



## **Ten Tips On How To Get Rid Of Or Control Your Arthritis**

By: Hyacinth C. Allen

Nature provides a remedy for every disease, and that includes Arthritis. This may be true, but finding the right remedy can be another matter. This is the same as with man's medicines. A Doctor at times has to prescribe several medicines before finding the one that provides relief. Similarly, one must use trial and error methods when taking herbs whether working with an Herbalist, Naturopath, Doctor, Homeopathic or on their own.

The human body has natural healing abilities. This is enhanced with a carefully balanced intake of herbs. Most knowledgeable people understand that Holistic healing and alternative health care solutions support the body in healing itself. They understand that Holistic therapy provides a complementary alternative healing method to standard medicine. Holistic health care includes alternative natural health remedies, like herbal healing, and an abundance of health and wellness products and services.\*\*\*

The goal of this article is to provide the reader with ten natural tips to help one overcome and control Arthritis through the use of understanding natural healing. It will also discuss preventative methods one can take to decrease or eliminate Arthritis and its symptoms as they age.

In order to determine a cure, let's get an understanding of what Arthritis is. In the Greek the word Arthritis means inflammation of the joint, "arthro" meaning joint and "it is" meaning inflammation. It is a group of conditions where there is damage caused to the joints of the body. It is the leading cause of disability in people over the age of 55 however we can combat this condition.

### **1. How to Identify the Different Types of Arthritis**

There are many types of Arthritis. All involve inflammation of the joints, leading to swelling and stiffness with restricted movements. The most common types are: *Osteoarthritis*, *Rheumatoid*, and *Gout*.

*Osteoarthritis* is the result of atrophy of the joint cartilage. It affects older adults whose bone tissue loses its capacity to regenerate. It occurs when bone mass declines severely, leading to a loss in height as well as an increased risk to fractures; even from the slightest trauma. After menopause women are at risk of developing the disease, because estrogen production declines. Bone density test can reveal your risk of suffering from it.

*Rheumatoid* is an autoimmune disease in which the body attacks the membranes that secrete fluid allowing for smooth joint operation. Swelling is found in the joints and surrounding tissues. The presence of a RF (Rheumatoid Factor) a genetic marker, in the blood, helps confirm a diagnosis.

*Gout* is another form of arthritis that is a metabolic disease marked by swelling of the foot and hand joints due to excessive uric acid. This condition mostly affects men.

Aside from these types, inflammation of joints can be caused by an infection(s) on the joints. Joints often absorb toxins from the bowels. For most types of joint distress, there are uncomplicated and natural routes to relief.

## **2. Exercise and It's Benefits on Arthritis**

Most everyone knows the benefits of exercise. But for people with Arthritis it can be nearly impossible. However, gentle exercise like walking promotes mobility and can decrease joint pain by strengthening the muscles around the joint. Gentle stretching can also help maintain and increase range of motion and should be used in combination with exercise. *Warning: one must always ensure there is no pain when performing stretches. This will only make matter worse.*

Yoga and Tai Chai are good exercises for loosening up stiff joints and tight muscles. Also, spending time in water relieves strain on joints and muscles.

In fact, swimming, water aerobics, and aqua jogging, are very effective exercises. They can restore joint mobility.

Another benefit of exercise is that it also relieves stress and calms the soul. By exercising your body releases endorphins that makes you feel good. In fact a daily walk, (45 minutes a day), has been shown to relieve pain and help the body heal. To help with bone loss, weight bearing exercise can help build bone density as well as prevent bone loss.

### **3. How to Control Arthritis Pain Through Using Effective Natural Cures**

In America alone, an estimated 70 million people suffer from the debilitating effects of some form of arthritis or joint pain. Most of the sufferers will seek out expensive medical treatment offering nothing more than harsh side-effects. Millions will allow the disease to run its course and make life miserable without trying a natural way to control the pain. Here are a few tips, there are many others:

- *Benzion Compress* is a warming essential oil that is well known for its ability to heal irritated or inflamed skin. Mix 10 drops of the oil in 4oz of warm water. Soak clean cloth in the blend. Wring out and apply to the affected joint as needed.
- *Wintergreen Paste* is often prescribed by Herbalists. It is an essential oil distilled from the winter green plant for painful, swollen or inflamed joints and muscles. Mix enough winter green oil with cayenne powder to make a paste. Apply to affected areas to relieve inflammation and pain. Caution: you may feel a “sting” after awhile with use this will subside.
- *Clove Compress* is aromatic and antiseptic. But did you know, clove oil also numbs pain, which makes it helpful in easing discomfort. Blend ten drops of the oil in 4oz of warm water. Soak a clean cloth in the blend. Wring out and apply to the inflamed area.
- Heat loosens muscles and decreases joint pain, so *Heat Treatments* can help Arthritis Pain. Heat promotes circulation and stimulates the elimination of waste products that may contribute to inflammation.
- Alternatively, Cold Applications can be used to relieve pain. When pain is most severe, apply cold rather than heat to the affected joints. This will have the strongest anti-inflammatory effects.

