Four Natural Supplements That Will Ease Back and Joint Pain

If you suffer from back or joint pain, taking supplements may be preferable to drugs. Supplements that are naturally found in the body are less likely to have side effects like brain fog or sleepiness. They're also easier on your kidneys which have to process those drugs. Generally natural supplements are less expensive than drugs and, of course, available without a doctor's prescription.There are several natural substances you can use to ease back and joint pain:MagnesiumIf you want relatively quick relief to muscle and joint pain, magnesium is the first supplement to try. Magnesium is necessary for numerous body functions. It is used to maintain normal muscle and nerve function, regulate heart rhythm, and support the immune system. Magnesium also regulates blood sugar levels and blood pressure. For many people, a normal diet may not be enough for optimum magnesium levels so it's wise to take a supplement. Also, medications such as diuretics and antibiotics may result in magnesium deficiency.Magnesium is used in analgesics before surgery to help the patient's muscles relax. Take it right before going to bed, and it will help you have a good night's sleep. In the morning you'll awake with relaxed muscles. The only negative to magnesium is diarrhea can occur if you take more than the recommended dosage. This is a temporary effect, however, and will cease when you reduce the dosage. Magnesium is available in tablets, liquid, or powder. It is basically tasteless, so if you're averse to pills, the liquid or power can be mixed into smoothies or tea.Glucosamine ChondroitinLike magnesium, glucosamine is found naturally in healthy cartilage. Early medical trials show it may be helpful in treating osteoarthritis, especially in the knee. It also shows promise for treatment of rheumatoid arthritis.Often glucosamine is combined with chondroitin which, again, is also found in healthy cartilage. They work synergistically to rebuild cartilage. It is common to find glucosamine chondroitin combined with MSM or calcium. Taking it will not provide quick pain relief, but it will aid in rebuilding joint tissue over time. As far as side effects, there are rare reports of abdominal pain, loss of appetite or nausea. Methylsulfonylmethane (MSM)MSM is odorless and tasteless. It is related to DMSO (dimethyl sulfoxide), an alternative treatment for arthritis. Like chondroitin, it is often combined with glucosamine. MSM is naturally found in cow's milk, meat, seafood, fruits, and vegetables. While there is no dietary requirement for MSM, it is available in capsules, tablets, creams and lotions. Clinical trials have indicated that MSM is effective for osteoarthritis, but many people suffering from rrheumatoid arthritis have claimed it was helpful.Hyaluronic Acid (HA)Hyaluronic acid is found throughout the body as a component of connective tissue. Its main function is to cushion and lubricate. HA helps to support healthy skin, eyesight and joint function. Joints deficient of HA don't move well and become stiff. Those taking the supplement report relatively quick relief to joint pain; however, it's main benefit will be felt over time as it aids strengthening of connective and joint tissue.

About the Author

NearSea Naturals, your source for organic cotton and natural fabrics and notions. Everything you need to sew, Naturally!

Source: http://www.productsherbal.com