

5 QUICK & EASY  
JOINT PAIN  
REMEDIES  
YOU MUST TRY!



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# Joint Pain 101

There are several different types of joint pain such as bursitis, gout, osteoarthritis, rheumatoid arthritis, and pain due to sprains and strains. In this short report, we'll focus on the different types of arthritis because these are the more severe forms of joint pain.

Sprains and strains will heal in a week or two. Arthritis, however, is more insidious and can be debilitating if you do not take active measures to retard its progress.

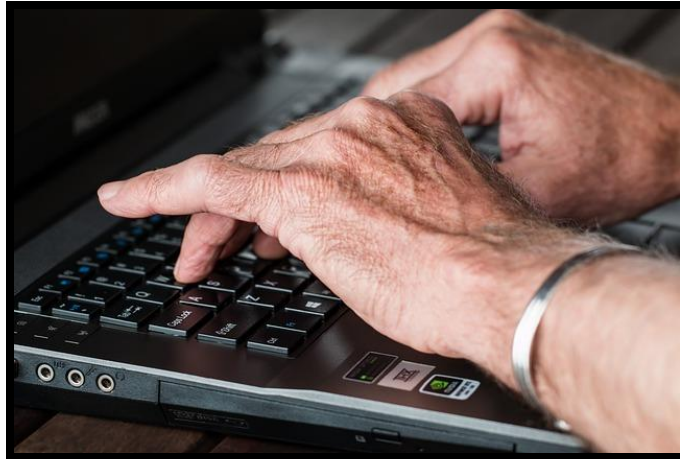
Let's look at some of the different types of arthritis.

## **Rheumatoid arthritis**

This is a form of inflammation. The body is identifying the joints as foreign matter and reacting to it. The different parts of the joint such as the tendon sheaths, membrane lining and synovial membrane get swollen and painful.

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This is an autoimmune process tends to affect the smaller joints such as the feet, wrists, ankles, knees and hands.



### **Gout**

This form of arthritis is painful, to say the least. Historically known as the 'disease of the kings' because of the food they ate, gout is caused by uric acid crystals that are deposited in the joints.

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One of the first places that's affected is the base of the big toe. Changing your diet will be highly effective in treating this joint pain.

### **Osteoarthritis (OA)**

This joint pain occurs due to the progressive degeneration of the cartilage. Once the cartilage starts getting cracked and damaged, the joints start rubbing against each other causing pain and swelling.

The bony cysts that are formed are called osteophytes and these swellings will make walking very painful. The joints and ligaments in your body will start compensating for the immobility of the joint.

As a result, other parts end up getting sore and ache too. OA tends to affect the knees, elbows, hips, spine, etc. It's usually the load-bearing joints that are affected first.

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### CAUSES

Even though there are different types of arthritis, the causes are usually similar. One of the most common causes just comes down to one's genetics. It's unfortunate, but true. If arthritis runs in your family, there's a higher chance that you might get it.

Another factor might be joint damage that occurred in the past. Long distance runners, competitive athletes and even former military personnel who placed excessive strain on their joints years ago may find that they develop osteoarthritis as they age.

This is because their cartilage has been worn down and the bones are rubbing against each other. In cases like these, it's best to speak to a doctor and see what your options are. While natural remedies can help, a knee replacement surgery just might put an end to the pain in your knee permanently.

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Your age also affects your joints. Once you're past 65, there is a much higher chance of experiencing osteoarthritis. The best way to slow down this process is to stay active throughout your life and do resistance training often.

Obesity is another cause of arthritis. When you're overweight, there is constant load and pressure on your joints. Because of this, there's more friction and you more likely to wear out the cartilage in your joints.

Studies have shown that overweight people are usually prone to arthritis. The best way to fix this problem will be to change your diet and exercise, and lose the excess pounds.



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Women are also at a higher risk than men when it comes to developing rheumatoid arthritis.

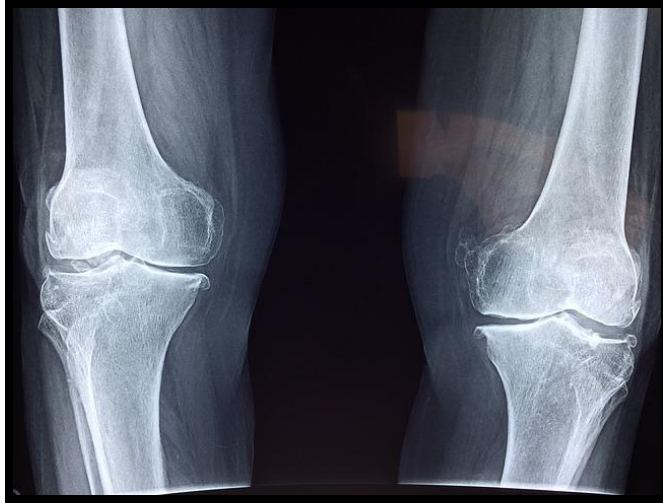
### SIGNS AND SYMPTOMS

Below you'll find a list of some of the signs and symptoms of arthritis.

