



Osteoarthritis

What It Is & What You Need To Know



Companion Remedies for Joints, Muscles, Pain Management

[Joint Ease Plus](#) - Promotes joint and muscular-skeletal system health

[InflammaGo](#) - Homeopathic remedy temporarily relieves joint and muscle pain, inflammation and stiffness

[Real Heal](#) - Aids in naturally supporting the healing ability of the body

[Real Heal Massage Oil](#) - Promotes muscular, joint, and skeletal health and comfort after strenuous activity

What Is Osteoarthritis?

Osteoarthritis, otherwise known as "degenerative joint disease", is one of the most common forms of arthritis with more than 20 million American sufferers to date.

While most people that suffer from the most severe forms of Osteoarthritis are age 60 or higher, this particular disease begins its disabling affects before then. As stated earlier, it is a "degenerative" disease, therefore its effects to our bodies happen over a span of a lifetime. However, some people as young as 25 can experience the same pain as someone 65 in age.

The word "Osteoarthritis" is derived from two words standing for joint and inflammation. So its easy to see how this disease operates within the human body. If not, let's delve a little deeper and expand upon the definition.

At each point where our bodies have the ability to bend, or the joints, our bones come together divided by small areas that are made up of cartilage. The cartilage acts as a connection point between our bones providing us with a wider range of motion that would not be possible without it. We could not walk, bend, sit, or twist. We would be pretty much motionless without the ever important cartilage.

As we age, our cartilage becomes weakened since it is in a state of perpetual use day after day. And, the weaker it becomes, the more prone our "meeting place" bones are to begin rubbing as we bend our arms or legs causing more and more pain.

The break down, or "wear-and-tear", of our cartilage can cause the joint area to change its original shape. When this happens, tiny deposits of bone can form throughout the edges of the joint. These are medically classified as "osteophytes", but you may know them better as "bone spurs".

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In addition, small bits of cartilage or bone can break off inside the joints that float about often times causing even more damage, and of course more pain.

Wherever we can pivot our bodies, we can develop Osteoarthritis. Hands, knees, hips, and the spine are the most common places this disease occurs.

Osteoarthritis only affects the joint areas making it painful when performing many simply, daily tasks such as standing, sitting, shaking hands, or walking. Other forms of arthritis such as rheumatoid(the second most common form of arthritis) or lupus affect areas such as the skin, lungs, eyes, liver, or blood vessels.

Osteoarthritis is a chronic disease. Meaning, it develops without any specific reason and continues for lengthy time periods spanning years, even a lifetime. There is no known cure for Osteoarthritis, but there are treatment plans that can lessen the severity of its symptoms for sufferers.

And, because Osteoarthritis has been termed "chronic", the treatment plans may change over the course of time. Some of the available treatments will be outlined further on so you know what can be done to help deal with the every day pain.

Now you know what Osteoarthritis is, it's time to discuss who is most at risk for developing it. . .

Who Is Most At Risk For Osteoarthritis?

The most obvious answer to who is most at risk would be the elderly. And if this is your answer, then you're right.

Men 40 years and older are more likely to develop Osteoarthritis than women their age. However, when women hit the age of 45, they too can begin seeing the signs of Osteoarthritis as well. Not exactly "elderly" though, is it? ;-)

Actually, people age 60 or older do indeed have Osteoarthritis in one joint area or another. Sometimes multiple joint areas are affected. It is estimated that by the year 2030 approximately 20 percent of Americans age 65 will be at the highest risk for Osteoarthritis.

Although, people as young as 25 can also develop Osteoarthritis as a result of a joint injury which is more common in those that regularly participate in sports or jobs that excessively depend on the joints such as football, foot racing(running), warehouse work, hard labor, or basketball.

Younger adults may also develop Osteoarthritis due to malformed joints or cartilage that has genetic defects.

People who are overweight also can see earlier signs of Osteoarthritis due to extra stress placed on areas such as the knees, which is one of the most common body joints affected right beneath the hands due to the growing amount of people aging.