- Wearing *Copper Bracelets* is an old remedy that has had limited clinical study. However, many swear by its benefits. The theory is that the copper released by sweat, is absorbed in the skin and fights inflammations.

#### **4. Beneficial Herbal Teas**

Nettles, Horsetail, Peppermint, Ginger tea, Dandelion, and Oat Straw are just a few examples of herbal teas that help relieve Arthritis pain. These herbs are all diuretics, this means they encourage toxins to be excreted by the body.

#### **5. How to Control Arthritis through Weight Loss**

Overloading the joints with too much body weight can also lead to Arthritis.

The knee joint, which takes the brunt of impact and stress is most often the first to show signs of wear in over weight people. There is undue strain being put on the joints of those who are over weight. Remember, the greater the weight the greater the strain and the possibility that inflammation will develop in the joints and muscles. Obesity is a risk factor for Gout. It has been linked to occur in those with very rich diets. One must eliminate rich and fatty foods as well as white sugar. Of course a program of exercise aids weight reduction as well as increasing joint and muscle flexibility.

#### **6. Realize that We Are What We Eat**

We should always strive to eat organic fresh vegetables, fruits and grain feed livestock (not food that is shot full of hormones). For joint inflammation eat certain fish varieties such as salmon, sardines, mackerel, Herring regularly. The flesh of the fish mentioned here contains Omega 3 essential fatty acids. These highly unsaturated substances are vital to the body's cells. They can hinder the development of Arthritis because they are used to make prostaglandins hormone like chemicals that contribute to the regulation of inflammatory response.

In your daily intake of foods, eat foods that are rich in vitamins A, C, Potassium, Calcium, Sulfur and Magnesium; because they have anti-inflammatory effects.

Eat a high-fiber diet low and/or free from chemical additives and pesticides. Avoid any foods that cause reactions. You should eat live cultured yogurts and fresh organic pineapple for its anti-inflammatory enzyme (bromelain). Add legumes several times a week to your diet.

Drink 64oz of distilled water. Remember white sugar, white potatoes, bleach flour, tomatoes, and eggplant may cause joint pain.

## **7. Therapeutic Bath**

Preparing a soothing herbal bath simply requires a garden or a trip to the herb store. A healthy alternative to chemically-laden bath foams, salts and oils, herbal bath blends both easy and inexpensive to make. An all natural herbal blend incorporated into a warm bath not only revives sagging spirits but also can help to heal a multitude of ailments, including fatigue, aching muscles and joints. Herbs can be added straight to the bath water or placed in a bag.

Keep your bath water between 98.6 degrees F and 110 degrees. If the water is too hot, your skin will perspire and your body will be less likely to fully absorb the healing properties of the herbs. Limit the bath to 20 minutes.

Rosemary is Great for sore muscles and painful joints. The dried leaves have an invigorating and warming effect on the body. Just add the leaves to your bath water and reap the benefits.

Lemon balm is wonderful in helping arthritic sufferers to relax. Its tart, lemony scent helps revive our mind and lifting depression. Many people with arthritis suffer from depression.

Tip: If you do not have dried herbs on hand, you can use tea bags which contain the herb you are seeking, such as chamomile or peppermint. Pour 1 qt. of boiling water over 6 tea bags; steep covered, for 30 minutes. Add the tea and the tea bags to your bath water.

## **8. How to control Arthritis through maintaining a positive mental attitude using Meditation**

Meditation has its origins from many different religious traditions. The most well known is Yoga, which originated as part of the Hindu religion. No matter how or where it originated they all share a common goal: to achieve a state devoid of thought. Called “centering,” this is the highest expression of spiritual contemplation, and it can be achieved through a variety of means, for instance deep breathing or controlled breathing. Modern science has shown that relaxation of the mind has a healing effect on the body, helping people to reduce stress, pain and, in turn, to prevent disease.

Your meditative state need not be long to be successful, but you must be willing to let go of your everyday concerns and focus on relaxation.

