

## 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 in addition to 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 even 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 like 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, potatoes, cauliflower and okra. They also must reduce intake of espresso, tea, alcohol and 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 in order to minimize cartilage degeneration by maintaining the immune system at it is peak. It seeks to do this by providing optimum numbers of vitamins, minerals, along with other nutritional 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's an anti-inflammatory herbal remedy that can help to deal with arthritis.
- Mixing up cinnamon with honey has also proved very effective in minimizing arthritis pain.

Many home remedies help with regard to relief **Gout**. Fresh lemon juice helps prevent gout assaults 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. Take in 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 everyday 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 supplement form can dramatically aid you in combating arthritis.



Gout Gout Attacks Uric Joint Pain Uric Acid

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

Massage. Even with no prior advice from doctors or other people afflicted with osteoarthritis, 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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