In fact, the order of the most common places to suffer from Osteoarthritis are as follows:

Finger Joints(the hands)

Knees

Spinal Column(the neck and lower back)

Hips

Osteoarthritis can also be hereditary. If your family has a history of the disease, you have a



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Getting sick (or at least pretending to) was sort of fun back in the old da



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better chance of developing it later in life. But at this time, there are not enough medical facts to support this claim and testing is still being done.

On a positive note, not everyone who has Osteoarthritis will experience severe pain. Some people are lucky enough to breeze through with mild to moderate pain with little treatment.

And if you're looking for "causes" of Osteoarthritis, well, that cannot be provided. The reason is that it is a "chronic" disease therefore it has no specific causes but rather has a set of determining factors instead such as those mentioned above.

Symptoms of Osteoarthritis

So, how can we determine whether or not we may be suffering from Osteoarthritis? There are certain symptomatic conditions that will aid you in a "self" pre-diagnosis of sorts so that you can begin asking your family physician specific questions to determine whether or not you have Osteoarthritis.

If you have experienced a grinding or crackling sound within your fingers, hands, knees, or hips, this may be an indicator that you could have Osteoarthritis as many people currently affected by it claim that this is heard or felt.

Burning sensations within your joints also may be a sign.

Stiffness or soreness of the joints when awakening from sleep or being stationary in a certain position for longer periods of time.

Swelling, tenderness, or redness of certain joint areas.

Inability to perform daily tasks normally due to pain, stiffness, or soreness within the joint areas. This symptom will worsen over time and may only be an annoyance at the early onset of Osteoarthritis.

And, while the above are physical symptoms, some people also experience depression and anxiety as a by product of the seemingly decrease in the quality of life in general.

Treatment for Osteoarthritis

Before any treatment regimen can begin with successful results, a proper diagnosis must be made, and this is handled by a medical professional such as a family doctor.

Make an appointment with your doctor to discuss current symptoms you may be experiencing. Be 100% honest so that he/she can make a proper diagnosis from the problems you describe.

Don't be surprised if your doctor recommends doing some X-Rays to better determine whether or not you may have Osteoarthritis. This is a common practice. However, X-Rays cannot alone determine a proper diagnosis of Osteoarthritis and a combination of diagnostic methods are usually incorporated.

You may be given an MRI or blood work may be done too.

You may also be given a physical examination as well checking your reflexes, muscle strength, and overall health. All these things can be effective in a competent diagnosis of Osteoarthritis.



Great Health Sites

[Natural Holistic Health Blog](#)

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[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

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Natural Remedies

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In the early stages of Osteoarthritis, you can try some self prescribed changes such as increasing your daily physical activity through exercise, changing your eating habits to include more healthy foods that contain natural anti-oxidents, vitamin c, b9, b12, d, and vitamin e, or taking pain relievers such as acetaminophen can all help to lessen pain associated with Osteoarthritis in combination and moderation.

The key elements to successful homeopathic treatment are:

Exercise - Get plenty of exercise concentrating on range of motion type work outs or aerobics to help strengthen the joints. Taking walks and swimming are excellent ways to encourage strengthening joints.

Weight Loss - Since heavier people will put more stress on their joints, it is always a good idea to try and lose some weight to deminish this stress. Plus, it will improve your overall health and happiness at the same time.

Adequate Rest - Be sure to get good amounts of sleep at regularly scheduled times, such as going to bed at a certain time and waking at a certain time in the morning. Eight hours is normally what is suggested for a sufficient night's rest.

Use Over The Counter Pain Relievers - If the pain is moderate, it is recommended to use pain relievers that include acetaminophen to help reduce it. Use in moderation of course and if the recommended dosage isn't relieving the pain, then you should consult your physician for stronger alternatives they can provide you with. Or, if you are experiencing mild to moderate inflammation, ibuprofen is a good choice to help reduce this.

