

NATURAL RELIEF FROM ARTHRITIS PAIN

LOSE WEIGHT

Your weight can make a big impact on the amount of pain you experience from arthritis. Extra weight puts more pressure on your joints—especially your knees, hips, and feet. Reducing the stress on your joints by losing weight will improve your mobility, decrease pain, and prevent future damage to your joints.

GET MORE EXERCISE

There are more benefits to exercise than just weight loss. Regular movement helps to maintain flexibility in your joints. Weight-bearing exercises like running and walking can be damaging. Instead, try low-impact exercises like water aerobics or swimming to flex your joints without adding further stress.

USE HOT AND COLD THERAPY

Simple hot and cold treatments can make a world of difference when it comes to arthritis pain. Long, warm showers or baths—especially in the morning—help ease stiffness in your joints. Use an electric blanket or heating pad at night to keep your joints loose and use moist heating pads. Cold treatments are best for relieving joint pain. Wrap a gel ice pack or a bag of frozen vegetables in a towel and apply it to painful joints for quick relief.

TRY ACUPUNCTURE

Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. This is supposed to re-route energies and restore balance in your body. It is thought that acupuncture has the ability to reduce arthritis pain. If you want to try this treatment method, be sure to find an experienced acupuncturist with good references.

USE MEDITATION

Meditation and relaxation techniques may be able to help you reduce pain from arthritis by reducing stress and enabling you to cope with it better. According to the National Institutes of Health (NIH), studies have found that the practice of mindfulness meditation is helpful for some people with painful joints. Researchers also found that those with depression and arthritis benefitted the most from meditation.

INCLUDE FATTY ACIDS IN DIET

Everyone needs omega-3 fatty acids in their diets for optimum health. However, these fats may also help your arthritis. Fish oil supplements, which are high in omega-3s, may help reduce joint stiffness and pain. Another fatty acid that can help is gamma-linolenic acid, or GLA. It's found in the seeds of certain plants like evening primrose, borage, hemp, and black currants. You can also buy the oils of the seeds as a supplement. However, be sure to check with your doctor before taking them.

ADD TURMERIC TO DISHES

Turmeric, the yellow spice common in Indian dishes, contains a chemical called curcumin that may be able to reduce arthritis pain. The secret is its anti-inflammatory properties.

GET A MASSAGE

According to the Arthritis Foundation, regular massaging of arthritic joints can help reduce pain and stiffness, and improve your range of motion. Work with a physical therapist to learn self-massage, or schedule appointments with a massage therapist regularly. Your massage therapist should be experienced with working on people who have arthritis.

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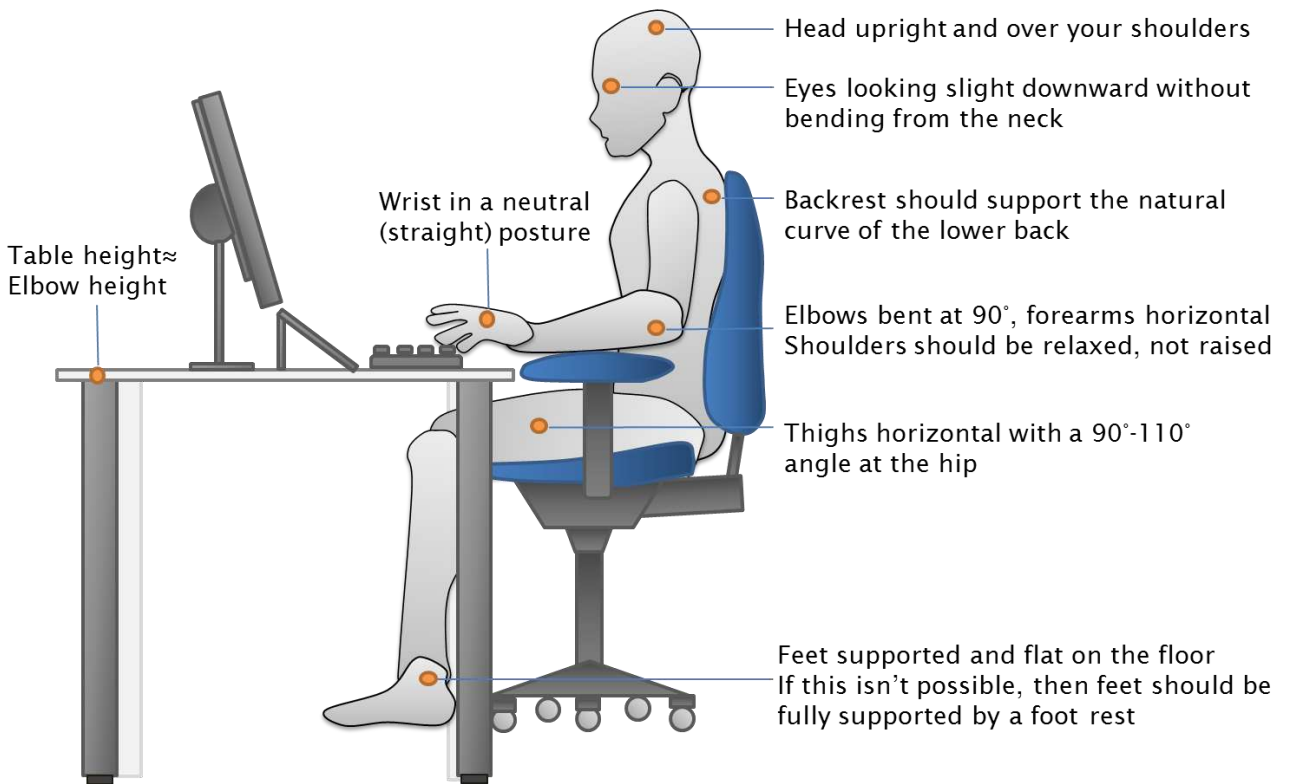
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What is a Good Posture?

