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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are You Stricken With Chronic Inflammatory Arthritis?

By Darrell Miller

Arthritis generally comes in two forms osteoarthritis and inflammatory-arthritis. For this article we

will discuss inflammatory-arthritis and natural herbal alternatives for reducing swelling and pain. The popular option for controlling arthritis pain is taking prescribed non-steroidal anti-inflammatory drugs; these drugs have been linked to cardiovascular, kidney and liver disease. If that doesn't sound appealing, natural alternatives are available for inflammatory arthritis. Herbs like boswellia, ginger, skullcap, turmeric, acacia, hops, holy basil, feverfew, and white willow bark. Fortunately supplement manufacturers have learned about the anti-inflammatory properties of these herbs and do make them in various combinations to help relieve swelling and pain.

The first one on the list is boswellia, has a long history of use as a mild anti-inflammatory herb for joint pain and stiffness, and noted by herbalists of its effectiveness. The primary compound in boswellia known for its anti-inflammatory affect is boswellic acid, when purchasing boswellia always look for products standardized to boswellic acid. Ginger root has been known for its anti-inflammatory affects as well, ginger inhibits the production of the immune-system components called cytokines which cause inflammation in the body. Ginger is also known as a COX-1 and COX-2 inhibitor in suppressing prostaglandin synthesis which would reduce inflammation in the body. Ginger also stimulates circulation helping the body bring vital blood and nutrients to the inflamed areas of the body. Skullcap is used in traditional Chinese medicine as an anti-inflammatory herb. Turmeric also known as Curcumin has been used in Asia, India, china, central and south America as an anti-inflammatory herb for many years. The curcuminoids in turmeric has been clinically proven to reduce inflammation. Turmeric is also a potent antioxidant good for fighting free radical damage which tend to cause inflammation in the body. Acacia and hops are both traditionally used for inflammation and pain. Feverfew since the first century has been used for the treatment of headaches, fever, menstrual discomfort, arthritis, and other aches and pains. According to a clinical trial study in England, feverfew when taken for three to four months can reduce the severity and frequency of migraines and other sorts of pain. Feverfew acts in a manner like the class of pain relievers known as COX-2 inhibitors, feverfew also reduces the absorption of thymidine by white blood cells, this will reduce the rate at which leukotrienes is produced which is a inflammatory chemical in the body. Finally, white willow bark has been used like aspirin as a pain killer with out the aspirin side effects. White willow has been used for fever, colds, minor infections, acute and chronic rheumatic disorders, mild headaches, and pain

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caused by inflammation. According to a clinical study done on white willow bark in England, researchers at the center for Complementary Health Studies at the University of Exeter gave eighty two participants with chronic arthritic pain either Reumalex, herbal supplement with white willow, or placebo. After two months the white willow herb proved to be superior to the placebo pill.

This is by far a complete list of herbs good for reducing inflammation in the body but it is a good start to help you on your way to recovering from inflammatory arthritis. As always, the statements in this article are not intended to diagnose, treat and cure or prevent disease please consult your health care physician before discontinuing medication or introducing herbs into your diet if you are currently on medication of any kind.

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Powerful Arthritis Pain Relief For All Of Us

By Jim Dowler

When you ask what arthritis is, professionals will tell you it's inflammation of one or more joints. But you know it better as pain, swelling, stiffness, deformity, and/or a diminished range of motion of those joints! It's estimated that over 50 million Americans suffer from osteoarthritis, rheumatoid arthritis and other related conditions.

Osteoarthritis is the most common form of arthritis. Osteo arthritis seems to come with the wear and tear of aging and affects nearly three-quarters of those over 50. The onset of arthritis is marked by morning stiffness, crackling joints, and perhaps some pain. As it progresses it causes discomfort, more pain, and some disability. It also causes an enormous consumption of painkillers and anti-inflammatory drugs that can have undesirable long-term effects.

If left untreated, osteo and rheumatoid arthritis, along with other forms of rheumatoid disease, can become progressively worse... painful crippling can result. This is particularly true of rheumatoid arthritis, which can destroy joints, unless effective treatment is administered in time.

Modern medicine doesn't have much to offer for these chronic conditions... offering only symptomatic temporary relief. True, painkillers along with the so-called NSAIDs, non steroidal anti-inflammatory drugs, are effective in reducing symptoms quickly. However, these often cause serious side effects such as ulcers and gastrointestinal bleeding, and they don't stop the progression of the disease. In the long run they have actually proven to worsen the condition by accelerating joint destruction.

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Coping with the chronic pain of arthritis can be frustrating. You get the feeling you're all alone facing the daily challenges caused by your arthritis symptoms. And, the traditional treatments leave a lot to be desired. It doesn't have to be this bad!

The last few years of research on arthritis have brought some hope to this dismal picture. Old herbal remedies such as ginger, nettle, and willow bark, as well as fish oils and the already well-known cartilage constituents glucosamine sulfate and chondroitin sulfate, are about to revolutionize the treatment of arthritis. These substances not only give symptomatic relief, but, actually intervene at the root of the arthritis problem and help the body to rebuild functioning joints.

As they quickly sooth your pain, these powerful creams help repair, restore and regenerate cartilage, tendons, muscle and ligaments. Fast acting, these creams increase mobility and optimal repair of joint structures as they help reinforce the body's protective linings and lubricating fluids by recovering cell stability and function to stop further damage. Really powerful stuff. You can learn more about this non-traditional arthritis treatment at our website. To your good health, Jim Dowler

Jim Dowler is the Webmaster of

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Powerful Arthritis Pain Relief For All Of Us
A Better Understanding Of Arthritis
Arthritis, Gout - Rich Man's Knee Pain
What You Should Know About Rheumatoid Arthritis
Using Fatty Acids for Reducing Joint Pain

Natural Pain Management
Understanding Incontinence

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