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Broken bones commonly referred to as fractures can happen to anyone at any point of their life. While these happen to old people or to children because of their bones being fragile, others may suffer from it because of some kind of an accident that has put pressure on the bone and has caused it to break. Doctors put plasters on the bones to ensure that the bones rejoin, and the problem gets sorted. However, there are some home remedies as well that can help to heal the broken bones. They supplement the plaster treatment and help in quick recovery.

First and foremost, it is very important to consume foods which are rich in calcium. Right since childhood, we are taught in school that drinking milk is important for healthy bones. That is mainly because of the fact that the Calcium in the milk helps in strengthening the bones of the body. Therefore, it is very important to keep consuming milk and milk products when one is suffering from a fracture. At the same time, consume other calcium rich foods such as green leafy vegetables etc.

Next, smoking and drinking, need to be avoided. This is because both these things damage the bone mass and weaken them. As a result, the process of the rejoining or the repair of the bones will take much longer, and there will be lesser strength in the bones.

Ice packs are often used in the first few days of the fracture. These help to relieve the pain as well as aid in fast recovery. However, for later use, you must always consult a doctor.

Vitamin C is again very important for ensuring that you have strong bones. Thus, one must consume foods which are good sources of Vitamin C, such as oranges, lemons, strawberries, bell peppers etc. One should also consume more of pineapple when he/she is suffering from the problem of broken bones. That's because enzymes in the pineapple help to reduce the inflammations, as well as the swelling.

Caffeine has a direct impact on the absorption of calcium in our body, so it is best to avoid that, whether it is in beverages like tea or coffee, or in aerated drinks. There have been scientific experiments done to prove that caffeine is indeed very harmful for human bones and teeth.

For your comfort, it is always advisable to use pillows for support and rest. That will help you to maintain a comfortable posture, and will also reduce the swelling to some extent. Do remember that these home remedies only work when you give complete rest to the affected area. If you keep on using the same set of bones for increase physical activity, then there is no way you can repair the damage. Thus, take as much rest as possible, and reduce the stress and pressure on the broken bones to help in quick recovery and treatment. Eat right, take proper care, and you will be fine even before you realise it.

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