Topical Treatments - Some creams and lotions that contain the ingredient capsaicin can help decrease the amount of pain experienced in the joint areas.

Heat or Cold - Applying moist heat to sore joints can help dull the pain somewhat and can be effective as homeopathic treatment for mild to moderate pain. On the same token, if swelling occurs, applying cold to the affected area can alleviate some of the swelling and discomfort associated.

There are also other alternatives such as joint replacement surgery that your doctor can suggest if all other treatment therapies have been thus unsuccessful. The thing to remember is not to give up or get too unhappy about your situation.

If the pain is too unbearable and all other treatments have failed, your doctor can prescribe much stronger pain relievers such as tramadol, hydrocodone, oxycodone, or morphine. Of course these are classified as narcotics and are considered a controlled substance, so for these you MUST have a prescription from your family physician, and it is the ONLY way you can receive them.

More alternative methods include acupuncture, prolotherapy, or low level laser therapy, but may not be as effective as those therapeutic strategies suggested by your doctor.

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Natural Help for Pain Management

Joint Pain, Arthritis and Gout, Headaches & Migraines, Sciatica, and Fibromyalgia

Joint Pain, Arthritis and Gout

An herbal pain remedy can be a safe, effective way of treating pain in your back, joints, legs, etc. without the potential side effects of prescription medications.

With all of the recent controversy surrounding pharmaceutical drugs, including the recall of Vioxx, more and more **people are looking towards herbal remedies** for joint pain.

From treating the symptoms of arthritis to easing your back from overactivity, herbal pain remedies may just be the answer for you.

What is the best herb for treating joint pain?

Although there are a variety of herbal remedies for joint pain and other afflictions, **one of the most researched herbs is Harpagophytum Procumbens**, also known as Devil's Claw because of the shape of its fruit.

Harpagophytum is native to the Kalahari Desert in South Africa, and **natives have used it for centuries to treat aches and pains** throughout the body.

In addition to being a **powerful herbal pain remedy**, Devil's Claw has been shown to have a number of other health benefits, including lowering cholesterol levels and reducing uric acid.

It is used worldwide as an herbal remedy for joint pain, hypertension, diabetes and gout, and has **strong anti-inflammatory properties**.

As such it can **significantly reduce back pain** and symptoms of rheumatoid arthritis and osteoarthritis, among other health problems.

We have discovered a natural treatment for joint and arthritis pain that we have had tremendous

success with.

This herbal supplement is called [Joint Ease](#) and it contains **pure Harpagophytum Procumbens (Devil's Claw)** which can help relieve joint and back pain, treat the symptoms of arthritis, as well as provide general health benefits.

This breakthrough [herbal arthritis pain remedy](#) can provide **safe, effective pain relief** without the potential side effects and complications of prescription drugs.

For gout pain, Gout-Gone is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* to **relieve gout symptoms, including swelling, inflammation and burning pain** in small joints, especially the big toe.

Gout-Gone helps to **support joint health** and keep uric acid levels in the healthy range, without harmful side effects. This remedy contains a selection of homeopathic ingredients known to **address discomfort associated with gout**.

Gout-Gone is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

Headaches & Migraines

Headache natural treatments can help alleviate the symptoms associated with mild headaches as well as migraines and tension headaches.

Many people look to **natural alternatives for headache relief** to avoid the potential side effects of prescription medications such as Fiorcet, Imitrex and Relpax.

Natural Headache Cure

There are many different types of headaches, the most common of which is the tension headache. This is characterized by **muscle contractions which pinch nerves or blood vessels** in the head, and can be brought on by stress, eyestrain or teeth grinding.

Vascular headaches, such as migraines, are **caused by the constriction and dilation of the blood vessels** in your head.

Migraines can be triggered by a variety of factors, including **excessive caffeine, certain foods, emotional swings, sexual activity, exercise and hormonal imbalances**, among others.

Natural treatments can help ease the pain by tempering muscle and blood vessel constriction as well as **treating the causes and symptoms** of the various types of headaches.

