

Meta Title: 7 DIY Tips on How to Get Relief from Joint Pain

Meta Description: It may be difficult for you to accomplish even the most basic duties, like walking or doing housework, if you have chronic joint discomfort. In order to get on with your life without any problems or the need to make a doctor's visit, it is ideal to have some backup plans. In this blog, I'll discuss **how to get relief from joint pain**.

Know How to Get Relief from Joint Pain (DIY Joint Pain Relief)



Do you or a loved one have joint pain? Do you want to know **how to get relief from joint pain?**

Now you might be able to say goodbye to your pain and avoid expensive procedures like surgery.

I was inspired to write this blog about joint pain after attentively observing the suffering of arthritis. I visited India a few years back and met my aunt. My aunt suffered from arthritis.

She became happy at seeing me and wanted to speak to me, but she lacked the energy to do so. Because of her lack of energy, she wasn't able to speak.

She used to become tired after a few sentences. I could see in her eyes that she desired to speak to me, but her body and mind were refusing. Her body was lacking energy. When I asked her about her condition and checked her prescription, I observed she was taking a painkiller for managing arthritis pain and it was draining her energy.

Joint pain is an early symptom of arthritis and can lead to extreme complications if left untreated.

However, **In the early stages, there are easy home remedies** that can be used to reduce stiffness and inflammation.

When you experience chronic joint pain, you could find it challenging to carry out even the most basic tasks, including walking or performing housework. There may be days when you don't feel your best, even though you can go about your daily life with little to no issues. It's ideal to have some backup plans in those situations so you may get on with your life without interruptions and needing to schedule a doctor's appointment.

In this blog, I am going to discuss DIY joint pain relief methods you can try at your home to ease the pain.

What Causes Joint Pain?

Many factors can lead to joint pain. Some of them are

- Autoimmune Conditions
- Previous Injury
- Arthritis
- Infection
- Aging

Tips for Joint Pain Relief

Here are a few tips for **joint pain relief** you can try at your home and reverse its symptoms.

1) Heat & Cold Therapy

Heat and cold can be beneficial in treating lower back pain, and it has been advised to relieve joint discomfort caused by arthritis. [\[1\]](#) Heat relaxes muscles and promotes lubrication, resulting in less stiffness. Use a heating pad or a hot water bottle. When employing moist heat therapy, keep in mind that the temperature should not be too high so that you burn your skin. Find a temperature that you can endure, whether you're taking a bath, utilizing a hot water bottle, or receiving spa therapy.

Wrapping ice with a cloth can help minimize pain, inflammation, and swelling.

