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Arthritis, affecting body joints is one of the common health disorders found in old age people. If left untreated, persisting arthritis can impact your daily life activities negatively. Knees, hips, back and hands are some of the common body parts affecting arthritis problems. Causes giving rise to the risk of osteoarthritis trouble may not be unique always. Common causes inducing this health disorder in people include overdoing of physical activity, getting too little sleep and putting undue stress on affected body joints.

Nowadays, you can find a good number of remedies for arthritis in market stores. Choosing the best one from thousands of products is not an easy task. As per studies, doing regular exercises is found to be very effective to get relief from arthritis pain. Apart from improving joint flexibility, regular doing of exercises improves the overall health and wellbeing of body.

Taking warm bath is one of the natural remedial measures suggested to get relief from arthritis pain. It makes you feel refreshed and improves joint strength naturally. Deficiency of vitamin D is found to be as a main cause of arthritis trouble in today's busy lifestyle. This condition can be well controlled and cured by including a good amount of vitamin D enriched food sources in diet. Some of the best recommended food sources with high Vitamin D concentration include cod liver oil, sardines, salmon and mackerel. For user assistance, today you can easily get herbal products from market to boost vitamin D concentration. If you wish to know more about the dosage level of chosen product, never hesitate to seek the help of a physician.

Massaging using herbal oil is an effective treatment recommended to get relief from arthritis pain. Olive oil, chamomile oil and lavender oil are some of the best recommended herbal oils by health practitioners. Doing regular body massaging using herbal oils improves joint flexibility with no health risk. In order to obtain best result, those people suffering from arthritis risks are advised to do regular body massaging thirty minutes before bath. It supplies adequate amount of nutrients to body cells and improves regeneration of cells. This in turn promotes joint mobility and reduces the risk of arthritis. Drinking papaya seed tea is another safe effective herbal remedy to get relief from arthritis pain. This natural cure has been used for centuries for relieving inflammations. Improving heart health, preventing cataract and boosting immune system are other health benefits of drinking papaya seed tea.

Garlic is a best recommended herbal cure to get relief from arthritis pain. In order to attain best result, people are advised to intake garlic cloves fried in butter. It is also recommended to include a good amount of garlic cloves in daily diet schedule. Apart from preventing osteoarthritis troubles, inclusion of garlic cloves in food also helps in promoting blood circulation throughout the body. Similar to garlic, turmeric is another safe herbal remedy to get relief from arthritis pain. Those people suffering from arthritis are advised to drink milk added with a teaspoon of turmeric powder before going to bed. It cures inflammation and reduces arthritis pain naturally.

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[John Naruka](#) - About Author:

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