

Put An End To Pain And Suffering Naturally

There's a new extract on the block that helps in reducing inflammation and joint pain. This herb, which is made up of Korean angelica and related species, has been extremely popular in parts of Asia for those conditions for which most Americans would take aspirin or another NSAID. This herb has at least one advantage over most of its natural alternative competition, it is an analgesic, so it offers some degree of direct pain relief and may also help in protecting the brain against some issues associated with aging.

Inflammation and joint pain commonly strike at some point or another, but how common is it really? Osteoarthritis is the most prevalent arthritic condition and can be found in about 90 percent of all individuals over the age of 40. This condition often becomes troublesome in the mid-to-late 60s. Twenty million individuals in the US alone currently suffer from some significant osteoarthritic symptoms.

The millions of individuals who suffer from joint problems have a lot more options than were available even twenty years ago, as in the last century there were only a few nutritional solutions that were available to address osteoarthritis. Aspirin was a great drug when it was first introduced at the end of the nineteenth century but important developments over the last few years have proven that osteoarthritis does not have to be a part of normal aging.

There are a few items that are commonly recommended for joint health; however, they do not carry a direct analgesic effect. These include: glucosamine and chondroitin, which is found in various forms and increases the rate of repair of joint tissues; SAME, which shows anti-inflammatory and pain-relieving effects, and increased rate of repair in joint tissue; silicon, which improves formation of extracellular matrix components and increases the rate of collagen and cartilage formation; vitamin C, which reduces the risk of progression of osteoarthritis; omega-3 fatty acids, which are most active as an anti-inflammatory; bromelain and other proteolytic enzymes, which reduce pain and inflammation; devil's claw extract and boswellia extract, which act as anti-inflammatories; and MSM, which improves cartilage repair and may also lead to reduced pain.

Korean angelica is an alternative to various other natural solutions for maintaining joint health, but is also a good addition to the above. This extract was traditionally used as an analgesic and anti-inflammatory preparation in order to relieve joint discomfort and bruising and has been used in Eastern medicine for over a thousand years. This extract is good in helping to control pain, but even better in helping to control inflammation that is at the root of joint pain. Korean angelica also demonstrated the ability to relieve symptoms of acute and chronic pain up to three times better than leading pain medication.

This herb is a newly available natural alternative approach to reducing pain in general along with excessive inflammation. Although this is great news for joint health, the benefits do not end just with the joints. There are no issues or problems for the gastrointestinal tract, unlike those found in NSAIDs. Long term use along with success in combining this herb with other ingredients shows continued performance. All of these facts on Korean angelica make it a great choice for joint and cartilage health and more.

About the Author

More information on herbal [angelica root](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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