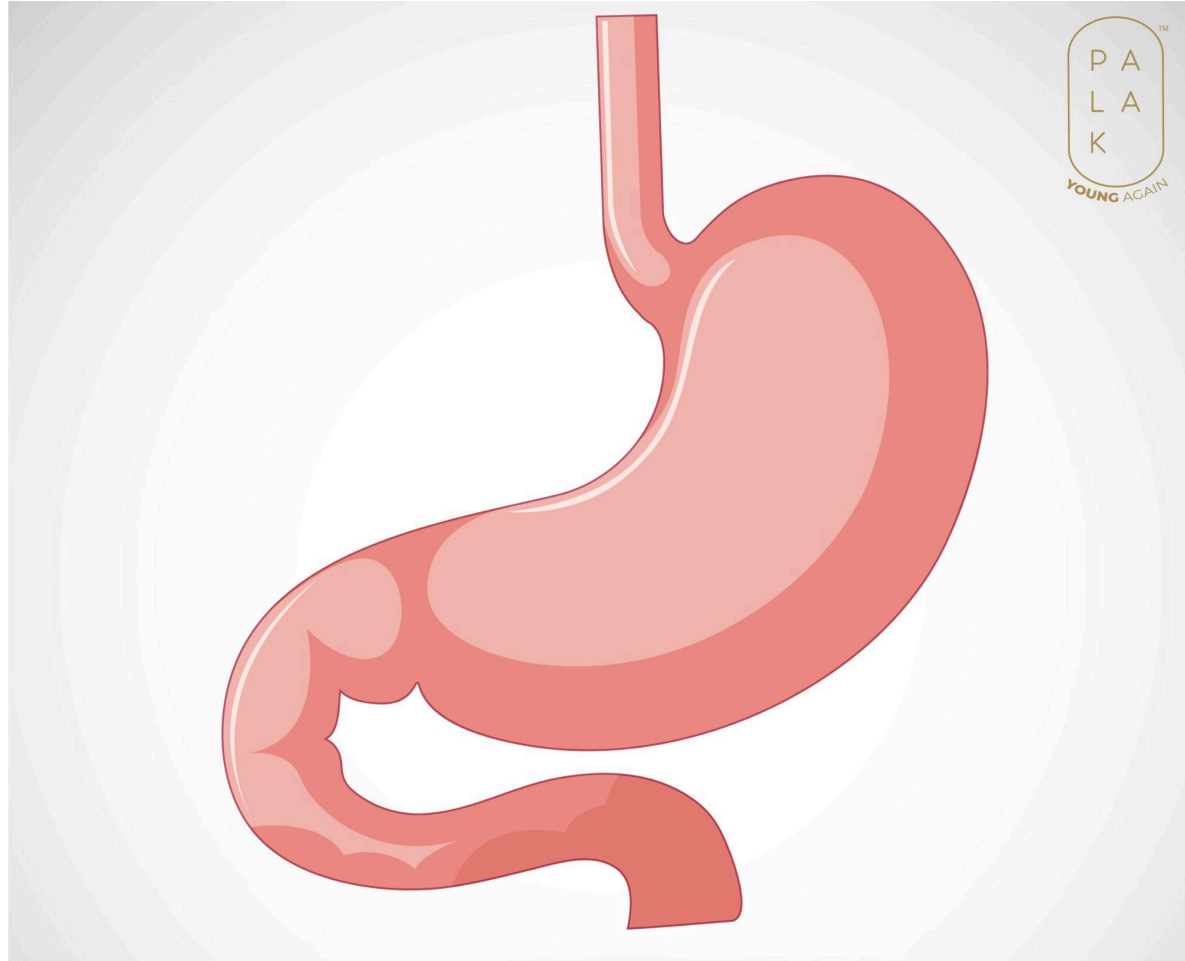
Some people prefer cold therapy to moist heat for joint pain, while others report that alternating moist heat and ice sessions provide the best relief. You can try moist heat and ice therapy to see which option provides the most relief with the least amount of trouble or money.

2) Maintaining Posture and Taking Support

- Avoid low chairs and sitting on couches.
- You need to wear supportive shoes and avoid heels if you're having knee pain, as they can cause abnormal force and stress on the knee.
- Ensure that you are sitting properly, without slouching or leaning.

- Avoid long periods of sitting and not moving, as joints can become stiff and uncomfortable without movement. Try doing some exercises or walk at least for 10-15 minutes.

3) Fix your Digestion



Up to 30% of persons with digestive problems and inflammatory bowel disease (IBD) experience symptoms of arthritis, which is joint inflammation. [\[2\]](#) Half of life's issues begin with unclear bowels! Acidity, constipation, headache, pains, tension, and anxiety can all be easily avoided if your bowel

movements are clear and consistent. To achieve this, choose a fiber-rich diet, particularly during dinner.

You can also download my [Arthritis Diet Plan](#) for free. It is a completely Gluten, Dairy, and GMO-Free and effective diet for **joint pain relief**.

4) Monitor Your Blood Sugar

Research has shown the link between joint pain and diabetes due to the inflammation caused by autoimmune arthritis i.e., Rheumatoid Arthritis. [3] Aside from blood sugar, increased insulin levels cause inflammation and pain. So, if you have knee and **hand joint pain** and a potato chip, pasta, or candy addiction, you can expect to have joint pain until you cut your carb and sugar cravings.

Add Stevia instead of Sugar. Stevia also helps diabetics by controlling their blood sugar levels. Stevia has no known negative side effects. You can also include more healthy fats like coconut oil or desi ghee as it helps kill sugar cravings.

