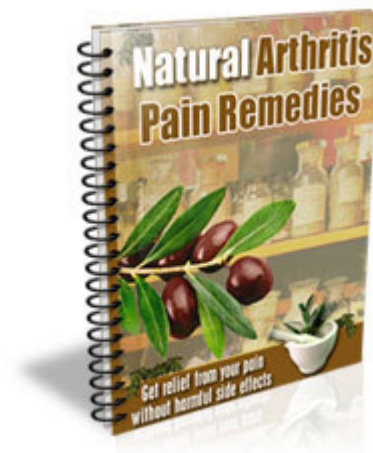


Natural Arthritis Pain Remedies



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ARTHRITIS RESOURCES

TYPES OF ARTHRITIS

There are over a 150 different types of Arthritis, with the two most common types being 'Osteoarthritis', and the other, 'Rheumatoid Arthritis'. Once the disease develops, it tends to be one of those chronic illnesses that will persist, for the rest of the patient's life.

By definition, Arthritis is described as 'inflammation in your joints'. However, the way the joints are affected can vary to some degree, depending on what type of arthritis you have. For example, Rheumatoid arthritis is an autoimmune disease, whereby the immune system turns on itself and attacks the joints.

The type of arthritis most people think of, is Osteoarthritis, a condition affecting the joints by deterioration, when we get older, or sometimes it can be result of repeated trauma or an injury to an area. This happens because the cartilage surrounding the joint begins breaking down, and wearing a way over time. Without the cartilage as a cushion for the joints, they will rub together, which then results in pain. A lot of arthritic patients will commonly have pain in one or more of the large weight bearing joints, such as their hips, knees or ankles.

The types of symptoms you have will help identify the type of Arthritis you have. Symptoms such as stiffness in the joints when first arising, are important diagnostic clues in determining what form of Arthritis you may have, such as osteoarthritis, gouty arthritis or Rheumatoid Arthritis to name a few. Blood tests will also be performed to help pinpoint the disease.

Most people have come to accept Arthritis as just a 'normal part of the aging process'. But, sometimes the pain from this disease can become quite unbearable. As a result, they will be looking for a way to find relief. Doctors will offer you a wide variety of synthetic drugs, which may ease the pain, and also bring with them a wide assortment of possible side effects. Some of these side effects can be crippling or even deadly. Remember, the Vioxx scandal?

As a result, more and more people are looking for alternative treatments, to help ease the pain, and hopefully, not riddled with dangerous side effects!

Fortunately for arthritis sufferers, new research has now shown other very effective methods of not only relieving the pain of arthritis, but also the ability to rebuild the affected joints. This good news couldn't have come at a better time, as arthritis symptoms, particularly those of Osteoarthritis, has risen greatly in the last 10-20 years. This data indicates arthritis has become one of the nation's most common health problems.

Did you know there are hundreds of diseases and ailments, which don't have to be treated with drugs, no matter how much the big pharmaceutical companies try to make you think drugs are better and more powerful than home remedies? In many cases, there are natural remedies that could be used to treat diseases.

You see the truth is, the pharmaceutical companies don't make money from plant-based treatments, because where there is no patent, there is no money. They are only interested in making money, not what's

best for you. In reality, there are hundreds of tried and true remedies available, at little or no cost to you, which these companies are trying to substitute with prescription drugs and medicines. When a new synthetic drug is discovered, it's only tested for a few years before it's released. Many natural remedies have been used for hundreds of years, long before prescription drugs.

Arthritis doesn't just affect one's health. It can also affect your lifestyle. The medical expenditures, for just one person due to lost wages, medical treatments, and other related expenses, can amount to over \$150,000 in the course of their lifetime. Early diagnosis and treatment is essential in treating arthritis, and this can be particularly true of rheumatoid arthritis, as it can destroy joints, unless effective treatment is administered in a timely manner.

While there is no cure for arthritis, there are traditional and alternative treatments, which can bring relief for your arthritis pain. The many different available pain relief treatments are as varied as the types of pain from which people suffer.

Perhaps you're reading this report because you don't want to rely on trying to cure yourself with chemicals, which can sometimes do more harm than good. Perhaps your prescription drugs are too expensive for your budget. Or maybe, you're just intrigued with the prospect of natural and herbal remedies for your Arthritis pain relief. Regardless of why you are interested in using natural therapy, you may benefit health-wise, as well as financially.

