

A close-up photograph showing a person's knee being wrapped with a white, elastic bandage. Two hands are visible, one from the person being treated and one from the person applying the bandage. The person being treated is wearing a light blue polo shirt and dark shorts. The person applying the bandage is wearing a dark blue polo shirt and a black watch. The background is blurred, showing what appears to be an outdoor setting with concrete steps.

# HOME REMEDIES FOR JOINT ACHE

# Introduction

Every time you run for a bus, go out dancing, pick up a baby, throw a ball, climb some stairs, play tennis, drive a golf ball, take a jump-shot, crouch on your knees while gardening, exercise at the gym, write a letter or just go for a walk, you're using your joints.

So when you stop and consider all the different joints you have in your body... your knuckles, wrists, elbows, ankles, toes, shoulders, neck, knees, hips and spine; you begin to realize that joint pain, stiffness, reduced flexibility and decreased range of motion are not just minor inconveniences. They can become debilitating, and lifestyle is altering health problems.

Few health issues affect as many people as joint pain. A recent report estimates that 21% of the adult population is affected by some form of joint-related pain. And that number is expected to rise even higher as baby boomers

age, so that by 2030, almost 67 million people will suffer from joint problems. And joint pain does not discriminate; it affects whites and blacks equally. Although, joint pain and stiffness can begin at any age, traditionally it becomes more prevalent and persistent in your 50s.

Are you suffering from chronic pain? Joint aches in the hips and other areas can make you feel like your entire body is a mass of agony. Unfortunately, conventional doctors simply don't have the kind of answers that will truly solve your problem.

Regardless of whether they recommend surgery or painkillers, you can count on months of frustration, pain, and long recovery periods. Before you go through all that heartache, you might as well try Joint Advance, or some other natural joint regrowth formula.

Have you decided to do something about your chronic pain? Joint problems can often creep up on you over the years. As may be expected, you will always want to ignore them and

pretend then don't exist for as long as possible. That said, eventually, there will come a day when you cannot walk or even open a refrigerator door. Once you reach that stage, there won't be much that a doctor can do for you. Today, you can stave off that outcome for as long as possible when you use dietary supplements that support joint health.

When was the last time you didn't wake up in pain? Joint problems can easily rob you of a good night's sleep, as well as make your mornings a nightmare. Why go on suffering when you can make use of a dietary supplement that will restore the blood circulation to your joints, as well as help rebuild the vital cushion that keeps your bones from rubbing together?

Do you want to wear your bones down to the point where the only option left is surgery? If not, then you should start to get the basic knowledge to help you fight joint ache.

This informative and content-filled guide will give you the adequate message you need to fight joint ache.

## **Natural Treatment to Prevent Joint Stiffness in Older People**

Joint stiffness and muscle aches are very common during old age. In this article, we are going to see some of the safe, natural treatments to prevent joint stiffness in older people. Let's start our topic with aloe vera.

It is a common ingredient used for the preparation of herbal medicines. You can use this medicine both internally and externally. If you are suffering from knee pain, try to apply aloe vera juice directly on affected area. It relaxes muscles and prevents the risk of pain.



Also, if you are in search of a natural remedial measure to get relief from health issues like joint pain, feel free to add this remedy. Consuming Boswellia tea is an effective remedial measure to cure severe joint pain. How does it function?

This query is frequent from people. Generally, Boswellia tea functions by treating the actual cause of the problem. It

blocks leukotriene and reduces the occurrence of inflammations.

Today, Boswellia products can be easily obtained from the market in the form of capsules and tablets. Similar to Boswellia tea, cat's claw tea is another great herbal remedy to get relief from joint pain troubles. Pain and swelling due to arthritis can be easily cured by making use of this tea.

Eucalyptus oil is another cure for treating health issues like joint pain and inflammations. Try to apply eucalyptus oil directly on affected area. Massaging with eucalyptus oil is a safe remedy for treating muscle ache. If possible, feel free to massage and apply gentle strokes on the affected area with eucalyptus oil.

Consumption of ginger tea is found to be as a great way to alleviate health risks like inflammatory diseases. If possible, it is recommended to intake ginger tea twice per day. Ginger tablets, ginger capsules, and ginger tea powder can be easily availed from online stores. Green tea, enriched with a good

amount of antioxidants is a safe cure for treating several health issues.

Green tea can be availed in many forms from the market. To get an effective result, feel free to intake green tea from a trustworthy manufacturer. You can make use of reviews from customers to select a reliable product from the store. Green tea can be used thrice per day. It fights against free radical mechanism and decreases the risk of green tea due to the aging impact on the body.

