Top Ways to Protect Joints by Marc Warner

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As one gets older, wear and tear in joints cause various problems and in turn can affect the quality of life. Young and old, regardless of age, must protect joints and avoid unwanted diseases. Growing older is inevitable, but there are different ways to take care and protect joints.

What happens to joints as we get older?

If your knees start to creak and make noise when you bend or move, your knees have started to wear. The first condition a person will start to experience is stiffer joints followed by pain.

Joints in our body play the main role while we lift, bend or reach down. Our joints are made up of connective tissues and cartilages which provide a cushioning effect. They prevent bones from rubbing against each other and acts as a suspension. There arenâ€™t any specific reasons for joint pain, but anything including heavy exercises, strenuous activity and the natural aging process are a few possible causes for the wear and tear of joints.

Below are a few things to be considered while taking care of joints:

(a)Maintain healthy weight

Obese people are easily prone to joint related conditions. Maintaining a healthy weight can help to lower the load on joints. Based upon recent research, it has been found that weight loss not only reduces joint pain but also avoids osteoarthritis which can occur over years.

(b)Eat wisely

Take foods rich in omega-3 fatty acids and Vitamin D. Eating fish like salmon and tuna can lower inflammation in joints. Increasing the intake of fruits, vegetables, dairy products, meat and fish can repair the damaged tissues and restore them back to their original condition.

Recent studies have shown regularly taking omega-3 fatty acid and other supplements helps to protect joints from damage. One can also take a Vitamin D supplement on regular basis which will strengthen bones and alleviates pain.

(c)Keep off stress

Stress can affect the overall health of body. Meditation, yoga and breathing exercises are proven to be effective in relieving depression and stress. Needless to say, regularly performing yoga and meditation can help to improve overall health of the body.

(d)Take supplements

There are different types of joint care products available in the market. Glucosamine is one of the effective supplements that will decrease joint pain. It is a naturally occurring nutrient that helps to keep joints and cartilage lubricated. The lack of glucosamine can cause severe joint pain and can lead to arthritis over time.

Glucosamine is available in capsule and tablet forms, regularly taking it lubricates cartilage and helps to maintain its slippery nature. It can lower the joint pain in a natural way without causing any

unwanted side effects.

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Marc Warner - About Author:
a Joint care products of different varieties are available in the market and it can help to keep the joints in healthy condition.

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