



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Natural Therapies for Osteoarthritis

Osteoarthritis is a degenerative joint disease that causes the cartilage within a joint to break down, allowing the bones to rub and grind against each other. According to the Centers for Disease Control and Prevention, it is the most common form of arthritis, affecting more than 32.5 million people in the U.S. There are a number of contributing risk factors of osteoarthritis including age, injury, lack of exercise, being overweight and heavy, constant use such as in athletics. The joints most commonly affected are the hands, knees, hips and spine, although the disorder can damage any joint. The signs and symptoms usually come on gradually over months or years and may include:



- Deep, aching pain in the joint
- Loss of flexibility
- Difficulty gripping objects
- Difficulty sitting or bending over
- Fatigue
- Pain when walking
- Stiffness after resting
- Swelling of the joint

There is no cure for osteoarthritis but there are ways to manage and minimize the pain. Natural therapies and lifestyle changes can be very important in helping keep the symptoms at bay. The Arthritis Foundation suggests trying the following strategies:

- Acupuncture
- Massage
- Tai Chi
- Yoga
- Weight loss
- Physical therapy
- Topical gels
- TENS (Transcutaneous Electrical Stimulation)

Numerous dietary supplements and herbal compounds have been shown to safely improve outcomes of patients. Boswellia serrata, Pycnogenol, devil's claw, willow bark, curcumin, vitamin D, fish oil, methylsulfonylmethane (MSM), S-adenosyl-L-methionine (SAME), chondroitin sulfate and glucosamine are some of the most common.



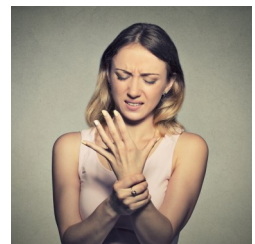
[Tamarind and Curcumin Improves Musculoskeletal Function in Adults with Osteoarthritis](#)



[The Effect of Cannabidiol on Arthralgia and Arthritis](#)



[Eggshell Membrane Reduced Perceived Pain in Subjects Experiencing Knee Osteoarthritis](#)



[Thermal Mineral Bath as an Effective Alternative Therapy for Osteoarthritis](#)

Upcoming Event

The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2023: Healthy Aging and Longevity. The event will be held on October 19-20 in Charlotte, NC and online.

As research and technology continue to develop, personalized solutions are being designed, tested, and applied to age-related diseases. Personalized Nutrition 2023 brings together thought leaders, scientists, and clinicians to share the latest insights into living a long and healthy life.



[More Information and Schedule](#)

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