Thunder god vine is another safe cure that can treat joint stiffness troubles. Thunder god vine is one among the key ingredients used in the preparation of herbal medicines. Hence never hesitate to make use of this remedy when necessary. A rumacure capsule is one among the best recommended herbal products to treat arthritis.



## **Natural Approaches to Joint Pain Relief**

It is normal for older people to complain about joint ache. But then, it is not normal to tolerate the pain. Painful joints can be caused by a progressive joint disorder that requires immediate treatment, or else the condition may worsen. Even if joint aches are not caused by any disorder, joint pains are bothersome, and it negatively affects the lives of the sufferers.

Scientists have come up with several treatment options for joint pains. However, most of the treatments available can only offer temporary relief. What sufferers are looking for is the treatment that would free them from joint ache. Treatments for joint pains are typically related to its causes.

Arthritis which is the major cause occurs primarily among older adults aged 55 and older. People at this age may not be able to escape the joint stress. More importantly, osteoarthritis which causes chronic pain in the affected

joint may progress and worsen until the joints become immobile.

The joints are naturally lubricated and thus allowing for flexibility and mobility of the bones. But as one gets older, the lubrication diminishes, and since bones meet, they tend to rub each other and cause friction, hence the pain.

The condition is both progressive and irreversible, and since it causes a great deal of pain and suffering, appropriate treatments should be given to providing relief.

## **Why Should One Choose A Natural Approach To Managing Pain?**

Natural means is always better. Natural approaches mean no harmful chemicals are involved in managing the pain. Joint pain relief can be achieved even without these chemicals that have been known for their adverse side

effects. Certainly, the sufferers would not want to invite yet another potential pain-causing disorder, which may result due to the use of chemical and drug-based approaches to joint relief.

Drugs are used in providing pain relief, and these drugs are no doubt effective. The main drawbacks of the use of these drugs, however, are the serious health implications that have been reported. One may need to avoid these side effects by avoiding pain medications and other drug-based treatments.

Instead, choose the natural approaches that have been proven effective, but without the unlikely side effects. Most pain sufferers need immediate relief, and while natural approaches do not provide immediate results, they may continue using their medications.

## **Natural Approach Provides Long-Term Pain Relief**

There are various natural approaches that help sufferers deal with pains relief. Most of these, however, do not provide immediate relief as medications can offer. But their effects are long-term and more permanent.

Exercise, diet, and use of joint pain supplements are the most effective natural approach for stress relief. Diet and exercise included in one's treatment program to prevent disorders such as obesity, which also contributes to bones stress.

Supplements are an essential part of treating them naturally. Supplements contain natural ingredients that are proven to work effectively to relieve pain.

At the same time, these supplements help maintain the bones healthy. This is therefore recommended not only for people with osteoarthritis but also for those who are into

sports. This will help them maintain the flexibility and mobility of their bones and strengthen them.

## **How to Fix Your Aching Joints**

Joints are an essential tool for moving, running, biking, sensing, working, etc. For that reason, when our joints hurt, our lives become dull in one way or another. Since approximately one in three adults suffers from arthritis or other chronic joint issues, the chances are that you or someone you know has the aching joint.

Before you can fix your aching joint, you should first find out the leading cause of your pain, so that you can find the best way to relieve it. Arthritis is by far the commonest cause of aching joint. Acute pain from an injury is the next leading cause of joint pain.

When it comes to arthritis-related joint hurt, there are more than 100 kinds of arthritis. The pain usually strikes the hands, hips, knees, feet, and back. The commonest type of arthritis is osteoarthritis, which incidence increases with age and heredity factors. Usually, arthritis symptoms worsen due to repetitive activities such as playing a music instruments or typing a computer's keyboard.

If you experience pain felt in the morning or every night, pain alleviated by relaxing the affected joint, or stiffness and swelling in the affected joint, then it is likely that you suffer from arthritis-related joint pain. Ways to fix arthritis-related joint pain are:

Rest and protect your joint. It is essential to learn to identify the signals of your body when it needs you to stop or slow down an exertion. It is advisable to prevent hurt caused by overexertion. Also, using splints or braces is beneficial to support your painful joints.

Do therapeutic exercise. The exercise includes steps that can improve your mood, decrease your pain level, and increase your fitness as well as your flexibility.

Apply heat or cold therapy. It is often possible to soothe aching joints with heat or cold therapy. A warm bath or shower can help in easing the stiffness and pain of the joints while cold compress using an ice pack for 10 to 15 minutes can help to stop the pain and inflammation.

