

How to Reduce Joint Pain

As you get older, you will start to notice your body changing. Maybe you are less able to do the things that you love, maybe you require more rest between activities and you are starting to experience joint pain. The worst part about joint pain is that people often feel like they can't engage in the same fun things they used to. Do not let this happen to you! While joint pain is very common in the older years, it does not mean you can't continue to live a full and happy life. It may require you do a few additional things, such as taking supplements and exercising differently, but you should be able to get back to your favorite activities pain free!

The degree of joint pain varies in severity from a mild ache to debilitating chronic pain. Always remember to consult your doctor if you have questions about joint pain. While over the counter medications are very effective for reducing joint pain, below are some other options to explore.

Supplements

Fish-related products are great for reducing joint pain. While they might not sound particularly appetizing, especially if you never liked fish, you will probably learn to not mind taking one or two pills of Omega-3 or cod liver oil supplements if they make the pain stop. Many soft gel capsules have an added flavor, like lemon, to reduce unpleasant aftertaste too. By purchasing these from a natural foods store, you can get all the benefits without the unwanted chemicals that many commercially manufactured supplements have. Drinking water in tandem with the supplements has additional beneficial effects. The water helps with absorption and also helps you get the recommended amount of daily fluid, which is good for overall health.

Strengthening Exercises

Simple, quick daily exercises can go a long way in reducing joint pain. By strengthening the muscles around your joints, the joint is better protected from damaging impact, which reduces inflammation. The great thing about these strengthening exercises is that they can be conducted in the privacy of your own home with little cost.

These exercises include:

- Stretching exercises – While stretching alone will not completely reduce joint pain, it provides a good foundation on which to build an exercise regimen. By stretching, you reduce the risk of muscle tearing and muscle soreness, which will add to your pain woes rather than relieve them.
- Squats and leg extensions – These exercises work to strengthen your leg muscles, which is great if you experience pain in the knees. Do a few sets of these exercises a day to see results. Remember to only do as much as you can physically handle. Exercising too much is just as bad as not exercising enough. Pushing yourself just slightly will allow your muscles to strengthen without the risk of injury. Start off with what you feel comfortable doing, and work your way up from there.
- Strength training with light weights – Purchase two light hand weights, say 2.5 or 5

pounds each. Your goal is not become Mr. or Miss. Universe, so do not worry about picking out anything heavy. You want something that will give you just enough resistance to allow your strength to increase. As your muscle strength improves, you won't need to purchase heavier weights. Simply add more reps to each set or add more sets to your daily exercise routine. The great thing about these exercises is that you can multitask while watching T.V. or reading a book.

Eating Certain Foods

Add these delicious and nutritious items to your diet to help reduce joint pain:

- Garlic – If you really love garlic, feel free to eat some right from the bulb. Um, okay, that might be a little much if you want to maintain a relationship or continue to have friends! Alternatively, you can find some delicious recipes that include garlic to get the same effect.
- Carrots – Although there are no data to support this theory, carrots are said to help reduce joint pain and give the added benefit of boosting your immunity. Whether in raw form or by juicing them, many arthritics swear by their ability to reduce swelling.
- Citrus – Another yummy food that, while surprising, is said to aid those with arthritis. Foods rich in Vitamin C, such as strawberries, oranges, tangerines, grapefruit, lemons and limes will help minimize swelling in your joints.

Other Helpful Options

- Hot and cold compresses are great for joint pain. Plus, they feel nice and relaxing too!
- Add turmeric to your diet by putting some in a glass of warm milk that you drink twice daily. If you don't like warm milk or are lactose intolerant, warm water and soy are great alternatives. You can even take this three times a day if you like it and it's working for you.

Apart from taking over-the-counter medicines, there are many natural and helpful options for reducing joint pain and swelling. There should not be anything stopping you from engaging in the activities you love and living a full life, so don't become a victim of joint pain! The important thing is to allow you to resume your lifestyle as quickly as possible. Arthritis affects most of us as we age, but the trick is not to allow it to run your life.