Natural Pain Relief for Arthritis

What is Arthritis?

As defined by the Mayo Clinic Staff (1998-2015), arthritis is defined as inflammation of one or more joints. Major symptoms of arthritis include joint pain and stiffness, which typically worsen with age. The most common types are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common form of arthritis and causes the breakdown of cartilage (the hard slippery tissue that covers the ends of bones at the joint).

Rheumatoid arthritis (RA) is the second most common form of arthritis. It is an autoimmune disorder which targets the lining of joints (synovium) and causes inflammation, stiffness, warmth, swelling, and sometimes severe joint damage.

Natural Pain Relievers to Consider:

Diet

In a 2002 study by L. Skoldstam in Sweden, it was concluded that inflammation may be lowered disease activity suppressed, and better physical functioning attained in those with RA by consuming a Mediterranean diet.

According to Amy Putrel Foods include; 3-4 ounces of deep sea fish twice a week, 1.5 ounces of nuts daily, nine or more servings of fruits and veggies daily, 2-3 tablespoons of olive oil daily, and one cup of beans twice a week.

Exercise

S.R. Ytterberg explains the importance of range of motion, strengthening, and aerobic conditioning for those with both RA and OA. Such exercises are known to reduce pain, improve endurance for physical activities, and improve cardiovascular fitness. Although, careful patient evaluation, exercise prescription and participation is highly recommended.

Acupuncture

This form of Traditional Chinese Medicine is gaining popularity in mainstream healthcare. A local massage provider at Living Arts Wellness claims that acupuncture considers the person as a whole. The aim of acupuncture is to eliminate symptoms, treat the underlying cause, increase one’s function, and improve vitality.

The process includes the gentle insertion of fine needles at specific points on the body to treat various health problems. Those who suffer from OA may benefit from acupuncture with significant reductions in pain intensity, and improvements in functional mobility and quality of life according to a 2014 study by Taru Manyanga.

Future Possibilities

Bee Venom – this traditional medicine has anti-inflammatory components which increase the body’s already existing anti-inflammatory agents causing them to be more impactful in reducing inflammation and pain. Dong su Son (2007) writes that both Injections and topical applications are on the rise!

Cannabis-based Medicine (CBM) – D.R. Blake (2005) explains that CBM treatment lead to a significant pain decreasing effect and disease activity was significantly suppressed after just weeks.