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Arthritis is a crisis that usually affects people once they cross the age of 40 though it is not uncommon to see much younger people suffering from the problem. There are over 100 different kinds of arthritis with the most common ones being osteoarthritis and rheumatoid arthritis which are caused due to the wear and tear of the joints. The medical arsenal which we have today doesnâ€™t provide a complete cure for arthritis but there are still ways and means via which you could continue to fight arthritis. In this article, I will be providing tips that would help reduce the arthritis pain and ease some of your problems.

Donâ€™t over exert the affected joint but at the same time, donâ€™t leave it idle also: The perennial mista which many people make is to over exert their joints. Many of us pick up heavy bags or other items at one go without gauging how heavy they may be. Obviously load beyond a jointâ€™s capability would cause it damage which is why you should never over exert a joint that has developed arthritis. There are yet others who will refuse to do anything with the affected joint. I have myself seen many people who refuse to walk due to arthritis problems and then end up being bed ridden. Lack of blood flow can only cause the joint to worsen and when you keep a particular joint idle for a long period of time, it doesnâ€™t get sufficient blood flow. So use your affected joint even if it is for light tasks. Know your bodyâ€™s capabilities and whether it would be able to do a particular thing.

Hot water therapy: Hot and cold therapy is a method that has been used for ages for treating arthritis and joint problems. Hot water therapy helps accelerate the blood flow towards the affected joint and helps to heal it.

Proper Foods And Drink Lot of Water: Have foods that are rich in iron content as they will help to replenish the joints. Always have lots of water as it helps to improve the overall blood flow.

Glucosamine and Chondroitin supplements: There are several glucosamine and chondroitin supplements available in the market which could help to ease your joint problems but these should be take only on the advice of a medical practitioner.

These tips need to be followed in the long run and only then would you be able to get relief from joint pain.

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Brenda - About Author:
The author recommends the usage of a glucosamine and chondroitin supplements for a joint problems. However he advises people to buy them only after a medical practitioner gives consent.

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Joint pain , cod liver oil , joint care , glucosamine

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