5) Avoid Lectins

A lectin is a type of protein that binds to specific carbohydrates. It is also known as an "antinutrient. If you have bloating, gas, or joint pain after eating beans, your body may be reacting to the lectins. [\[4\]](#)

Tomatoes, potatoes, capsicum, and brinjal have the highest concentration of lectins. These four foods should be avoided if you have joint pain and arthritis. We can decrease the number of lectins by cooking them, but they are not completely destroyed.

If you can't avoid tomatoes, eat them after removing the skin and removing the seeds. Because it includes the most lectins, it is best used in vegetables. After three weeks, gradually incorporate these three items into your diet and see if you are sensitive to them.

6) Himalayan Pink Salt



Himalayan pink salt is said to contain more than 80 minerals not found in regular salt. Pink salt is said to contain trace amounts of potassium, calcium, magnesium, iodine, iron, zinc, and other minerals that are not found in sea salt. [5] Himalayan salt's anti-inflammatory properties can help lessen joint inflammation as well as any related stiffness and **knee joint pain**.

7) Add Collagen to Your Diet

Collagen assists in the conserving of cartilage, the rubbery tissue that helps protect your joints.

Your risk of chronic joint disorders and joint pain increases as the amount of collagen in your body decreases as you age. Some research suggests that collagen supplements may significantly relieve arthritic symptoms and decrease **knee joint pain**.

According to researchers, supplemental collagen may pile up in cartilage and enhance your tissues to produce collagen. As a result, there may be less inflammation, proper joint support, and less pain. [\[6\]](#)

You can also buy my [Build Joints Back](#) supplement. It **contains hydrolyzed collagen, which the body can absorb more easily**. Collagen is hydrolyzed, which breaks it down into smaller, easier-to-process particles.

These particles are found in items designed to treat everything from skin irritation to joint pain.

This will also benefit those who suffer from spondylitis, plantar fasciitis, carpal tunnel syndrome, crackling in the knees, and arthritis.

References

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4225921/>

[2]

<https://www.crohnscolitisfoundation.org/sites/default/files/2020-03/arthritiscomplications.pdf>

[3]

<https://www.arthritis.org/health-wellness/about-arthritis/related-conditions/other-diseases/the-link-between-arthritis-and-diabetes#:~:text=Arthritis%20and%20diabetes%20have%20a,those%20without%20this%20joint%20disease.>

[4] <https://pubmed.ncbi.nlm.nih.gov/10884708/>

[5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7603209/>

[6] <https://link.springer.com/article/10.1007/s40744-020-00240-5>

Infographic/IG Content

Slide 1: 7 DIY Tips to Get Joint Pain Relief

Slide 2: Heat and Cold Therapy

Heat and cold can be beneficial in treating lower back pain, and it has been advised to relieve joint discomfort caused by arthritis.

Slide 3: Maintaining Posture and Taking Support

Ensure that you are sitting properly, without slouching or leaning. Avoid low chairs and sitting on couches.

Slide 4: Fix Your Digestion

To fix digestion, choose a fiber-rich diet like Nuts, Seeds, Vegetables, and Lentils.

Slide 5: Monitor Your Blood Sugar

Monitor your blood sugar levels and avoid sugar. Instead of Sugar intake, you can use Stevia

Slide 6: Avoid Lectins

Tomatoes, potatoes, capsicum, and brinjal have the highest concentration of lectins. These four foods should be avoided if you have joint pain. If you can't avoid tomatoes, eat them after removing the skin and removing the seeds.

Slide 7: Use Himalayan Pink Salt

Pink salt is said to contain trace amounts of potassium, calcium, magnesium, iodine, iron, zinc, and other minerals that are not found in sea salt. It also has anti-inflammatory properties and can reduce joint pain.

Slide 8: Take Build Joints Back

This will help you to build stronger bones and joints. Build Joints Back contains hydrolyzed collagen, which the body can absorb more easily. Collagen is hydrolyzed, which breaks it down into smaller, easier-to-process particles.