

## Home Remedy For Arthritis

Large populations of people suffer from the dreaded arthritis disease, which affects muscles and joints. If you are one of those people, you will know how severe the pain is and how it restricts your movements especially during cold or wet weather. While rest is one of the most essential factors to combat arthritis, there are few simple home remedies that you can try out which might relieve you from the pain. So go ahead and experiment with a few of these tips.

**Controlling the diet** For people suffering from arthritis, a diet consisting of coconut milk or water, juice of carrot, beetroot and cucumber and vegetable soups have proven to be beneficial in alleviating the pain to a large extent. Certain fish like salmon, tuna and sardines, which have a high content of omega acids, are helpful in preventing arthritis. Arthritis patients must avoid eating spicy and fried food, sweets and also certain vegetables, which are known to cause gas such as cabbage, potatoes, cauliflower and okra. They also must reduce intake of coffee, tea, alcohol and food items containing cocoa.

**Looking after your body** An arthritis patient should ensure that they relax and sleep well at the proper time as tension; stress and grief can all lead to increase of the symptoms. Regular exercise along with oil massages should form part of the daily routine. Painkillers and steroids should be avoided as much as possible as they only provide temporary relief and can cause other side-effects from long-term use.

**Other home remedies** If taken twice a day, 2 tsp of lemon juice along with 1 tsp of honey mixed in lukewarm water is a good cure. Another alternative is half a teaspoon of turmeric powder in a glass of warm water, again taken twice a day. Eating an herb called Guggulu after meals with warm water is very effective in curing arthritis. You can also try eating one clove of raw garlic daily. Rubbing the aching joints with hot vinegar or olive oil combined with kerosene will reduce the pain. If treated at the initial stages, you can almost certainly be cured completely from arthritis. So start with these remedies before it is too late.

## About the Author

Drug licensing authorities in the United States have begun a review of the safety of cough and cold remedies in young children after three children.

Source: <http://www.productsherbal.com>