HEALTHY TIPS

5 Beneficial Natural Treatment Options for Arthritis Management

By bestfolkmedicine · 29/07/2019 · 3 min read



In addition to conventional arthritis therapy, there are also natural methods for arthritis management.

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Unfortunately, CDC statistics shows that more than 50 million American citizens have arthritis or every 1 in 5 people older than 18 have some type of arthritis.

This condition is manifested by aching and stiff joints and bones. the most common type of arthritis in the US is osteoarthritis and it influences around 33 million adult Americans.

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What Is Osteoarthritis?

This condition happens when the cartilage between the joints and bones wears down and the bones begin to rub together instead of being cushioned and protected.

This cartilage consists from collagen and other substances that help with the strength and flexibility. The cartilage covers the bones' ends where they meet the joints.

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Deterioration can impact the shape and functioning of the joints and causing pain and discomfort during daily tasks.

Treatment Options for Arthritis

Unfortunately, arthritis doesn't just cause pain and reduced mobility, but it can lead to complications. Most of the conventional therapies don't address the underlying reasons for the condition and a lot of them come with side effects.

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The most common natural treatments for this condition are an anti-inflammatory diet, regular physical activity, chiropractic adjustments, massages, and essential oils for management of the condition.

You can use these natural remedies in addition to your doctor-prescribed therapy to manage the symptoms and lower their severity.

5 Beneficial Natural Remedies to Relieve Arthritis Symptoms

- **Maintain healthy weight**

Surplus weight and fat can cause additional burden on the joints that are already weaker and more sensitive. Fat will not just pressure the body, but it will also make hormones and chemicals, some of which are inflammatory and increase the pain and discomfort.

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With this in mind, if you're overweight or obese and diagnosed with arthritis, it's crucial to try and lose weight and maintain healthy weight according to your height. You can achieve this by following

a diet rich in whole foods and nutrients, being physically active, and practicing stress management.

- **Eat healthier foods**

There are a lot of foods that are beneficial for arthritis sufferers. Some of the major ones include: foods with omega-3s like wild-caught salmon, flaxseed, walnuts, and chia seeds, foods with sulfur like asparagus, cabbage, onions, and garlic, bone broth, foods rich in antioxidants like veggies and fruits, and foods abundant in fiber like veggies, fruits, beans, nuts, and seeds.

On the other hand, there are specific foods you should avoid in case you have arthritis. These are hydrogenated oil, excessive sugar, and refined grains.

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- **Physical activity**

Because of the pain during movement, a lot of people with arthritis tend to be less physically active. However, regular exercise is vital for healthy joints and may be of aid for arthritis management.

Namely, there are specific exercises that strengthen the muscles around the joints and thus, increase the support and minimize the strain. Opt for at least 150 minutes of moderate or 75 minutes of vigorous intensity exercises per week.

Some of the best exercises for people with arthritis are daily stretches, brisk walking, aerobic exercises like jogging, bicycling, and swimming, and strength training.

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- **Chiropractic care**

Chiropractic treatment can help lower the severity of the symptoms. These adjustments are based on manipulation in the neck and back, massage therapy, and other relax therapies.

- **Try proteolytic enzymes**

These enzymes are known to better the digestive processes by supplying you with enzymes that are pivotal for the metabolism of food. You can acquire them from foods like papaya and pineapples.

They have also been found to posses ant-inflammatory characteristics and according to some research, they may help lower pain and swelling caused by arthritis.

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Even though the exact dose depends on the type of enzyme, the recommendations are around 500 to 2000 mg, three times per day, between meals.

Sources:

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