In a meditative state, metabolic processes, including respiration and blood flow, slow down. Proven to ease stress, high blood pressure, emotional imbalance, pain, and helps strengthen the immune system.

## **9. How to control or ultimately get rid of Arthritis through detoxifying your body.**

Colon cleansing is very essential. It is effective in treating the sluggish bowels against constipation, headaches, arthritic illnesses, metabolic disorders and depression.

A healthy colon reflects a person’s overall state of health. Cleaning the colon by removing its trapped wastes and toxins is a very ancient ritual once applied by the Egyptians and practiced today in natural medicine. Toxins are absorbed from the intestines by the bloodstream and passed on to all the cells of the body. This causes bacteria in the colon. Such an imbalance can lead to host of problems, from a lack of energy, bone and muscle inflammation, moodiness, cancer, the suppression of immune function and heart disease. Colon cleansing can help you achieve a balance of intestinal flora and efficient bowel function for good health and well being.

Methods include enemas, which thoroughly cleanse the intestines and free them of toxins and fasting. Colonic irrigation is an additional method, but it must be administered by a professional.

Bowel cleansing frees the digestive system of wastes and toxins, especially those built up chronic constipation. A cleansed intestine no longer responds sluggishly but once again utilizes and absorbs nutrients from foods as it should. With improved delivery of the nutrients to cells, metabolism becomes more efficient, now providing the body with renewed energy and less inflammation.

You should use Dandelion capsules or Milk Thistle daily to clean the liver and gallbladder of all its toxins.

## **10.How to control your Arthritis through Alternative Self-Healing Techniques.**

There are so many to cover, but to name a few that are proven to help they are listed in this last point.

Acupressure, this ancient and very effective healing method is overlooked in certain parts of the world. The technique involves applying pressure to or massaging specific trigger points on the skin, which is thought to have a therapeutic effect on the entire body. It is based on the idea that illness arises from blockages of or imbalances in this energy flow. Acupressure is thought to restore the flow of energy, thereby curing disease and promoting health. Research has shown that if performed regularly, it can help prevent illness and alleviate pain and other symptoms of disease.

It is used to alleviate all kinds of pain, tension, circulation problems, headaches and irritability.

This method is gaining wide acceptance in the West because a growing number of conventional medical doctors have seen its benefits with numerous ailments, arthritis being one of them.

Tip: Application of an essential oil on the acupressure points can help reinforce the effectiveness of the technique. Be sure to dilute the oil before putting it on your skin.

Massage is another self-healing technique. Arthritis sufferers have stated in studies that a 45 minute deep tissue massage weekly does wonders for their pain and outlook on life in general.

Magnetic therapy is used for relieving pain in Arthritis and other illnesses.

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All individuals have their distinctive ways of doing things. Some put lids back on, some don't. The principles of helping to cure and relieve pain due to Arthritis have been put forth in this article in an attempt to communicate that the earth contains everything our body needs to heal itself. The tips within this article have been tried and proven to work. They have worked for my family and friends; now it is my sincere wish that they work for yours as well.

To your best health

Hyacinth C. Allen

<http://www.arthritispainbegone.com>



## **Articles On Other Types Of Arthritis**

Osteoarthritis (Wear and Tear)

[http://www.arthritispainbegone.com/What\\_is\\_Osteoarthritis.html](http://www.arthritispainbegone.com/What_is_Osteoarthritis.html)

Rheumatoid Arthritis

[http://www.arthritispainbegone.com/What\\_Is\\_Rheumatoid\\_Arthritis.html](http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html)

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Herbal Remedies for Arthritis

[http://www.arthritispainbegone.com/Herbal\\_Remedies.html](http://www.arthritispainbegone.com/Herbal_Remedies.html)

Psoriatic Arthritis

[http://www.arthritispainbegone.com/what\\_is\\_psoriatic\\_arthritis.html](http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html)

Pet Arthritis

[http://www.arthritispainbegone.com/Cat\\_Arthritis.html](http://www.arthritispainbegone.com/Cat_Arthritis.html)

Arthritis AND Diet

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Arthritis Symptoms

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Gouty Arthritis

[http://www.arthritispainbegone.com/Gouty\\_Arthritis.html](http://www.arthritispainbegone.com/Gouty_Arthritis.html)

Arthritis and Exercise

[http://www.arthritispainbegone.com/Arthritis\\_Exercises.html](http://www.arthritispainbegone.com/Arthritis_Exercises.html)

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