In this special report, we're going to discuss some of the natural

arthritis treatments available, that you may not be aware of. Popular alternative natural treatments for arthritis may include trying different supplements, physical therapy, or other holistic forms of medicine.

SUPPLEMENTS FOR ARTHRITIS PAIN RELIEF

There are many natural treatment regimens for rheumatoid arthritis, involving substances ranging from gold, to herbs, to marine products. Imagine if there was a natural arthritis pain relief treatment that could work more effectively than any drug, and at the same time start repairing your joints and improving your mobility.

While the downside of using herbal treatments is that they may often take longer, before you see any noticeable results, the upside is that you aren't introducing synthetic foreign compounds into your body, and therefore, you are at far less risk of damaging side effects, which can affect your overall health.

Glucosamine and Chondroitin - This is one of the most common alternative supplements, and has proven to be an amazingly safe and easy to use combination, especially when you compare it with other available forms of treatment. However, there is one thing to keep in mind, all forms of glucosamine originate, and are extracted from, shellfish. So, if you are allergic to shellfish, you may want to consult with your doctor before using it.

Bromelain - A compound found in fresh pineapple is also valuable. This enzyme in fresh pineapple juice, can help reduce swelling and

inflammation in both Osteoarthritis and rheumatoid arthritis.

Green Tea - This is a natural herb, which helps ease arthritic pain. Many Practitioners, of natural healing and medicines, have long expressed a belief in the wide variety of health benefits from green tea.

The Chinese have known, for more than 4,000 years, about the beneficial medicinal qualities of green tea, and have used it to treat everything from headaches to depression. It also has the ability to improve a weak immune system, make your bones stronger, and decrease the risk of cancer...just to name a few.

One of the great advancements of this century, in nutritional supplements, is the scientific confirmation of the many benefits of green tea extract. It has been said to have many health benefits, and it is a great remedy for many ailments.

The compound in green tea, which has the ability to produce such wonderful results, is called EGCG (polyphenols, a powerful antioxidant). The EGCG compound has also been shown to be effective, not only in helping to relieve arthritis pain, but also, in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots, which are the leading cause of heart attacks and strokes.

Did you know that pure green tea is said to be 100 times more effective than the vitamin C, which comes from other sources, and 25 times better than a vitamin E supplement, which may come from other

sources?

You can reap the benefits of green tea by drinking it, or you may opt to take green tea capsules or tablets, as an effective method of getting these wonderful medicinal benefits.

There are many other old herbal remedies recommended for arthritis pain relief, such as, boswellia, ginger, nettle, and willow bark, as well as, fish oils and the already well-known cartilage constituents, Glucosamine and Chondroitin. Let's discuss some of these other herbal remedies in more depth.

Boswellia – This ancient herb has been used as a pain reliever for centuries in India. This herb, known as *Boswellia Serrata*, grows on a tree in India. The pain-relieving compound in boswellia is known as the *boswellic acid*, and its an anti-inflammatory agent that can be used in a cream for topical pain relief, or taken internally in capsule form. It's benefits are those much like of an NSAID (non-steroidal anti-inflammatory agents), which are frequently prescribed to treat pain. However, unlike the NSAIDs, the boswellia extract can be used for extended periods of time, without causing stomach problems. This herbal supplement can be found at most health food stores.

Tart Cherries – A preliminary study, done by a group of ARS scientists and their university colleagues, suggests that some natural compounds found in plump, juicy Bing cherries may reduce painful arthritic inflammation. Not just any cherry will do. They must be a tart cherry, and best results seem to come from eating them fresh, as opposed to taking a cherry extract supplement.

Garlic – It may come as a surprise to some people, but garlic has been considered a natural health improver for centuries! In short, garlic is one of the best natural healing herbs, and culinary ingredients, currently on the market. As pungent as it is, raw garlic is most effective in its natural form.

However, the use of odorless garlic tablets, found on the market today, have also been found to be very beneficial, if they contain a good amount of the potent compound called Allicin, which is a completely natural extract from Garlic. Many people favor these odorless tablets, because it doesn't leave them with garlic breath! You should also be sure to take the tablets with a full meal, in order to lessen gastric disturbances or upset stomach.

