

## Home Remedies to relieve Pain of Arthritis

**A**rthritis isn't a new disease and people were treating it before synthetic, allopathic medicines had been obtainable. One of these home remedies for arthritis that has been around for hundreds of years is garlic! This is because garlic is good at easing swelling and also inflammation. Don't be worried, you don't have to actually eat raw garlic, but you can if you want to. Garlic in supplement form is actually easily available.

For people suffering from arthritis, a diet consisting of coconut milk or perhaps water, juice of carrot, beetroot and cucumber and vegetable sauces have proven to be beneficial in alleviating the pain to be able to a large extent. Certain fish such as salmon, tuna and sardines, which have a high content of omega acids, are helpful in preventing arthritis. Arthritis patients must avoid eating spicy and fried food, sweets and also certain vegetables, which are known to cause gas for example cabbage, carrots, cauliflower and okra. They also must reduce consumption of java, tea, alcohol as well as food items containing cocoa.

For those suffering from the types of arthritis that cause wear and tear on the joints, dietary changes may be suggested if a person is overweight. But more than the weight issue, that is a holistic approach that seeks to be able to minimize cartilage degeneration by continuing to keep the immune system at it really is peak. It seeks to do this by providing optimum amounts of vitamins, minerals, as well as other dietary elements. Additionally, some foods can increase inflammation in the body, and others can help reduce it. Fruit and vegetables, with their antioxidant activity, usually exert an anti-inflammatory result.

- Cinnamon is one of the common natural remedies for arthritis that many people say works very well for them.
- It is really an anti-inflammatory herbal remedy that can help to deal with arthritis.
- Mixing cinnamon with honey has also proved very effective in relieving arthritis pain.

Many home remedies help regarding relief **Gout**. Lemon juice stops gout episodes by stimulating the formation of calcium carbonate in the body. Calcium carbonate neutralizes acids in the body, including **uric acid** that triggers **gout attacks**. Bananas serve as an excellent fix for curing gout. Eat a diet of bananas for three to four days. Squeeze the juice of a lime in 1 glass of water. Drink this morning, noon and night. Extract a cup of juice of French beans (String beans). Drink this juice daily for a month.

Another popular remedy is the aquatic herb Bogbean. Since the herb works as an anti-inflammatory, eating this herb or taking the botanical herb in a product form can dramatically aid you in combating arthritis.

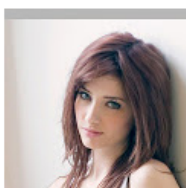


GoutGout AttacksUricJoint PainUric Acid

- You can also warm up your joints with exercise, which may sound like a strange recommendation.
- You probably seem like sitting perfectly still when aches and pains hit.
- But exercise feeds and cleans your joints, adding nourishment to your cartilage and removing waste products.
- It also strengthens the muscles around the joints, giving them greater support so not as much strain is put on the important joints.

Massage. Even with no prior advice from doctors or other people afflicted with arthritis, those who have only just found out they are suffering from the same disease instinctively know that a massage could help alleviate the pain.

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“ **Susie Hart**

*Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.*

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