

Natural Treatments For Arthritis

Arthritis has to be one of the most painful conditions a person can suffer through. And contrary to what most people think, arthritis doesn't just affect the elderly. Children can develop this condition as well. When I was growing up, I met a girl who had such advanced arthritis, she was in a wheelchair. She was only 18 years old. In addition to the belief that arthritis can only be treated with harmful and dangerous pain killers, there are actually natural treatments for this condition that are very effective. We're going to cover just a few of these treatments in this article after we first discuss what causes arthritis and what the most common symptoms are. Arthritis is a term that is used to describe inflammation of the joints. However, there are actually many types of arthritis. The most common of these is called osteoarthritis. This form of arthritis is characterized by cartilage that becomes pitted, thin and eventually disappears altogether. Symptoms include pain and stiffness in the joints. In the early stages, arthritis can be very mild or even unnoticeable. It rarely affects people under the age of 40, though as I said, children can develop this problem. It's usually after the age of 60 when people start to show signs of arthritis that become bothersome. Women are more likely to develop arthritis than men. Traditionally, pain killers are prescribed for this condition, but as I said, there are natural treatments that greatly reduce the pain associated with arthritis. The main cause of arthritis is nutritional deficiency. Taking calcium supplements can greatly improve the condition. Eating meat is not good for people who suffer from arthritis. Those who eat lots of red meat need to take more calcium supplements than those who don't eat red meat. In order to help repair the cartilage, you should eat lots of foods that contain sulfur, such as asparagus, eggs, garlic, and onions. These foods also help repair the tissue and also help with the absorption of calcium. Another thing that is good for treating arthritis is vitamin K. It's a vitamin not many people know about. It can be found in foods like brown rice, oatmeal, leafy green vegetables and whole grains. You might want to eat as much pineapple as you can. The reason is because pineapple bromelain. This is good for reducing inflammation. You also want to eat foods that are high in amino acids and histidine. Histidine helps to remove metals from the body. It has been found that most arthritic people have higher concentrations of metal in their bodies. You want to stay away from foods like milk, wheat, eggs, corn and pork. These foods tend to worsen arthritic conditions. By eating properly and taking supplements, you can greatly relieve your arthritic symptoms. To Your Health,

About the Author

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