14 Home Remedies for Arthritis & Joint Pain

Categories : General, Health/Fitness

Arthritis and chronic joint pain can affect you 24 hours a day. I think many people wrongly assume that arthritic joints only hurt when you are active, but this is not true, many folks with arthritic conditions are in pain no matter what they are doing. For example - arthritis in the knees doesn't just cause pain when you are walking or trying to kneel down, some of the worst pain comes from being seated with your knees bent. Imagine that for a moment... It hurts when you are active so you sit, but you sit for while and even that is excruciating...

Many people with arthritis and joint pain become concerned about the high dosage of anti-inflammatory painkillers they take every single day, just to get through the day. If you are one of these people, check out the post below, it lists 14 home remedies that you can try. Some things work better for different people, so try a few different remedies before giving up. There is probably no magic cure here but even if there is something which helps elevate symptoms for a while, it's worth it.
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