

5 Quick and Easy Ways to Manage Arthritis and Find Your Mojo



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About the author,

Dr Julia Pullin: Dr Pullin wants to live in a world where chiropractic, osteopathy and natural health principles are not seen as complimentary or alternative. She's on a mission to revolutionise the health care industry by making NATURAL lifestyle changes fun, engaging and simple.

Dr Pullin has been a chiropractor for over 20 years and is the owner of one of the UK's most successful spinal health and wellbeing clinics. She's a writer, speaker and a self-confessed NATURAL health pioneer.

Her latest project, The Mojo Portfolio is a resource of programs designed to help people find their MOJO!

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If you've ever experienced the pain from arthritic joints, then you know it can take over your life.

- Pain
- Loss of flexibility
- Side effects from painkiller and/or anti-inflammatory medications
- Avoidance of activities because you become fearful
- Simple tasks become hard work
- Compensation pain in other areas of your body
- Disturbed sleep

In truth, it's frustrating, stops you doing the things you enjoy and it's exhausting!

In this special report, I will share with you 5 very powerful strategies that can help you find your MOJO again. Now it has to be said that some may work for you almost instantly, with others taking a little more time but what I can tell you is they ALL WORK.

When dealing with arthritic complaints, each is individual just like YOU. Therefore, without knowing your case and condition intimately, I don't know which is going to work best for you, so I'd recommend you try them all. Typically, it's more than one of these strategies together that makes the difference, so I'm challenging you to take the time to implement at least one strategy and add another every few days, so within a few weeks you have a full "toolkit" working towards a life without joint pain and with more MOJO! It really won't take long and most of them won't cost you anything but a few minutes of your time.

Please note: most of the advice in this report is aimed towards osteoarthritis or spondylosis. Inflammatory types of arthritis such as going, psoriatic arthritis, rheumatoid arthritis, gout and ankylosing spondylitis have different requirements.

So here is your quick and easy guide to help you banish arthritic joint pain.

It's time to Find Your MOJO!

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1. "HOW MUCH SHOULD I DO?"

"How much should I do?" is possibly one of the most common questions asked on a first visit and the answer is very simple, "Listen to your body."

Your aim is to alternate between rest and activity so you don't seize up but also don't do too much that you aggravate the condition. This takes a little trial and error initially but pitching your activity levels right will certainly ease your joints. For some people, the most they will be able to do is a "potter about"; As little as a walk around the coffee table may be enough for some people! Remember, whenever you're feeling pain, you may be damaging more tissues and slowing down your recovery.

2. STAY COOL AND CALM OR WARM MY BONES?

The BIG MISTAKE most people make when they have arthritis is they heat the area; heat packs, heat sprays/creams or a soak in the bath being the most common. While the muscles may "like" this and relax, the inflamed joints that are damaged and angry certainly do NOT! Also, the muscles are tight for a reason, they are behaving like a corset to protect the area. If in doubt, always choose to cool the area.

Wrap your ice pack in material, then place it on the affected area for 15 to 20 minutes (less time for small digits like fingers or toes). Repeat approx. every hour. The plan is to cool and soothe the joints repeatedly, do NOT freeze the area.

The first time you use your cold pack, you will probably not notice a difference. Most people start to feel the relief around the 4th application.

Heat can be useful when the joints are very stiff, just to initiate mobility however I'd urge caution due to the risk of increasing inflammation.



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3. SLEEP WITH A PILLOW BETWEEN YOUR KNEES

Disturbed sleep due to low back or knee pain is common and leads to exhaustion the next day. When we're tired, our perception of pain increases i.e. it hurts more, which is a cycle I'd recommend avoiding!

Try sleeping with a pillow between your knees to keep your spine in alignment and take the pressure off the knee joints.. It may take a little while to get used to it but if you persist, it lowers the amount of twist and rotation on the spine. If you move in the night and that's OK, just retrieve your pillow again and reposition. Over a few nights, the reduced twist/rotation on your spine plus the pressure on the inside of your knees will give you the relief you're looking for

4. STRESS LESS

When you're stressed, the muscles in your body tighten. This tension of the muscles is like having a long term workout and you begin to ache and feel stiff - It's like going to the gym but without the benefits! Also, the bony arthritic spurs created in arthritic joints will be pushing more on to your tense muscles, causing more pain too.

Many people have experienced the relaxation benefits of mindfulness or meditation and there are many apps you can now download, however, for a quicker fix simply take 3 deep breaths!

I certainly don't want to teach you to suck eggs because you've been breathing all your life however the way you breathe can calm your body down! A slow deep breath is the key; simply breathe in as deeply as you can through the nose, then release as slowly as you can through the mouth.

Repeat 3 times and feel the stress slip away!



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5. DONE AND DUSTED – NOW GET ADJUSTED

The synovial fluid found in your joints is produced on demand. The joint capsule detects the movement, and floods the joint with the synovial fluid to:

1. Allow for the glide (it's the lubricant between your joints)
2. Plump up the joint for cushioning (less of the 'bone on bone' feeling)
3. Provide the joint with nutrition to heal following the activity

Unfortunately, many people with arthritic joints are scared to move their joints due to the pain, causing a catch 22 situation!

A visit to the Chiropractor or Osteopath is the fastest way to increase the movement in your joints and stimulate the production of the synovial fluid, which will increase your joint flexibility, mobility and decrease pain due to the additional cushioning!

CONCLUSION

So, there you have it! Our top tips on how to Manage your Arthritis and Find your Mojo! Not only this, but these tips will have a positive benefit on your overall energy and vitality! I could go into much more detail, but for now, if you apply these basics diligently every day, you will see changes to the quality of your life!



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If you wish to discuss your condition with one of our Chiropractors or Osteopaths then call us on 01724 871222 or visit www.chirohealth.co.uk and send an online request.

We'd love the opportunity to find out if we can help you find your MOJO!



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