Limit the consumption of foods that make your body produce high uric acid. To do this, you should reduce alcohol intake, limit seafood consumption and lay off heavy animal fats as they all can increase your gout risk.

Take prescribed medication from your doctor. There are several prescribed medications for arthritis that your doctor can give depending on your condition.

The prescribed medications from the doctor often include painkillers. Sometimes patients need to undergo some

medical tests to find out the relatedness of their joint pains with auto-immune diseases like lupus, to determine the appropriate medication.



Undergo a surgery. When the treatments above do not work, undergoing surgery can be an option. Doctors may recommend one of the various surgical procedures



commonly used for osteoarthritis including joint fusion, joint replacement, or cyst removal.

Apply alternative therapies. In addition to medical therapies, there are some alternative treatments that you can consider to fix your arthritis-related joint pain including acupuncture, dietary supplements, and massage.

Injury-related joint pain is acute pain around the joint referring to any specific, sharp, rapid hurt that results from a particular trauma such as an injury, or disease. The pain is quite isolated but frequently has a limited duration. Ways to fix injury-related joint pain are:

Stop any activity giving extra pressure on already aching joints such as running, dancing, or biking.

Get immediate medical attention. Although you can give your joint the first aid treatment including the RICE (rest, ice, compression, and elevation), you should get health fixes

from your doctor to prevent further viral infection on the affected area.

Take Anti-inflammatory medications such as NSAID (non-steroidal anti-inflammatory drugs) can help to reduce pain. The drugs can be found as over-the-counter drugs or prescribed medications. It is better to consult with your doctor about which medication is safe for you.

Take physical therapy. This therapy is often recommended by doctors to regain and establish muscle strength over time. There is a particular procedure that may be required to remove fluid from the aching joint.

Before determining the right procedure, your doctor may ask you to take X-rays from different angles or a CT (computed tomography) scan to get more information about your joint condition.

In short, achy joints can adversely interfere with your active lifestyle and restrict your ability to participate in many

different activities. Since the causes of joint pain could be chronic ailment such as arthritis or acute pain from trauma, recognizing the cause of your condition is important to fix the problem effectively. The cure of aching joint may entail combining various treatments until you find an effective solution.

## **Easy and Fast Relief from Joint Aches**

If aching bones and sore joints are causing you trouble, consider taking some time off your normal schedule and focus on 'You'. Many times we get so caught up in the to-do lists that we neglect our own needs. We tend to always put other's needs above our own and just struggle with or try to ignore joint pain. Take a minute (or more) to help yourself and your joint aches.

Some good ways to relieve joint pain are:

- **Hot bath with Epson salts** - Epson salts help to soothe the nervous system and draw toxins from the body. Aside from the pain relief qualities, they leave your skin smooth and soft and can help to relax you. When you add essential oils, they add aroma-therapy, which can help relax you and relieve joint pain as well.
- **Gentle massage** - Gentle massage of the joints that are hurting is an excellent way to relieve joint pain, though it is often more helpful to have a friend or a masseuse help you as opposed to doing it yourself. When you do it yourself, especially if your hands also suffer from joint pain, you may concentrate on the sensation of your hurting hands instead of on the area you're rubbing.
- **Exercise** - Try water aerobics or walking to help loosen joints without straining them. Sitting on an exercise ball can be an easy way to increase your range of mobility, but don't push yourself too hard. You may over do it!

- **Take an anti-inflammatory** - Over the counter pain relief may be helpful to reduce inflammation and tenderness in your joints. Be sure to take the proper dose and eat before hand so it won't upset your stomach.
- **Lose weight** - If you are packing extra pounds, your joints are too. And the harder they work, the more they are likely to hurt. Consider a change in diet or exercise if you need to, your joints will thank you for it.
- **Use a joint-health supplement** - Sometimes our bodies need a little help to regenerate and repair. A joint-health supplement could be helpful, not only in relieving your pain but also in reversing the negative effects of joint degeneration.
- **Use a medicated balm or ointment** - There is such a wide variety of medicated creams out there now that you can even purchase the ones that don't smell like a medicine cabinet. If you use a heating cream, make sure you don't wrap it or put a heating pad on it, as it could

result in burns. Also, if you have limited mobility or loss of feeling, you should be careful to avoid burns.

- **See a doctor** - Joint pain could be a symptom of something more serious. Don't put it off until it's too painful to move. Even mild joint pain could be a sign of something more serious.

