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Arthritis Natural Cures

Arthritis, which manifests with an inflammation of the joints, can be devastatingly painful. The pain is at times so severe that when customary medicines don't work, most arthritis sufferers will willingly jump at the opportunity for a range of natural remedies. Notwithstanding the availability of breakthrough medications, several individuals still swear to the efficiency of such natural treatments in alleviating the disease.

Apple Cider Vinegar Remedy

A natural arthritis therapy is the Apple Cider Vinegar Remedy, which consists of one tsp. (teaspoon) of fresh apple cider vinegar combined with approximately 16 ounces of water. This drink should be taken 3 times per day to relieve joint pain. An alternate recipe contains two tsp. (teaspoons) of vinegar with two tsp. of honey mixed with one glass of pure water. This can likewise be taken 3 times every day, and others even use natural apple cider vinegar tablets instead of liquid vinegar, as the former is easier to buy than the latter in most areas.

Glucosamine and Chondroitin as Natural Supplements

Glucosamine with Chondroitin is a natural supplement suggested by a lot of medical specialists in treating arthritis. The suggested dosage is 1,500 mg of Glucosamine plus 1200 milligrams of Chondroitin every day. This supplement must be taken for no less than 1 month before a positive outcome can be observed. You are encouraged to buy reputable brands, as these are natural remedies and thus not FDA-approved.

The Natural Curative Properties of Ginger and Garlic

Garlic and ginger have been demonstrated to have an improvement in an individual's immune system. If used in preparing food, these spices help manage arthritic symptoms. Recognized as the most powerful anti-inflammatory herbs among all, the extract of turmeric and ginger mixed in standard meals can prevent and ultimately heal osteoarthritis and rheumatoid. In addition, two tablespoons of blackstrap Molasses every day have been proven to successfully relieve arthritis symptoms within a short time period.

Static Magnet Therapy

One other natural method for arthritis treatment is the use of static magnet therapy, which enhances blood flow

and ultimately eliminates joint pain. However, there is much debate that surrounds this technique, particularly because some patients have experienced little to zero results. In contrast, some individuals have attested to the effectiveness of this type of treatment, declaring that their disease has been alleviated through static magnet therapy alone.

Flax Seed Oil

Mixing some flax seed oil to your breakfast has been known to work miracles. Adding flax seed oil to cereal, bread, muffins plus strawberry flavored milk can produce lasting results. Flax seed can also be used as a component of customary dishes at lunch and dinner. In fact, flax seeds or oil can be added to any food type. Just 1 tablespoon of flax seed no less than 3x per day is advised for better results. The use of flax seed oil as an arthritis remedy has been a popular concept for countless of years. A testament to its effectiveness is perhaps the long decades and centuries of various cultures all over the world that continue to praise the benefits of flax seed.

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