WHAT IS GOOD POSTURE?



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Corporate Office

Vipul Medcare Prvt Ltd.

534, Udyog Vihar,
Phase V, Gurgaon,
Haryana - 122016

Phone: 91-124-4236301

Fax: +91-124-4236303

E-mail:

info@vipulmedcare.co
m

WWW.CAREASIA.NET



FOR QUERIES

HELPLINE
+91-124-4236301

EMAIL
info@vipulmedcare.co
om

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LOCATION

DELHI (Registered Office) B-416 Ansal Chamber 1, Bhikaji Cama Place, New Delhi, Pin Code: 110 066 Contact Person: Mr. Chandan Prasad Tel: 011-46074578-81, 9313333270 Fax No: 011-41659833

MUMBAI C/1, 2nd Floor Harganga Mahal, Khodadad Circle Dr. Ambedkar Road Dadar T.T., Dadar (East) Mumbai, Pin Code : 400014 Contact Person: Mr. A.k.Sachdeva Tel: 022-24157048-9, 022- 65951945, 9969137073 Fax No: 022-24160821

CHENNAI New No.517, Old No.338, 2nd Floor, Anna Salai, Nandanam, Chennai, Tamil Nadu 600 035 Contact Person: Mr. K. Rajshekaran (9841030629) Tel: 044-24335717/19, 420 10092 Fax No: 044-24335716/18

KOLKATA 16/2, 2nd Floor Lord Sinha Road, Kolkata Pin Code: 700 071 Contact Person: Mr. Dr.Arup Banerjee Tel: 033-22820224, 9331825012 Fax No: 033-22820224

OMAN Vipul BetterCare Management Services P.O. Box No. 1031, Muttrah, Sultanate of Oman Tel: +9682481846

COCHIN Mariam Tower Door No36/3120-b-3, Kaloor Kadavantham Road, Kathrikadavu, Cochin-17 Contact Person: Mr. Rajesh R (9744497212) Tel: 0484-2102021, 2330079 Fax No: 0484-2330080

BANGALORE # 154, 2nd Floor, Mallige Complex, KHB Colony, 5th Block, Kormangala, Bangalore -5600950 Contact Person: Dr. Shivani Nayar Tel: 080-64512965, 64522965-6, Tele Fax No: 080-41464765

HYDERABAD 408, 4th Floor, Navkethan complex, Opp to Clock Tower., S D RD, Secunderabad - 500 003 Contact Person: Dr. Srikanth Tel: 040 - 27803247 Fax No: 39121957

JAIPUR S-10, Shyam Nagar Ajmer Road, Jaipur Rajasthan Pin Code: 302 019 Contact Person: Mr. Uma Shankar Tel: 0141-5182035, 2297569- 70, 9829422303 Tele Fax No: 0141-2297335