Fish Oil – Research has shown, people who suffer from inflammatory diseases, such as arthritis, may benefit from eating fish or taking an Omega-3 fatty acid supplement. For best results, if you take it in supplement form, choose one that comes from a cold-water fish.

However, you must be aware that studies have shown there may be possible side effects from taking fish oil supplements. There have been some cases, where fish oil has been linked to an increased risk of the blood's inability to clot. This could pose a health risk, if you're taking medications that affect your blood. It also been known to interact with blood pressure medicines, and it may cause blood pressure to drop significantly. To avoid possible mercury poisoning, you must be sure to find low-mercury fish. You may need to contact the manufacturer for this information, if it's not available on the label.

Ginger – Clinical studies have shown ginger can have an anti-inflammatory affect on people affected by arthritis. The people in the study who took 225 MG daily saw the greatest pain relief. Please consult your doctor before taking it, as it could interfere with other medications you may be taking, such as blood thinners, blood pressure, and diabetes medications, or antacids. If you have gallstones, you should also not take it.

Nettle – This is a flowering plant that produces an extract from its leaves, which has been shown to help with arthritis pain, as well as some other ailments. It can usually be found in the form of crushed tea leaves, so it can be made into a beverage.

White Willow Bark – White Willow bark has been used for hundreds of years for pain relief, and as a fever reducer. The active extract found in the bark, is called salicin. Salicin works much like aspirin, and is a chemical derivative of salicylic acid.

This natural salicylic acid is nearly as effective as aspirin at relieving pain. However, the compound salicin, from the white willow, does not cause the intestinal upset or bleeding aspirin sometimes does. This is because the salicin from the white willow doesn't block the prostaglandins in the stomach or intestines.

Pomegranate – This has been used for many years in traditional folk medicine to treat a variety of ailments, including sore throat, inflammation and rheumatoid arthritis. The Pomegranate is frequently used in the Middle East, Iran and India, where the fruit is common.

The pomegranate has a tough rind, which may be dark red or brownish in color, and it is similar in size to an apple or an orange. The edible part of the pomegranate is the juicy red pulp.

If you don't want the extra calories, you may want to opt for using the pomegranate supplements instead.

When shopping for pomegranates, look for those that have the best color, and feel heavy. Pomegranates, which are dry looking, and wrinkled, or have a cracked rind, should be avoided. Pomegranates can be stored at room temperature for 2-3 days, or in the refrigerator for up to 3 months.

In most parts of the United States, the pomegranate is typically available from September - November. However, availability of fresh pomegranates can vary in different regions of the US.

Goji Berries – This is a popular new nutritional supplement, which has proven to help ease the pain of Arthritis. Goji Berries (also called wolfberries) are typically grown in the Tibetan Himalayas, but can be found in Health Food Stores online and offline.

They contain more anti-oxidant power than any other known food source. They have 500 times more Vitamin C than oranges. The Berries have a sweet taste, and a neutral nature. They can be eaten raw, or consumed as juice, tea, wine or a variety of other ways. For example, you can find them in various forms in health food stores, such as teas, pure goji berry juice, goji berry extract in capsules, goji

berry crunch bars and granola cereals with goji berries in them

EXERCISES TO EASE ARTHRITIS PAIN

Exercise is a great option, which is easily at your disposal, if you're looking at natural remedies for treating your arthritis pain. Here are some exercises proven to help people with Arthritis.

Hydrotherapy – This can be a fun, and effective, therapy for patients suffering from rheumatoid arthritis. It consists of performing water exercises, and is normally done in lukewarm water. This has proven to help arthritis patients, because the warm water helps reduce the pain and relaxes the muscles, so they are not so stiff. By performing the exercises in water, it helps relieve the weight and pressure on the joints, making it easier to exercise.

Yoga - Some people have found forms of yoga extremely beneficial for achieving flexibility and relaxation. Yoga helps the body relax. when the muscles are relaxed, it seems to stimulate a release of endorphins, which are the body's natural painkillers.

Swimming - Others have found swimming, or doing some exercises in a heated pool, to be beneficial as well. The warm water helps to make movement easier. This type of exercise helps without stressing the joints. You should consult with your doctor, so he can set up the best exercise plan to help you to get relief from your arthritis pain, while preventing you from causing any further harm to yourself, and aggravating your current condition.

Balancing exercises - Some arthritic sufferers have found that balancing type exercises, such as water walking and Tia Chi, are helpful in easing the pain. Tia chi seems to help because the slow deliberate movements allow people to focus mentally on the being pain free.