- Anemia
- Fatigue
- Fever
- Joint deformity
- Joint pain, stiffness and redness
- Limping
- Loss of joint function and range of motion

The best thing to do will be to see your doctor to get a proper diagnosis. He or she will do a physical examination or a few x-rays to check if there are bony tissues, muscle wasting, uric acid crystals, etc.

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# Natural Joint Pain Remedies

Now that we've looked at what arthritis is and have an idea of the causes and symptoms, let's take a look at some of the remedies that you can try. Do note that these are holistic remedies. This means 2 things.

1. These remedies take time to work. You'll need to be patient and consistent when using them.
2. Not everything works for everybody. While one remedy may work wonders for one person, it may have no effect on another. You'll need to test and see for yourself what works for you.

That said, the remedies listed below are simple, but highly effective. Do not dismiss them without trying them first. Some may seem weird or 'hokey', but rest assured that thousands of people with arthritis have benefitted from these methods.

### 1. COPPER THERAPY & MAGNET THERAPY

Don't roll your eyes just yet. The theory behind copper therapy is that when you wear copper jewelry such as rings or bracelets, the body will absorb some of the copper. Trials have shown that people suffering from arthritis did report feeling better after wearing copper bracelets for about 2 months.

To prove that this was not due to a placebo effect, other participants who wore a placebo bracelet did not show any signs of improvement. In fact, their arthritis condition deteriorated during this period. The only way to see if this will work for you is to try it for yourself.

Magnetic therapy is similar to copper therapy. The only difference is that you'll be wearing a magnetic bracelet instead of a copper one.

The magnetic nature of the bracelet will magnetize your blood cells, and this will allow them to transport more oxygen to your joints. In other words, it improves blood circulation.

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These magnetic bracelets are sold all over Asia and are highly popular for their therapeutic effect. It's important to note that you should only purchase a magnet that is strong enough to have an effect.

Look for one with a strength of at least 700 gauss. This will ensure that the magnetic field generated can alleviate your condition.

### 2.GET ENOUGH SLEEP

This may come as a surprise to many people. When they think of joint pain, they automatically conjure up images of massages, topical steroids and even surgery. The idea that sufficient sleep and rest may help to relieve the pain barely crosses their mind.

However, good sleep is one of the best ways to reduce your pain. Most people these days walk around in a constant state of sleep deprivation. They assume that 6 hours is enough when in reality, they need about 7 to 8 hours a night.

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By trying to burn the candles at both ends just to meet their commitments, they end up sacrificing their health in the long run. Lethargy, stress, a lowered immune system, etc. are all side effects of not enough sleep. Your body rests and repairs itself when you're fast asleep.

It will go about its self-repair if you give it sufficient time to. Do not take naps during the day. These will interfere with your bed time and you'll find it harder to sleep at night. Avoid consuming alcohol and caffeine before bed.

Do not watch TV or use your phone before bed because the light from these screens will affect your ability to sleep easily. Use ear plugs and make sure your room is dark.

The goal is to not only get sufficient sleep but to improve the quality of your sleep. You do not want to read exciting novels before bed and stimulate your senses. Ideally, you should start toning things down 45 minutes prior to bed.

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You may do some light stretching, meditation or deep breathing to slowly calm yourself down. Usually, when you lie down, your joints will feel better because the weight is taken off them. Make sure you have a comfortable bed with sufficient support.

You may also wish to consume a magnesium supplement before bed to calm yourself further. It's considered as 'nature's tranquilizer' and will prevent you from waking up earlier than you want to.

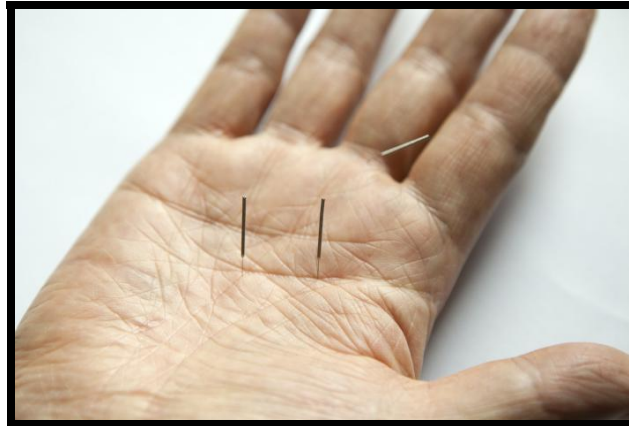
Use these pointers and get sufficient sleep daily. Let yourself sleep for 3 days in a row without using an alarm clock. Time yourself and see how long it takes before you wake up feeling refreshed. Now take the average of the 3 days and you'll know just how much sleep you need daily.

### 3.ACUPUNCTURE

This is an Eastern method of holistic treatment that has been around for centuries. In fact, so many people have benefitted

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from acupuncture that most people who do seek acupuncture do so for arthritic conditions.



Studies have shown that acupuncture can relieve the arthritis pain in your knees and hips, in just a couple of sessions over a few months. What is most important is that you find a qualified, and experienced acupuncturist to treat you.

