

Cold Weather Cause Joint Pain? What You Can Do To Relieve Achy Joints

Luda Drummond October 21, 2013



Best Joint Supplement

Research suggests changes in barometric pressure can worsen knee pain, while colder temps can cause painful changes in joint fluid thickness. Solutions such as Exercise, The Best Joint Supplement, and a healthy diet can help with many joint pains.

Although the scientific evidence is conflicting, some studies find a strong relationship between short, cold, damp days and joint pain flare-ups. Research suggests changes in barometric pressure can worsen knee pain in people with arthritis, while colder temps can cause painful changes in joint fluid thickness. Other studies have found little or no link between weather and joint pain. Solutions such as exercise and the Best Joint Supplements, and a healthy diet can help with many joint pains.

A big chunk of the world population couldn't agree more, particularly the people who have pain in their joints. In a recent poll, 42% blamed cold weather -- by far the leading cause. But can the weather and temperature really be the cause of **Achy Joints**?

Whether your aches are sparked by the weather or something else, here are three steps can help you with a little relief.

Eat foods rich in these ingredients:

- **Omega-3 fatty acids.** Eat salmon and nuts in order to lower inflammation.
- **Vitamin C.** Just think bright colors when you're making your menu. Juicy oranges, sweet red peppers and tomatoes, and other C-rich foods can help slow cartilage loss that comes with arthritis.
- **Vitamin K.** Chow down on meals that include lots of greens. For example, cabbage ,spinach, kale, etc. for their pain-soothing properties.

It may be a good idea to void foods that have large amounts of omega-6 fatty acids, like corn oil. These types of foods may trigger painful inflammation. Also whole grains are better than refined grains. In fact, research shows that refined grains may have an inflammatory effect, whereas high-fiber whole grains may help reduce inflammation.

Take Supplements

Glucosamine MSM chondroitin may the aches and pains in your joints by feeding good nutrients to cartilage and increasing lubrication in your joints. A large-scale study recently found that a daily combo of these nutrients might help ease symptoms in people with moderate-to-severe joint pain.

Getting plenty of vitamin D can help keep your bones strong and prevent joint pain as well. Look for a supplement Vitamin D3. This is what your body manufactures from sunlight. Since supplements can interact with prescription and over-the-counter drugs, check with your doctor just to make sure.

Keep Your Joints Moving

People work less frequently when it's chilly and damp .This may be one reason that cold weather is linked to joint pain. It can't help if you're a couch potato because exercise helps lubricate your joints to prevent pain.

ADP Health Insights is a convenient and free website full of information about health and lifestyle, including Joint Pain Supplement reviews and risk free trials. www.adphealthinsights.com

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