You're worth the little extra time it takes to relieve your pain. You may find that taking a break will not only help with stiff joints but will also rejuvenate your spirits as well, making you better able to cope and better at doing all the things you need to accomplish each day.

## **Cheap and Natural Home Remedies for Joint Pain Relief**

Feeling some pain in your joint could be very agonizing. Although it is not the kind of pain that tells a person he or

she is going to die, it's the kind of pain that many sufferers say they'd rather die than experience a second time.

The statement may be quite an exaggeration, but if you were the one suffering from such severe pain in your bones, you would probably be able to say just the same.

Joint pains may be caused by several factors. Therefore a uniform joint pain relief may not apply to all of them. Arthritis is the most usual reason for joint pains though. Many people who experience this kind of pain for the first time tend to blame aging and think they are already suffering from arthritis. This may be true for some, but not to everyone.

Aside from arthritis, certain joint pain may also be caused by some injuries or medical conditions. It may also be due to bursitis. It is the inflammation of the bursae - the fluid-filled sacs that pad and bony cushion parts. They allow free movement of the tendons and muscles over the bone. When these sacs swell, the joints feel the pain.

There are medications you can buy from the drugstore or ask your doctor to administer to you to alleviate pains in the joints. However, there are home remedies too that can offer joint pain relief. They are not only cheap, but they are also effective as well. Some of them are even more effective than commercial drugs. Below is a list of home treatments for painful joints:

- **Warm Bath** - Warm water is highly soothing to painful joints. It also helps the muscles to relax and facilitates good blood flow.
- **Oil** - Any oil may help in giving an instant joint pain relief. Apply some on the affected area and massage it lightly. This will bring relief to your aching bones. However, if you are experiencing joint pains due to gout, massaging is not a good option. People who have gout arthritis say that massaging the affected area makes the pain worse. Just to play safe, simply put some oil on it and leave it like that.



- **Garlic** - Eat garlic cloves that were fried in butter.
- **Turmeric powder** - Take half a teaspoon of turmeric powder. Mix it with warm water and apply it three times a day.
- **Bananas** - Among all fruits, bananas are known to be the best for your joints because they provide them strength. They say that bananas even grease them.
- **Exercise** -- When you exercise, you also increase the flexibility of your joints and your bones. When experiencing joint pains, water exercise may be a great remedy. It can reduce the pain and improve your flexibility without needing to exert too much effort since the water helps you carry your body weight.
- **Camphor rub** - Mix one teaspoon of camphor oil to one teaspoon of sunflower oil. Massage the affected area.

This will provide you with the calming warmth that helps in lessening your pain.

## Conclusion

Here are some things you need to know about natural joint pain relief. A healthy lifestyle is a key element of reducing pain. Natural herbs and supplements will help people who suffer from joint aches. Heating pads and ice packs can also provide relief if you know when to apply them. These are simple ways to help you control the aches and pains that are associated with joints.

It's obvious that living a healthy lifestyle will make you feel physically better. Specifically, plenty of rest, exercise, and diet are important when joint pain is affecting your daily life. Rest will give your body a chance to heal from the daily stress that it goes through.

Exercise will help blood flow and circulation, which helps alleviate stiffness that commonly occurs in joints. Diet,

along with exercise, is good for controlling weight. Being overweight is one of the most significant causes of joint pain because of the added stress on the body that is associated with it.

Taking natural herbs and supplements will provide your body with essential elements that your diet may be lacking. Common natural herbs include primrose oil and capsicum. The advantage of these herbs is that there are no dangerous side effects, which you may find in some drugs that are available.

Vitamin D is an important vitamin for healthy bones and joints. Many people do not get enough vitamin D in their system, so it can help to take supplements to increase the levels of the vitamin in your body.



Applying heat and cold packs is another great way to help reduce some of the aches and pains. Cold packs, in the form of bags of ice, gel packs, or frozen vegetables, will help with swelling and inflammation by constricting the blood vessels and limiting the blood flow.

Heat is not to be used on a joint that is swollen or inflamed because it increases circulation. A heating pad or warm bath will help for chronic aches and joint stiffness.

So, these are things that you can do yourself to relieve joint pain. Employ a healthy lifestyle, add supplements to your diet, and use heat and cold packs to reduce the pain. When you come home from working a long day and your body is aching, get in a short workout, eat a healthy meal, and then grab some supplements and an ice pack or a heating pad. You should see the results pretty quick.

## Ready To Get Rid Of Joint Aches For Good?



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