

Herbal Remedies for Arthritis Relief

With so many dangers of arthritis drugs like Vioxx and Naproxin recently exposed, it's no wonder more and more people are turning to herbal remedies for relief. Here are a few herbs that will treat arthritis pain and joint inflammation. For thousands of years, the Chinese have used ginger to treat arthritis. Recent studies have shown that ginger is helpful in relieving pain from both rheumatoid arthritis and osteoarthritis. The Scottish and other Nordic peoples discovered years ago that Cod Liver Oil reduced pain and stiffness in the joints, especially during the frigid winter months. Cod Liver Oil is available in supplement form at most health food stores, and has been shown in studies to have numerous health benefits, including reduction of pain from rheumatoid arthritis. Glucosamine has also recently been tested for the treatment of arthritis pain, and proven very effective for reducing pain from osteoarthritis. Glucosamine also works to repair joint damage and rehabilitate the cartilage. Everyone's body produces glucosamine, but as your body grows older production slows down. This causes cartilage in weight-bearing joints to harden, and become painful. Glucosamine therapy can help repair damage and reduce pain, in both humans and in pets. All these and more herbal remedies are available at most health food stores. Additionally, herbal creams can be purchased, many made with peppermint and/or rosemary, that are very soothing when applied topically (mint and rosemary are natural analgesics). You do not have to take drugs to relieve your arthritis pain. Stop worrying about dangerous side effects. Talk to your doctor about controlling arthritis pain naturally.

About the Author

This is a seminar in the law, history and culture of remedies. It surveys the dominant legal doctrines for providing redress, the relationship.

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