

# How to take care of rheumatism with natural treatments

**R**heumatism or rheumatic diseases are chronic inflammatory diseases and pain, affecting bones, joints, muscle tissue, tendons and ligaments. Also, rheumatism make a difference internal organs, including hearts, kidneys, lungs or even skin. Swelling, inflammation, stiffness, heat and pain are symptoms specific for rheumatic inflammation.



## Causes of Joint Inflammation and Also Their Causes

Causes of joint inflammation may be microbial (in this kind of case the infectious agent is present in the joint), metabolic (inflammation of the joints was based on precipitation of sodium urate microcrystals, as in the case of gout) and rheumatism. There is a special case in which the infectious agent is not in the joint. It can be hemolytic streptococcus ailment that appears as rheumatic fever. Sometimes, genetic rheumatic inflammation can be genetic, as in spondylarthritis.

## Recommended Treatments for Rheumatic Patients

Rheumatism treatment includes steam baths, hot baths, hot and cold packages, exercise as well as natural treatments that include various mixtures (decoctions, infusions, tinctures, supplements etc.). Exercise can play most important role in the treatment and maintenance in the form of rheumatic patient. In the next we found 15 simple basic exercises which our specialists recommend to be done daily:

### Starting Position Will be Standing

Tilt your head down, chin to touch the chest. Tilt the head in those days. Repeat this exercise 10 times. 2. Remain standing as in exercise 1. Tilt your head on your left arm, to contact the shoulder. Repeat on the right side. Repeat this workout 10 times. 3. Standing or sitting. Put your hands on your hips. Turn head to left and right, 10 times each side. 4. Keep position to be able to exercise 3. Put both hands behind your head, bend head forward and then give it back.

### Repeat this Exercise 15 Times

5. Put yourself in the foot. Feet apart and hands spread sideways at shoulder level. Execute a circular motion with fingers. Repeat this physical exercise 10 times. 6. The exercise is done lying down on a bench with feet flat on the ground well. Stretch arms sideways and run up and down motions as may be large. The exercise is repeated 10 times (you can operate with a partner). 7. Stay prone, but so that the head hangs on the edge of the bank. Stretch your arms over your head and try to touch the floor with fingers.

### Repeat 10 Times

8. Resume the standing position and sit next to a table at a distance of 60-80 centimeters. Put your hands on the table and lean over as you can. Then return to starting position. Duplicate 10 times. 9. Remain standing as exercise 8, next to a table or an object securely. Do 10-15 squats, eventually taking your hands to the edge of the table. 10. Resume the standing position with feet apart as much as possible. Without bending your knees, trying to touch the toes of the right and then left (you can run the exercise in a sitting position). Repeat 10 occasions.

*Calivita normal products useful in the treatment of inflammation as well as rheumatism*

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Stefania write blog articles for RetetaNaturista where you can find more details about Antiinflamator, antireumatismal and natural products from Calivita that can help you with this problem.

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