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Home Remedies for Edema, Swelling, Oedema, Simple Yet Effective by [Jeramey Thompson](#)

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Swelling is a very common thing that happens to people. It can be because of various reasons, ranging from insect bites to some of kind of allergy. It could even be because of some kind of disease, or because of a body part getting hurt by some hard object. Sometimes nutritional deficiencies too can cause swelling in different parts of the body.

Sometimes, the fluid which is stored in the small blood vessels and the tissues of the body leaks out, and that too can be a cause for swelling. This situation refers to as Edema. This leakage is possible after some kind of accident that has occurred, which has damaged the tissues of the body, or has put pressure on the capillaries. In some cases, there is a mild Edema when a person is known to be in a lifestyle which involves sitting for long hours, and over consumption of salty foods. Pregnant women too can face such a situation where in their hands, feet and face get swollen.

Another situation of swelling in Edema, also known as Oedema is the one which mainly arises when there is retention of fluids in the body. In this situation, the blood circulation often gets affected and the person feels constant body pain. This may also further lead to some kind of skin infection.

Other reasons for swelling in the body could be extremely hot weather, menstrual cycles, not consuming food for a long time, kidney or liver diseases etc.

Depending on what the cause of swelling is, and what the extent of the problem is, a doctor will prescribe treatment and medication. However, to reduce the pain and swelling, and to gain more comfort, there are some safe home remedies which can be tried out alongside the treatment given by the doctor.

First and foremost, it is very important to cut down on the intake of salty foods, as they retain more water in the body and worsen the situation.

Next, you need to consume those foods which have less of carbohydrates, as they contain a lot of water. So it is not a good idea to consume a lot of fruits such as watermelons, oranges etc. You can also avoid cucumbers, and other vegetables in the form of salads. The focus should be on having a balanced diet with all the necessary nutrients required by the body.

Exercising regularly also helps. Not only does it keep the body in shape, but it improves the metabolic rate and the condition of the heart. It also helps to flush out the excess salt out of the body, and overall, the person feels more healthy and active.

When a person is suffering from swelling, fat and protein rich foods are the best to be consumed. They give the right amount of energy to the body, and help in quick improvement. Proper rest, depending on the situation, it is always good to have a specialised diet plan developed by your doctor or diet specialist.

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