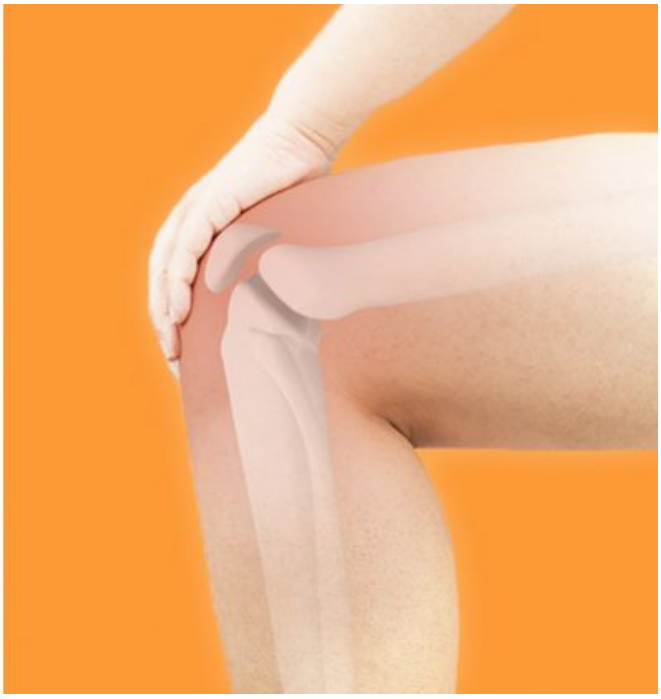
HEALTHY TIPS

Natural Remedy With Gelatin To Help Your Knee And Back Pain

By bestfolkmedicine · 25/07/2018 · 2 min read

With certainty, the aging process is known to bring a lot of changes in our health and looks; however, how we treat our body plays a crucial role in how affected by the negative consequences of aging we actually are. Sometimes, elderly people experience problems associated with excessive ache, stiffness, and joint ache that they consider to be a result of aging, but, these health issues could be caused by numerous other factors. Check them out below.

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The Potential Causes for Pain and Stiffness

Excessive stress

Stress is the body's response to fear and it is known to harden the muscles, resulting in stiffness and discomfort.

Trauma

Trauma caused by past injuries may the major reason for your stiffness and muscle ache and if you do not treat them timely, they may continue causing problems.

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Contractive movement

Improper movements while working out could be problematic and lead to injuries and physical pain. Very often, the muscles may become stiff after physical activity due to low-level trauma or tearing of the muscle fibers. This is why exercising in the right way plays a pivotal role. Doing your exercises the wrong way is never a good solution.

Poor physical activity

Movement is pivotal for a flexible and optimally-functioning body and it is known to maintain the warmness of the tissues and in a fluid state. If you have been inactive for several days, you are actually speeding up the aging process and also increase the chance of age-related complications like heart illness, type 2 diabetes, and obesity.

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Repression

According to research, pain can have a psychological or an emotional origin so it is not uncommon to experience tension and stiffness in the muscles due to stress.

Natural Remedy to Alleviate Joint Ache

Needed:

2 tbsp of gelatin, organic

2 cups of coconut milk

A cucumber, juiced

A tsp of ginger powder

A tbsp of raw honey

A tsp of turmeric powder

Preparation and use: Mix the ingredients well and then consume the remedy.

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The Power of Gelatin

Gelatin is a gel-like structure which is extracted from the bones and ligaments during the cooking of bone broth. This is the richest body protein present in the skin, tendons, muscles, bones, blood vessels, and digestive system and is known to make the skin younger by enhancing its strength and elasticity. This is a type of glue which holds the tendons and joints together. However, as the years go by, the collagen levels decrease, often as a result of dehydration, too much stress, lack of sleep, and sedentary lifestyle.

The Richest Food Sources of Collagen and Supplements

- Bovine
- Chicken
- Fish
- Egg shell membrane
- Gelatin powder

Additional Advantages of Collagen

- ***Healthy nails***
- ***Better digestion***
- ***Glowing and healthy skin***
- ***Faster recovery from exercising***
- Strong hair

Source:

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