

Natural Help 4...

Joint Pain



What is Joint Pain?

Joint pain is also referred to as **arthralgia** and can affect one or more of the joints. Joints are responsible for facilitating movements in various parts of the body – and are therefore very sensitive to injury or excess physical pressure. Furthermore, an **injured or swollen joint** can cause much discomfort as we rely on our joints every day!

Most people have experienced joint pain at some point in their lives, some more severely than others. It can be very difficult and frustrating to cope with, especially when it hampers your ability to perform daily activities. Simple tasks like getting out of bed or brushing your hair can be exhausting and aggravate the pain even more. Depending on the cause of the **symptoms of joint pain**, you may experience it for a relatively short period of time or it may trouble you for the rest of your life.

Diagnosing Joint Pain

Joint pain affects all age groups – children, adults and the elderly are all at risk for **joint pain** from injury. Athletes place themselves at a higher risk due to sports injuries, while older people may often suffer from **weakened bone strength**. Those who are overweight or obese may also experience **joint pain** in their knees and ankles because of the excess weight that they are carrying.

Joint pain is a symptom and not a diagnosis – it is important to diagnose the cause of your **joint pain** as this will determine the best course of treatment for you. A physical examination, clinical history, X-rays, magnetic resonance imaging (MRI), bone scans, and blood or urine tests will be able to help your doctor determine the **causes of joint pain**. Various tests may be performed to locate the root of the problem.

Symptoms of Joint Pain

- Tenderness when touched
- Swelling
- Inflammation
- Bruising
- Restricted movement at that joint

What Causes Joint Pain?

There are many different **causes of joint pain** with broad categories including

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injury, disease, degeneration, fractures or stress from overuse. **Causes of joint pain** also include tendon or ligament tears, strains, sprains, pulls, cartilage damage, tumors or even steroid withdrawal.

Diseases Commonly Associated with Joint Pain

- Gout (especially where the joint at the base of the big toe)
- The Arthritices such as Osteoarthritis, Rheumatoid Arthritis and Septic arthritis
- Tendonitis
- Bursitis
- Chondromalacia patellae
- Osteoporosis
- Osteomyelitis
- Autoimmune diseases such as rheumatoid arthritis and lupus
- Infectious diseases include Influenza, Measles, Epstein-Barr viral syndrome, Rheumatic fever, Hepatitis, Rubella, Mumps, Chickenpox, Paravirus, Lyme disease

Help for Joint Pain

Once the **causes of joint pain** are been established, there are a wide variety of conventional treatment options available to alleviate the **symptoms of joint pain**. Over-the-counter pain relievers like ibuprofen, anti-inflammatories, or muscle relaxants are commonly recommended to treat milder symptoms.

More **severe symptoms of joint pain**, often related to chronic conditions, will require prescription NSAIDs to reduce pain, inflammation or swelling. Unfortunately, most of these over-the-counter and prescription medications have potentially harmful side effects which can increase the risk of a stroke or heart attack in patients.

Self care is important for **copng with painful joints**. A healthy diet and a good exercise and stretching program help to increase mobility, flexibility and levels of fitness and provide **minor joint pain relief**. Athletes however should restrict strenuous activities when injured and during the recovery process. Alternative methods such as heat and ice or applying pain patches can offer safe and effective **minor joint pain relief**.

Natural Remedies for Joint Pain

While conventional medication can be helpful in treating symptoms, more people are opting for safer, natural alternatives without the side effects. **Natural treatments such as herbal and homeopathic remedies** can effectively address the underlying cause and promote **minor joint pain relief**.

Clinical studies have proven the effectiveness of Devil's Claw in treating **symptoms of joint pain** in conditions such as osteo-arthritis, fibrositis, rheumatism and small joint disease. Dietary supplements such as Glucosamine repair cartilage and **maintain joint mobility** while Boswellia acts as a natural anti-inflammatory.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Complementary therapy such as physical therapy and TENS treatment which sends a small electrical impulse to the nerves may also benefit patients with [joint pain](#). Massage, acupuncture and chiropractic treatments are also helpful.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are

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manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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JointEase Plus™ : Promotes joint and muscular-skeletal system health.

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DetoxDrops™ :To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being**.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight [addiction](#) or address unhealthy weight issues.

[Learn more about DetoxDrops](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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