

An estimated 43 million Americans are caught in the grip of some form of arthritis or joint problem. And few of us will make it to a ripe old age without joining the fold. If one of these diseases has a hold on you, read on. While there are no cures, in this article we will examine 40 home remedies that can ease your discomfort and give you more control over your life. Let's get started with some general information about arthritis. There are more than 100 different forms of arthritis, with a host of causes, according to the Arthritis Foundation in Atlanta. Among the more widely known forms are osteoarthritis, rheumatoid arthritis, gout, and lupus. Osteoarthritis is by far the most common form. Cartilage is the tough tissue that separates and cushions the bones in a joint. As cartilage is worn away and the bones begin to rub against each other, the joint becomes irritated.

(Image: <https://images.pexels.com/photos/3926639/pexels-photo-3926639.jpeg>) In osteoarthritis, this breakdown of cartilage is accompanied by minimal inflammation, hardening of the bone beneath the cartilage, and bone spurs (growths) around the joints. Most people develop some osteoarthritis as they age. Rheumatoid arthritis, on the other hand, is not an inevitable aspect of the aging process. For reasons unknown, the synovial membrane, or lining, of a joint becomes inflamed, resulting in pain, swelling, heat, and redness. Symptoms vary from individual to individual. In its mildest form, rheumatoid arthritis causes minor joint discomfort. More often, the inflammation causes painful, stiff, swollen joints, and in prolonged cases, severe joint damage. Rheumatoid arthritis tends to cause body-wide symptoms, such as fatigue, [Alpha Surge Male reviews](#) fever, and weight loss. In the case of gout, needle-shaped uric acid crystals collect in the joints, due to a fault in the body's ability to metabolize, or process, purines. Purines are naturally occurring chemicals found in certain foods, such as liver, kidney, and anchovies.

Lupus, on the other hand, affects many more women than men. It is a condition in which the body's own immune system attacks healthy cells. The symptoms are wide ranging, from joint pain to mouth sores to persistent fatigue. Fortunately, there are many home remedies for [Alpha Surge Male reviews](#) protecting your joints and relieving joint pain. In the next section, we will take a look at some basic methods for alleviating arthritis symptoms. To see all of our home remedies and the conditions they treat go to our main Home Remedies page. Arthritis can be a potentially debilitating disease, significantly limiting the patient's ability to move. Herbs have been used to treat the pain and swelling of arthritis for centuries. Find out how in Herbal Remedies for Arthritis. To learn how to live a full and happy life despite your arthritis, [Alpha Surge Male product page](#) read How to Adjust to Life With Arthritis. For tips on warding off joint discomfort, read How to Prevent Arthritis Pain. This information is solely for informational purposes. (Image:

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(Image: <https://kaboompics.com/download/edb35fd4bfd61416d5b543c57ba8c4d0/original>) IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Here are some home remedies to help relieve discomfort and get you back into the swing of things. Keep moving. Maintain movement in your joints as best you can. This can help keep your joints functioning better for a longer amount of time and, at the same time, brighten your outlook on life. Walking, gardening, and even housecleaning can help your joints.

There are different types of exercises that are used to help arthritis sufferers. The simplest, easiest exercises that can and should be done by almost any arthritis sufferer every day are called range-of-

motion exercises. These flexibility exercises help maintain good movement by putting the joints through their full range of motion. They can help reduce the risk of joint injury, and they provide a great warm-up for more rigorous exercise. Aerobic exercises (an activity is aerobic if you continuously move the large muscles of the body to raise the heart rate and increase breathing), such as walking and swimming, not only help tone muscles and increase their endurance, but they also improve heart, blood vessel, and lung health and are useful for weight loss. Weight-bearing aerobic exercises, such as walking or playing tennis (as opposed to swimming, in which the water holds you up), also strengthen the bones. You should try to gradually work up to doing at least 30 minutes of aerobic exercise on most days.

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