Exercise can also be a good deterrent to arthritis pain, although, you will need to consult with your doctor or arthritis specialist, in order to find the best exercise, for you and your arthritis condition.

Many people with arthritis are concerned that exercise might make their condition worse. In reality, by using regular, slow and gentle movements, you can increase muscle tone, which will improve your strength and flexibility, giving you much needed relief from you're your arthritic pain. Just remember, while exercise is a good thing; Don't over do it, or it will worsen the pain, rather than relieve it.

Physical therapy - This is often one of the choices for treating rheumatoid arthritis, because, it is effective in helping patients maintain their natural range of motion. Many people have found, if the prescribed exercises are done regularly, it will often greatly improve their range of motion. This method is effective, because it helps patient's deal with muscle and joint stiffness, improves muscle strength, and can reduce the overall pain for patients with rheumatoid arthritis

MISC TREATMENT OPTIONS

Cold Laser – This is not a treatment you hear talked about as much some of the others. However, it is available at most chiropractic or holistic offices. It's not painful, and it involves the use of a cold laser aimed at the place where arthritic pain is occurring. You will usually need more than one treatment before you see significant results. Once you've had some results, you may periodically need further treatments.

Cold & Hot Treatments - Many arthritis sufferers have found relief by using heat and a eucalyptus ointment, in the form of a thick, oil-based product called Eucalypta-Mint. This combination seems to work well for both Osteoarthritis and rheumatoid arthritis.

Heat can be delivered to non-inflamed joint areas, using microwaves, ultrasound and shortwaves, which must be administered by a doctor. Usually, these types of treatments are provided by a chiropractor, and will need to be done on a recurring basis, over a period of time.

Sometimes, something as simple as an ice pack can help relieve the pain of a localized joint flare-up.

The use of ice packs and heating pads are common treatments recommended for arthritis patients, because they are effective, easy to do at home, and inexpensive.

If you experience a muscle spasm with a joint flare-up, you may find massaging the area can also help reduce the pain. The healing touch of massage may stimulate the flow of blood, bringing heat and relief to stiff joints. Moist heat penetrates deeply, and can provide welcome

relief. Sometimes, even the gentle kneading, and the heat from your hands, will ease some of the pain.

If your budget will allow it, you may want to use a professional masseuse. Having a massage can also help you regain strength and energy lost due to fatigue, which often accompanies many forms of arthritis. It can also help relieve the stress and anxiety, which often goes along with dealing with arthritis and its discomforts.

Homeopathy treatments – These treatments have been used for arthritis symptoms for quite some time, and have produced mixed results. While many people swear by certain homeopathic remedies for treating their arthritis symptoms, others report no significant improvement.

Homeopathy treatments seem to be the most successful in treating Osteoarthritis and Rheumatoid Arthritis. You will find most regular doctors will dispel the benefits of homeopathic treatments for treating these two common forms of arthritis. However, you may find some doctors do allow for the possibility that homeopathy treatments can be used effectively with other forms of more conventional therapy.

One important precaution all arthritis patients should remember is that sometimes prescription medications and homeopathic treatments may contradict each other. Many homeopathic practitioners believe prescription medications or caffeine substances may interfere significantly with the success of the homeopathic treatment. You will also find, most homeopathic practitioners agree systemic forms of

arthritis may be better diagnosed and treated with the more conventional treatments or sometimes a combination of both.

Here are some of the popular homeopathy treatments used for arthritis:

- 1 Rhus toxicodendron - which is derived from poison ivy.
- 2 Bryonia – commonly known as wild hops.
- 3 Ledum - comes from marsh tea.
- 4 API- strange as it may sound is derived from bee
- 5 Colchicum autumnal herb – this one is actually used to make a prescription medication that is commonly used in the treatment of gout.

EASTERN ARTHRITIS REMEDIES

Western medicine often fails to examine the tried and true natural remedies, which have been used, and known to work, in Eastern medicinal practices for centuries. Instead of allowing the pain of arthritis to ruin your life, and cause you to abandon your favorite activities and hobbies, seek to find natural relief from arthritis pain. They do this by using such things as acupuncture or magnetic therapy, to name a few.

