

NATURAL REMEDIES FOR ARTHRITIS



Natural Remedies For Arthritis

Do you or someone you love suffer from arthritis? If so, the pain and discomfort that is commonly associated with arthritis may be too much to handle.

When it is, there are many arthritis sufferers who turn to over-the-counter medications to seek relief.

These over-the-counter medications will work in most cases, but did you also know that there are natural and safe ways to manage and treat arthritis? A few of these natural remedies are highlighted below.



The consumption of raw juice is an effective and natural remedy for arthritis. Two specific types that come highly rated and recommended are **green juices**, as well as **potato juice**.

- . In fact, potato juice has been used to treat the pain and discomfort commonly associated with arthritis for years.

For **potato juice**, cut a potato into thin slices. When doing so, leave the skin intact. Place the potato slices in a glass of cold water and leave sitting for a few hours, overnight. Then drink.



The consumption of **Omega 3 Fatty Acids** are another natural way to treat many of the symptoms of arthritis.

Omega 3 Fatty Acids are found in most fish.

Those who do not like eating fish are encouraged to examine Omega 3 Fatty Acid supplements, which are available for sale at most drug stores and health stores.

This natural remedy can provide relief from all forms of arthritis; however, those with rheumatoid arthritis see and feel the best results.



Warm olive oil massaged over the area is another easy and natural way to relieve the pain and discomfort associated with arthritis.

What is nice about this approach is that most individuals already have olive oil in their homes. When using warm olive oil, be sure to let it cool a little, as olive oil that is too hot can result in painful skin burns.

In addition to plain olive oil, **sage**, **rosemary**, or **garlic** can be diluted with the olive oil, with ten parts of olive oil to one part herb. When applied to the impacted area, relief should be felt immediately.



Baths are another natural way to treat the pain and discomfort often associated with arthritis.

When using baths to seek relief, **warm baths are advised**. In fact, cold baths can result in increased pain, which is not the goal.

In addition to a traditional warm bath, many of those suffering from arthritis recommend adding about three or four tablespoons of **Epsom salt** to the bathwater. Those diagnosed with arthritis should remain in a warm bath for at least thirty minutes.



Small amounts of **exercise** is another natural way to relieve the pain and discomfort commonly associated with arthritis.

The only problem is that those suffering from arthritis must proceed with caution where exercise is concerned.

Moving around, whether it be through walking or squeezing a stress ball, can help, but it is also important not to overdo it.

Those who overexert themselves are likely to experience even more pain and discomfort.



As you can see, there are a number of natural remedies and home remedies that can be used to seek relief from arthritis.

If you are not suffering from arthritis, but if you know someone who is, you may want to pass these easy and natural remedies onto that person. Unfortunately, many individuals are unaware of natural remedies and their many benefits.

You will find more information on holistic treatments for arthritis in our healing portal.

**This Ebook was written for
Global Healing Exchange**