Following are the best natural headache herbs:

Chamomile - one of the best natural sedatives, chamomile can relieve migraine and tension headaches, and can alleviate symptoms such as irritability and nervousness.

Dandelion Root - an important liver tonic, dandelion can cleanse the liver and help remove toxins which may be the root of headaches and other health conditions.

Ginkgo Biloba - one of the oldest herbal remedies, ginkgo has been shown to increase oxygen and blood flow to the brain. It can help dilate blood vessels therefore easing migraine and tension headache pain.

Gotu Kola - similar in action to ginkgo, gotu kola can help improve circulation in the brain and increase blood vessel strength.

Rosemary - used in many culinary dishes, rosemary has antioxidant capabilities and can increase your sense of wellness.

Yucca Root - also a treatment for arthritis pain, yucca can relieve high blood pressure and can relieve migraines and other types of headaches.

Other Headache Natural Treatments

5-HTP - derived from the seeds of an African plant, 5-HTP is helpful with all types of headaches and can ease anxiety, depression and sleep disorders.

SAMe - a naturally occurring substance in the body, SAMe is used for improving intellectual performance and can help relieve headache symptoms.

We have found a nutritional supplement that contains all of the [headache natural treatments](#) in one comprehensive formula.

The product is called [Neuro Natural Formula](#) and it is made up of **all natural herbal extracts, as well as important vitamins, minerals and nutrients** that can offer headache relief as well as provide many other therapeutic benefits.

We researched the company that makes [this natural product](#) and have found that they adhere to **strict GMP compliance**, which are the highest manufacturing standards in the world. This ensures the **quality and effectiveness** of the ingredients.

Sciatica Pain

The sciatic nerve is **the longest peripheral nerve in the body**, and runs from the lower back through the pelvis and buttock area, right down to the back of the lower leg. It is an extension of the lower end of the spinal cord and is made up of the lumbar and sacral nerve roots from the

spine.

The sciatic nerve runs out of the lower spine, behind the hip joint and down the back of the thigh. Its **function is to send signals from the brain to the muscles of your leg** and from the leg back to the brain – therefore **helping to regulate movement in the limbs**. Movement and feeling in the legs and feet are largely dependent on the sciatic nerve, which is very important to quality of life and maintaining normal mobility. Because it originates in the spinal cord, the health of the spinal cord and its vertebra plays a large role in the healthy functioning of the sciatic nerve.

SciatiGon is a 100% safe and effective natural remedy for supporting the health of the sciatic nerve, spine, and nervous system.

The formula remains true to the **Full Spectrum Approach**[™] (FSA) 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 supporting the spine and the nervous system, including the sciatic nerve, **SciatiGon** can make all the difference.

Fibromyalgia

Fibromyalgia (FM) is a collection of signs and symptoms that can change from day to day. Fibromyalgia herbs may help treat the many symptoms associated with this mysterious and debilitating syndrome. Fibromyalgia affects millions of people, with a larger percentage of women being affected than men.

Fibromyalgia is a systemic condition which is characterized by a number of symptoms. The **cause of fibromyalgia is unknown**, and unfortunately it cannot be diagnosed until all other conditions are ruled out. Fibromyalgia symptoms include **severe muscle pain and soreness, fatigue and restless sleep and morning stiffness**.

Some other fibromyalgia symptoms are depression and anxiety, which could result from the pain and sleep deprivation associated with the condition.

Fibromyalgia can be severe, and it can take its toll anywhere on the body. It can also be an underlying cause of neck and **back pain**.

There are no known cures for **Fibromyalgia**, due to the fact that the cause is unknown. Theories suggest the condition **may be due to chemical or hormone imbalances**. However there are treatments that can help alleviate the various fibromyalgia symptoms. Besides pharmaceutical drugs, there are natural alternatives such as fibromyalgia herbs that may be safer

than prescription medications.

Learn more about natural ways to help heal your [Fibromyalgia](#) and end your cycle of pain.