You should describe every detail of your physical condition to the doctor, then go for particular pain relief remedy. Please keep in mind, any painful condition may involve a combination with other pain relieving choices, such as yoga, physical therapy, physiotherapy, chiropractor, etc).

If you, or someone you know, have been diagnosed with arthritis, please encourage them to be proactive at finding the arthritis pain relief treatment that works best. Even when using natural alternatives, you must keep in mind, not everyone gets the same results, as everyone's body chemistry is going to be different.

If you ask a dozen doctors about the merits of any arthritis treatment, you'll get a dozen different opinions. The old standby of heat and cold can help alleviate pain as well. But, since moist heat, such as when bathing, acts differently than the dry heat of a heating pad, or the cold of an ice pack, this type of treatment needs to be discussed with a doctor or physical therapist, before proceeding with it.

If you have considered some non-traditional treatment methods, but are unsure how they work, the following tips will help answer your questions. Be sure to keep in touch with your doctor. This is the only way to ensure your treatment methods will change as the pain becomes stronger.

Magnetic Therapy – Research as shown, in Traditional Chinese Medicine dating back to 2600BC, magnetic stones were used to correct imbalance in certain parts of the body. This can help with all types of arthritis, as they all involve some kind of inflammation. The magnetic treatments help the disease by reducing the inflammation.

While Magnetic therapy is not a cure for arthritis (there is currently no known cure), it can be an extremely effective drug-free treatment for the chronic symptoms for all types of arthritic conditions.

Aromatherapy – This is another natural therapy being used by many arthritis sufferers. Aromatherapy is a treatment that is derived from plants and flowers, to create a variety of scents to treat many ailments including arthritis.

People, who are not familiar with aromatherapy, may think this seems like a weak therapy choice when compared to stronger treatments, like prescription drug therapies, which are most often the first thing offered to patients, by their doctors. But, you may be surprised to know, aromatherapy is a traditional method, which has been studied quite extensively. These studies have shown it to be an effective treatment in reducing the onset of the most common arthritis symptoms.

Aromatherapy provides arthritis sufferers with a feeling of overall good health and relaxation. When used in conjunction with other forms of therapy, such as occupational therapy, and the usual drug therapy, it has been proven to be most effective. Another benefit of aromatherapy is, it is safe, all natural, and does not produce any side effects.

Aromatherapy has now become so popular that you can even find some specially blended oils available to relieve arthritis pain. Just look for them at your local health food store, or do a search for them on the Internet.

Some of the best aromatherapy oils, for treating arthritis, are eucalyptus, camphor, thyme, lavender, rosemary, ginger, lemon, and angelica root. You may even want to try using aromatherapy in a hot compress treatment to help reduce the pain and joint stiffness, as well

as overall muscle tension.

Acupuncture - If you get arthritis pain in your neck and shoulder area, you may be surprised to know, acupuncture is used to treat many things, including Arthritis pain, backaches, neck pain, bad habits such as smoking, menopausal pain, migraines and more.

Research has shown, acupuncture can help relieve pain in the knees, which is often associated with Osteoarthritis. Studies have shown, acupuncture treatment can be a valuable addition for treating arthritis. Acupuncture originated in Chinese medicine, and it involves very thin metal needles being inserted into specific areas of the body.

Once you've described your symptoms to the Acupuncturist, he will assess your condition, and let you know how many treatments you will need. You must be aware, if you delay seeking medical treatment of any kind, including acupuncture, it may make the condition worse and more difficult to treat.

Once the Acupuncturist has inserted the needles, they are moved and manipulated by the therapist's hand. Some treatments will also involve stimulating the needles with electricity. Acupuncture has steadily become integrated into mainstream America, with an estimated 2 million American patients now receiving some form of regular acupuncture treatment. Of course, there are still some health professionals who will dispute the efficacy of acupuncture. However, it looks as if this ancient Chinese treatment is here to stay.

Arthritis support groups – These groups are available and offer

plenty of encouragement. You can learn what other arthritic sufferers are doing to ease their pain. However, if you're suffering from widespread pain, you are the only person who can decide what treatments or management techniques may work best for you.

****Remember, before you try any new treatments for your arthritis symptoms, it is always a good idea to consult with your doctor to be sure there won't be any possible interactions with other medications or treatments you may be taking.**

Arthritis Resources:

www.healthscout.com

www.prevention.com

www.medlineplus.gov/

www.arthritis.org

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