

Research Study Shows Ginger Effective for Arthritis

A recent study published in the journal "Arthritis" has found that a standardized ginger extract is as effective as an anti-inflammatory drug for arthritis

February 5, 2015 (FPRC) -- An estimated 50 million U.S. adults (about 1 of 5) report having doctor-diagnosed arthritis. Arthritis is the nation's most common cause of disability and is defined as painful inflammation, aching, stiffness, and swelling in or around the joints.

Osteoarthritis is the most common form of arthritis. It causes chronic joint pain, swelling, and reduced motion in joints. It can occur in any joint, but usually it affects hands, knees, hips or spine.

Osteoarthritis breaks down the cartilage in the joints. Cartilage is the slippery tissue that covers the ends of bones in a joint. Healthy cartilage absorbs the shock of movement. When cartilage is lost, the bones rub together which can damage the joint.

Rheumatoid arthritis is an autoimmune disease, which means the arthritis results from the immune system attacking the body's own tissues. It can affect body parts besides the joints, such as the eyes, mouth and lungs.

A recent study published in the journal "Arthritis" has found that a standardized ginger extract is as effective as the anti-inflammatory drug betamethasone for arthritis, but without the long list of side effects the drug is known for.

This test tube study used cells from joint fluid in three different types of people -- those with rheumatoid arthritis, osteoarthritis, and healthy joints. The cells were exposed to special inflammatory triggers in the presence of either betamethasone (an anti-inflammatory drug), ibuprofen (an over the counter pain relief drug such as Advil), or a standardized herbal ginger extract.

The researchers discovered that Ginger extract was an equally effective anti-inflammatory agent as the drug betamethasone in this test. Ginger was able to reduce the cellular causes of joint pain and swelling as a food for alternative pain relief.

This makes it a good natural arthritis remedy, as according to Drugs .com, side effects of betamethasone can include fluid accumulation, glucose intolerance (a pre-diabetic state), nausea, vomiting, eye diseases, adrenal gland suppression, insomnia, nervousness and depression.

Ginger extract is available in capsules, tablets and tea, and fresh ginger root is often available in grocery stores and can be added to cooked dishes.

This health news is provided by Nutrition Breakthroughs, maker of the effective natural sleep aid featuring calcium and magnesium - Sleep Minerals II. Their newest product is Joints and More, a natural solution for joint relief, pain relief, allergies and more energy.

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