

## Natural Treatment of Arthritis

When you think of arthritis, the first thing that comes to your mind is pain. Pain is one of the most noticeable symptoms of arthritis and this is the main issue that the treatment of arthritis usually addresses. Arthritis is caused when fluid present in the joints becomes insufficient and the bones begin to rub against one another. The pain often becomes unbearable when calcium collects in the joints. The joints may get infected, something called psoriatic arthritis. Treatment Of Arthritis Is there any treatment or natural remedy for arthritis? Arthritis can manifest itself in different parts of the body and the treatment of arthritis must be undertaken with this in mind. For example, treatment of arthritis in the spine must be dealt with in a different way to arthritis in the big toe (gout). Then there is septic arthritis - arthritis caused due to bacterial infection, and arthritis among children, called juvenile arthritis. Despite this, there are a number of treatments for arthritis and arthritis prevention that can help regardless of where the arthritis flares up. The treatment of arthritis must start by following a good diet that helps keep the joints well lubricated. This can be done by taking enough calcium, vitamin D, and vitamin C. Iron is also very important in the treatment of arthritis as it helps keep the bone marrow healthy. Avoiding coffee, tea and alcohol also help as these drinks can aggravate any inflammation. Omega 3 is good for the treatment of arthritis, and foods rich in omega 3 like fish are particularly good as they help oil the joints, thereby reducing the pain. Arthritis affects women more than men and there, with millions of sufferers in America alone. Women need to start looking after their joints from an early age by making sure they have enough of calcium in their diet. Exercise is a helpful in the treatment of arthritis; all exercises relating to the treatment of arthritis must focus on the joints - the knees, elbows, wrists and ankles, as these areas are the most affected by pain. A daily brisk walk is best, though stretching exercises, especially in the morning, also help.

## About the Author

After a century of service as a warehouse for the goods of the industrial economy, the Jean Vollum Natural Capital Center has been revitalized.

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