

How to Use an Anti-Inflammatory Cream



Using an anti-inflammatory cream can be an easy and quick way to relieve inflammation-related pain. These types of topical creams are most commonly used by athletes as a way to relieve pain from sore muscles and injuries. However, ailments such as arthritis, back pain, and tendonitis can also be treated by using such creams.

Using an anti-inflammatory cream is fairly straightforward. Simply rub the cream on the affected area and let it go to work. The hard part is finding a type of cream that works for your type of inflammation-related pain and that is safe to use.

Inflammation is the cause of most types of pain. The most common reason for inflammation-related pain is due to overworked muscles and joints from strenuous exercise or physical activity. This type of inflammation is only temporary and can be relieved quickly by using most types of anti-inflammatory cream. For pain, as a result of chronic inflammation like arthritis, sciatica, carpal tunnel syndrome, and fibromyalgia it is important to find a cream that will have a long-lasting effect and that is safe to use on a daily basis.

There are many different brands of anti-inflammatory cream available that contain different ingredients. As with any product, some may work better for you than others. The most common anti-inflammatory creams contain an ingredient

called methyl salicylate which only allows for short-term pain relief. There have been reports of this ingredient not being safe if used over an extended period of time and even a case of death from an overdose of methyl salicylate.

There are however some brands that contain 100% natural and non-toxic ingredients. Some creams have even been reported to work to relieve inflammation and at the same time rebuild damaged tissue and cells for long-term pain relief and healing. These types of creams are ideal for dealing with chronic inflammation-related pain like arthritis or fibromyalgia due to the fact that they are safe to use as often as needed and do not produce any adverse side effects.

Be sure to check the ingredients carefully and read the recommended dosage instructions before using any type of anti-inflammatory cream. If you are choosing to use a cream on a daily basis for chronic pain relief, it is always advisable to check with a doctor to be on the safe side.

There are also some natural alternatives to using an anti-inflammatory cream for chronic inflammation-related pain. Different herbal supplements such as White Willow Bark may work to relieve chronic inflammation. Having a diet that is rich in antioxidant foods may also give your body what it needs to fight inflammation on its own. Foods such as walnuts, flax seeds, and most types of fish are high in Omega 3 and can help relieve inflammation.

For immediate inflammation relief from injuries such as sprains and strains, using the R.I.C.E method can be very effective. The R.I.C.E method consists of Rest, Ice, Compress and Elevate.

Company Description

We offer free information about back pain, including the latest research and treatment options. We also provide a listing of chiropractors in your area so you can find the right provider for you. AmericanChiropractors.org is an educational website that helps people understand their condition and get relief through chiropractic care.

Contact Details

American Chiropractors

St. Louis, MO 63102, United States

Google Site: <https://sites.google.com/view/americanchiropractors/5-best-creams-for-sciatica>

Google Folder: https://drive.google.com/drive/folders/1WAe2QuxLr-qAYD0r4UXVt8E6uXgaDfqP?usp=drive_open

Recommended Resources

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<https://twitter.com/AmericaChiro>
<https://americanchiropractors.wordpress.com>
<https://www.youtube.com/channel/UCLH1xeyxOaX3OcPEC9nWuuQ>
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