Till today, the best ones are from China, and this is an art that is passed down. The best practitioners know the nuances and little details that will make all the difference.



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If you have lower back pain, shoulder pain, neck aches, etc. you should definitely give acupuncture a try. The theory is that everyone has a life force that flows through their body. The Chinese refer to this as Qi.

When your channels (meridians) are blocked, there is imbalance within the body, and illnesses and pain take root. The little acupuncture needles that are inserted at the acupoints will stimulate the area and clear any blockage, allowing your Qi to flow through easily.

Besides that, acupuncture will also reduce the pain you feel by blocking the pain signals. The treatment will release endorphins in your body which make you feel better and happier.

The good news is that despite the needles, acupuncture is painless. You'll barely feel the pin pricks and there are no side effects. Each session may last for about 30 to 45 mins. The needles will usually be left in your skin for 20 to 30 minutes to stimulate and relax the area.

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What's important is that you attend sessions regularly over a period of 4 to 6 months. Acupuncture is a holistic method and takes time to work. Generally, you should feel the effects and benefits within a couple of weeks.

That should motivate you to keep going. After a certain point, your condition may be much better, and you'll need to go less frequently.

### 4. EXERCISE

Exercise is usually the last thing that most people with joint pain want to do. They believe that it will aggravate their condition, and the idea of moving when you're stiff and in pain is not a pleasant thought.

However, if you looked at the rehabilitation in hospitals for people who have been injured or suffered as stroke, etc. there is often a lot of physiotherapy. They are gently guided into doing several different light exercises to become more active. Exercise actually heals you.

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There are several other benefits such as:

- Reduces your stress levels
- Aids in weight loss
- Reduces pain levels
- Increases range of motion, mobility and strength
- Improves your posture

It's best to speak to your doctor before beginning any exercise regime. In some cases, your arthritis may be so severe that activity will require assistance, or it may be something you're just not capable of. Your doctor will be the best person to advise you.

If he/she gives you the go ahead, you can start by going for a walk or swim daily. You want to choose low impact exercises that raise your heart rate and get your blood circulating. The goal is to take things slowly.

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You may also do light resistance training exercises and build up your strength over time. You'll need to be cautious with resistance training. You do not want to use too much weight and overload your joints. The goal is to give the muscles a gentle workout instead of annihilating them.

Exercises such as qigong and yoga are highly beneficial too, Qigong is especially useful for stretching your taut muscles and making you suppler. Once again, the principle of qi shows up here too, and many of the Qigong movements and stretches are designed to eliminate any qi blockage within you.

As for yoga, it has become a very commercialized method of exercise with a wide variety to choose from ranging from hot yoga to Broga to the traditional yoga. Your best bet is to choose the traditional types of yoga such as hatha, viniyoga or iyenegar yoga.

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These are more fluid and gentle for arthritis sufferers. Once again, consistency is everything. Make exercise a part of your daily routine. Even 20 to 30 minutes a day will do wonders for you.

### 5. WATCH YOUR DIET

The food you eat also affects your joint pain. In fact, just by cleaning up your diet, you'll notice that a lot of your pain subsides, and you feel better overall.

There are some foods that trigger pain because of the inflammation they create within the body. Processed foods,

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sugar, alcohol, grains, red meat, etc. can inflame the body. Everything hurts more when you're suffering from inflammation.



There are a few steps that you can take to reduce your pain just by modifying your diet.

Start by consuming oily fish. The omega-3 fatty acids in the fish will reduce the pain in your body. If you don't like the taste of fish, you can always consume fish oil supplements.

Reduce your consumption of omega-6 fats. These are commonly found in vegetable oils which are marketed as 'healthy', but are

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highly detrimental to your health. Stick to extra virgin olive oil or cold pressed coconut oil.

Drink lots of water. This goes without saying. Staying hydrated has many benefits. Skip the sodas and stick to water.

Consume lots of fruit and vegetables. The antioxidants and micronutrients in these foods are very beneficial for you. Aim for about 6 servings a day to reap the full benefits.

At the end of the day, most people know what foods are good for them, and what foods wreak havoc on their system. The goal is to make sure you eat what you're supposed to instead of caving in and consuming what you know you shouldn't.

# Conclusion

The 5 remedies in this short report are just the tip of the iceberg. There are a lot more out there and you can easily search for them online and apply them to your daily life.

It's important that you be proactive and look for ways to manage your joint pain. Just because you have arthritis doesn't mean that you should resign yourself to your fate and not make an active effort to help yourself.

Just by following the 5 remedies in this guide, you may find one or two that work wonderfully well for you. The tip on cleaning up your diet will work for anybody. Exercise benefits most people too. So, you just need to apply what you learned here.

Take things slowly and make gradual progress. There is no need to make overnight changes because these can be stressful and difficult to maintain.



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Slow and steady wins the race. By making slow, positive changes over time, you'll notice that your joint pain diminishes, and your condition gets better. It may not go away entirely, but it will be more manageable. Get started today.