. K., Kandati, S., Wen, S., & Huysmans, Z. (2018). Effects of mantra meditation versus music listening on knee pain, function, and related outcomes in older adults with knee osteoarthritis: An exploratory randomized clinical trial (RCT). *Evidence-Based Complementary and Alternative Medicine*, 1–19.

<https://doi.org/10.1155/2018/7683897>

Khanna, S., Jaiswal, K. S., & Gupta, B. (2017). Managing rheumatoid arthritis with dietary interventions. *Frontiers in Nutrition*, 4, 52. <https://doi.org/10.3389/fnut.2017.00052>

Köhler, B. M., Günther, J., Kaudewitz, D., & Lorenz, H. M. (2019). Current therapeutic options in the treatment of rheumatoid arthritis. *Journal of clinical medicine*, 8(7), 938. <https://doi.org/10.3390/jcm8070938>

Marks, R. (2017). Qigong exercise and arthritis. *Medicines*, 4(4), 71. <https://doi.org/10.3390/medicines4040071>

Morales-Ivorra, I., Romera-Baures, M., Roman-Viñas, B., & Serra-Majem, L. (2018). Osteoarthritis and the Mediterranean diet: A systematic review. *Nutrients*, 10(8), 1030. <https://doi.org/10.3390/nu10081030>

Navarini, L., Afeltra, A., Gallo Afflitto, G., & Margiotta, D. (2017). Polyunsaturated fatty acids: any role in rheumatoid arthritis? *Lipids in Health and Disease*, 16(1), 197. <https://doi.org/10.1186/s12944-017-0586-3>

Reed, G. W., Leung, K., Rossetti, R. G., VanBuskirk, S., Sharp, J. T., & Zurier, R. B.

(2014). Treatment of rheumatoid arthritis with marine and botanical oils: An 18-month, randomized, and double-blind trial. *Evidence-Based Complementary and Alternative Medicine*, 1–9. <https://doi.org/10.1155/2014/857456>

Veselinovic, M., Vasiljevic, D., Vucic, V., Arsic, A., Petrovic, S., Tomic-Lucic, A., Savic, M.,

Zivanovic, S., Stojic, V., & Jakovljevic, V. (2017). Clinical benefits of n-3 PUFA and α -linolenic acid in patients with rheumatoid arthritis. *Nutrients*, 9(4), 325.

<https://doi.org/10.3390/nu9040325>

Yan, J. H., Gu, W. J., Sun, J., Zhang, W. X., Li, B. W., & Pan, L. (2013). Efficacy of tai chi

on pain, stiffness and function in patients with osteoarthritis: A meta-analysis. *PLoS ONE*, 8(4), e61672. <https://doi.org/10.1371/journal.pone.0061672>

Resources

1. www.cdc.gov
2. www.nccih.nih.gov
3. www.niams.nih.gov
4. AOTA.org