

KNEE PAIN - TIPS

Ice and cold compress remedy is very effective.

- * Warm bath is highly beneficial for joint pains treatment?
- * Massaging of warm olive oils or mustard oil is good to relieve knee pain.
- * Take mustard oil and soaked fenugreek seeds on it. Now smear these seeds on the knees and allow it to dry. It is great remedy for knee pain. It increases the blood flow and warms up the knees.
- * Make a paste of warm milk, turmeric powder, castor oil and add wheat flour. One gets instant relief from knee pain by applying this paste.
- * Diet for Joint Pains - Among fruits, bananas is considered the best for joints as provide strength and grease to the joints.
- * Take 1 teaspoon of turmeric in hot milk to cure all kinds of pains.
- * Take half teaspoon turmeric powder with warm water at least 3 times a day. It is also helpful in curing arthritis. This is effective home remedy for joint pains.
- * Carrot juice is also highly beneficial as it strengthens the ligaments?
- * Drink lime juice with warm water early morning without taking anything.
- * Take spinach, grapes, garlic, fenugreek, and vegetables in your diet.
- * Take equal quantity of dried ginger, heart leaved moonseed with chebulic myrobalan twice in a day.
- * Rub the aching joints with hot vinegar before going to bed. Good Home remedy for joints?
- * Take higher quantity of vitamin D, E and B3. It is good for your knees.
- * Cod liver oil, peanuts and flaxseed oils are good. They have power to stop degeneration of knees.
- * Drinking lots of water is necessary to hydrate your body. Joint muscles remain soft in hydrated body.
- * In ayurveda basti (enema) with sesame oil is good treatment for knee pain.
- * Take sun bath for 15 minutes.
- * Your knees always healthier if you get into regular activity like walking, cycling for minimum 40 minutes daily.

- * Hot Epsom salt bath can reduce pain and discomfort of joints.
- * Drink 1 cup of mix vegetable juice.
- * Take 1 teaspoon of black sesame seeds and soaked it overnight in? Cup of water. Next morning take this water along with seeds. It is effective prevention for frequent joint pain.
- * Take 2 grams of Sprague and four peeled pieces of garlic. Make both of them as powder and dip in mustard oil (30gram) and heat slowly. Massage with this oil daily on pain.
- * Stretching exercise of knees is essential. It strengthens the calf and thigh muscles.
- * You can try these herbs like ginger, boswellia and wintergreen?
- * Steam baths are good alternative to solve knee pain.
- * A gentle massage with warm olive oil is cheap and effective.
- * Exercise increases your joint flexibility and strengthens your bones.

Exercise in water - it can reduce pain and improves flexibility?

Yoga and acupuncture is effective to prevent your knee pain.