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How To Treat Arthritis Naturally

By Gray Rollins

Arthritis isn't anything to joke about and those who suffer from it need effective arthritis treatments.

If you have arthritis, you know how painful a condition it really is. The problem with finding suitable arthritis treatments is two-fold. First, the arthritis treatments that get prescribed ultimately depend on the initial diagnosis, which is why it's so important to discuss the situation with a medical practitioner. And second, many suffers cannot tolerate the side effects of NSAIDS or surgery and for this group, natural arthritis treatments really are their only options.

Natural arthritis treatments encompass any type of treatments that do not involve the use of NSAIDS or COX-2 Inhibitors. If you suffer from arthritis and you've tried these types of treatments without success, it may be time for you to research natural treatments for your arthritis. Here are a few to consider.

Physical/Heat/Massage/Relaxation Therapy

Arthritis is pain in the joint area and it can strike in any part of the body where joints exist. This pain isn't always the result of damaged joints. It can be caused by overworked tendons, a build-up of scar tissue, frayed nerves and tense muscles. These types of therapies are oftentimes effective because they generally are designed to focus on the affected area. Rubbing and kneading, applying heat, or using a walker or other type of device designed to improve mobility and posture can all help to promote improved blood circulation and loosen overly tight areas. The goal of these types of therapies is to work on the root of the pain and hopefully, after repeated treatments if necessary, make the pain disappear permanently.

General Exercise

In a total reversal of what was thought to be true decades ago, doctors today frequently prescribe exercise as an effective natural arthritis treatment. Regular exercise is also an effective preventative measure against arthritis. When people don't exercise, their muscles weaken and become stiff and this leads to the type of pain associated later on with arthritis. Cardiovascular exercises, light strength training exercises, and range-of-motion exercises (stretching) all produce positive results.

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<http://www.arthritisnatural.com/relievingarthritispain/>

Water exercises

Hydrotherapy or water exercises, work by immersing the body into tanks or pools that have been filled with warm water. Once inside, the patient performs resistance–type exercises to hopefully alleviate the pain. This type of a workout is physically intensive so it should always be performed in a supervised setting.

Controversial Alternatives

Search the web and you'll find an abundance of products that claim to be "natural" arthritis treatments. Among the more popular are Glucosamine, Chondroitin, Manganese, MSM, Niacinamidem, Tumeric and Ginger extract. Promoters of these naturally–occurring ingredients claim they reduce inflammation, slow the aging process, and promote joint repair. Before spending a lot of money purchasing products

containing these ingredients, and especially before taking these or any other products that claim they are natural arthritis treatments, discuss the benefits of each with a doctor or someone you trust who knows more than you do about natural remedies. You might find that making some changes to your diet is just as effective a treatment.

Gray Rollins is a featured writer for

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treatments, please visit

<http://www.arthritisnatural.com/arthritishelp/>

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Could This Be Arthritis In My Hands

By Rusty Ford

Ask Rusty

Arthritis Questions answered by Rusty Ford Editor of

Arthritis–Symptom.com

Could this be arthritis in my hands

How To Treat Arthritis Naturally

Hi Rusty. A few days ago, I slightly injured a finger on my hand. Now my hand is swelling with severe joint pain in the fingers. At first I thought this was a possible sprain in that region, but now my other hand is showing the same swelling of the fingers and pain of the joints. Should I go check this out right away? It doesn't seem to be getting worse today, but the pain and swelling are persistent. Could this be a sudden arthritis attack? I'm 38 years old and in good health (I just had a check-up at the doctor last week and the blood work came back okay).

Your advice is greatly appreciated.

Answer

Ouch, a little sprain is not supposed to do that. Unfortunately some times it does. I am sorry to hear about this. It is not unusual for arthritis to begin in an effected joint. It is not the norm for it to set in so quickly. There are different kinds of arthritis that can effect the hands and feet that can cause swelling. It is possible that arthritis was already beginning but not showing symptoms yet but this triggered a symptomatic response.

I am concerned that the pain is bilateral, effecting both sides. I doubt it is anything extremely serious but it would be good to see your doctor. The sooner the better. If nothing else, your doctor will be able to treat the pain and swelling. But if it is arthritis or one of the other conditions that can cause this type of swelling in the fingers the earlier the diagnosis the better.

I wish you good health.

Rusty

<http://arthritis-symptom.com>

Rusty Ford is the editor of

Arthritis-Symptom.com

one of the internets largest arthritis web sites.

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Beat that Fat

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