

# Acu News

"Peace comes from within. Do not seek it without." - Buddha

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## 7 Ways To Alleviate Arthritis



Arthritis is a condition characterized by painful inflammation and stiffness in the joints. According to the Centers For Disease Control and Prevention (CDC), 52.5 million U.S. adults suffer from either arthritis, rheumatoid arthritis, gout, fibromyalgia, or lupus<sup>1</sup>. If you have arthritis, you should try the following tips to alleviate your symptoms.

- 1 Maintain a Healthy Weight**  
The first step in reducing the pain and inflammation of arthritis is to manage your weight. Individuals who are overweight will experience more arthritis flareups, and with worsening symptoms. The excess weight places pressure against the already inflamed joints, causing additional pain and stiffness.
- 2 Take a Joint Supplement**  
Whether your arthritis is minor or severe, you should get into the habit of taking a daily joint supplement. Glucosamine and chondroitin are powerful compounds which have been proven to alleviate the symptoms of arthritis. These two compounds are building blocks of cartilage, and taking a supplement containing them will protect strengthen your own body's cartilage while subsequently protecting your joints.

- 3 Exercise**  
It's difficult to stay active when the slightest movements cause sharp pain shooting through your joints. However, you must learn to cope with the pain so your arthritis symptoms will subside. Studies have shown that regular, low-impact exercise (e.g. walking or swimming) will reduce the pain and stiffness associated with arthritis.

- 4 Meditate**  
You might be surprised to learn that meditation can alleviate arthritis pain and discomfort. The National Institute of Health (NIH) even published an article on its website, citing meditation as being an effective form of treatment for people with joint pain.

- 5 Fatty Acids**  
Omega-3 fatty acids are essential for good health, but they are particularly beneficial for people suffering from arthritis. Omega-3s strengthen and protect the joints, which in turn alleviates the symptoms of arthritis. Wild-caught fish is an excellent source of omega 3s, as well as extra-virgin olive oil.

- 6 Massage Therapy**  
While most people seek massage therapy for its stress-reducing benefits, it's also known to help fight arthritis. Massaging the joints affected by arthritis reduces swelling, stiffness and even pain, giving the individual greater freedom of movement.

- 7 Acupuncture**  
Even acupuncture can help to alleviate the pain and discomfort of arthritis. This centuries-old practice involves the placement of fine needles to restore the body's flow of energy (Qi) and stimulate its self-healing mechanism. When performed by a licensed acupuncturist, it can strengthen the joints and ward off arthritis.

1. <http://1.usa.gov/1awEzZe>

## Acupuncture Helps Relieve Arthritis Pain

Osteoarthritis is the most common form of Arthritis among adults and affects joints in the hands, lower back and neck, causing great discomfort and reduced mobility for millions. A large meta-analysis consisting of 12 trials and 1,763 patients with osteoarthritis has revealed acupuncture to be an effective way of treating arthritis pain, rivaling conventional medicine. Researchers also said that electro-acupuncture would likely increase the effectiveness of acupuncture but it was excluded from the meta-analysis to rule out electrical stimulation as a variable. Not only was acupuncture found to be an effective way of treating osteoarthritis but is also a safe and natural way to treat the ailment. If you suffer from arthritis then you should consult an acupuncturist about treatment for your symptoms as it can greatly improve your quality of life.



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