

Title:

Arthritis Pain Relief and Prevention

Word Count:

1123

Summary:

Arthritis is a big issue. Look at some introductory facts.

Keywords:

arthritis, treatment of arthritis, cure of arthritis, prevention of arthritis

Article Body:

Referred to as the nation's number one crippling disease and the most common chronic disease in

Arthritis generally afflicts people between the ages of 20 and 50, but can affect all ages, even

Arthritic expenditures for just one person due to lost wages, medical treatment and other related

What can be done for arthritis pain relief? Many things. For example, weight and nutrition are

There are many ways to effectively manage arthritic pain today to find relief. Available are a

Herbal Remedies

For people who suffer from arthritis, dependable pain relief is a vital concern. The agonizing

Many people are also seeking natural remedies because of the increasing cost of prescription m

Cayenne Cream - apply the cayenne cream to painful areas. Cayenne peppers contain an substance

It's understandable that many people experiencing pain and aching in a joint because of osteoar

On the contrary, many natural remedies and supplements have been found to actually reduce cart

So some supplements may be fine for arthritic patients; however some may not be. Note also tha

The most popular dietary supplements for arthritis sufferers are chondroitin, fish oil and glu

In some people, glucosamine appears to even slow the deterioration of joints over time and rei

In a nutshell:

- Chondroitin - Helps draw fluid into cartilage, improving shock-absorbing ability.
- Ginger ~ Ginger is an antioxidant that acts as an inflammatory with no major side effects.
- Glucosamine sulfate ~ This builds cartilage with very few side effects.
- Magnets ~ Although magnets that are worn as jewelry or placed on bed linens have been reported
- MSM - This organic sulfur is used in the reduction of inflammation.
- Nettle leaf - Nettles can reduce a patient's need for NSAIDS (non-steroidal anti-inflammatory
- Vitamin E ~ This antioxidant is used primarily for osteoarthritis.

· Vitamin B is also an effective pain reliever. It works best on the knee and can help stop de
These are merely a few examples of what an arthritis sufferer can use when seeking pain relief
Nothing can cure osteoarthritis, but nutritional supplements, the application of heat or cold
Unfortunately, there is no way to cure arthritis. However, you can delay the onset by maintain

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