

# Natural Help 4...

## Bursitis



### What is Bursitis?

**Bursitis** refers to the **irritation or inflammation of a bursa**, which is a small fluid-filled sac that acts as a gliding surface to minimize friction between the tissues of the body, most commonly at joints. There are more than 150 bursae in the body that cushion and lubricate areas where the bones, muscles, and tendons move across one another.

Some of these bursae are located next to the tendons near the larger joints, and these usually occur in the shoulders, elbows, hips, knees and ankles. **Bursitis** usually causes **pain and stiffness in the tissues surrounding the joints**, instead of pain in the joints themselves.

### Diagnosing Bursitis

The diagnosis of **bursitis** will involve an examination of the affected area. Your doctor will feel the affected area for **swelling, tenderness, and pain**. Additional tests such as X-rays, blood tests or an analysis of fluid withdrawn from an inflamed bursa may be used to detect other **causes of joint inflammation and pain**.

### Symptoms and Signs of Bursitis

- Pain surrounding the area of the bursa
- Tenderness
- Swelling
- Warmth around the affected area
- Loss of motion in the affected area

**Bursitis** usually occurs as a **result of stress and overuse**. Infection, arthritis, gout, or **direct trauma to joints** (such as prolonged pressure from kneeling or resting your elbow on a desk) may also cause **bursitis**. **Bursitis** commonly affects the shoulder, elbow, buttocks, hip, knee and ankle, and is **usually caused by repetitive movements** associated with certain activities.

- **Shoulder bursitis** usually stems from a rotator cuff injury. This type of injury may be caused by a number of things, including falling, lifting heavy items, poor posture, or repetitive overhead arm activities.
- **Elbow bursitis** is related to actions that require you to repeatedly bend and extend your elbow. You may develop this type of **bursitis** from leaning on your elbows, swinging a golf club, or a tennis racket (tennis elbow).
- **Buttocks bursitis** refers to an inflamed bursa over the bone in the buttocks – this may be caused by sitting on a hard surface for a long period of time.
- **Hip bursitis** may be as a result of arthritis or a hip injury. Standing or

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

sitting for long periods also puts pressure on the hip, which may lead to [hip bursitis](#). The most common cause of hip pain is [hip bursitis](#).

- **Knee bursitis** is caused from activities that require repetitive kneeling, such as gardening or scrubbing the floor (housemaid's knee). People who are overweight and suffer from arthritis may also develop [bursitis](#) around the knee.
- **Ankle bursitis** is caused by uncomfortable footwear, prolonged walking, or sports such as ice-skating.

## What Causes Bursitis?

**People who overexert themselves in activities or have arthritis** are at risk of developing [bursitis](#) because of **altered body alignment and movement**. If the muscles in a particular area of the body are weak or tight, injury to the bursa is more likely to occur.

For this reason, if you have not participated in physical activity for a while and suddenly decide to run a few kilometers, you may be setting yourself up for injury. This happens because you have not **conditioned your body for this type of activity**, and generally you would need to ease into it gradually by strengthening and stretching your muscles.

## Help for Bursitis

**Symptomatic bursitis treatment** usually includes rest and immobilizing (using a splint or cast) the affected area, applying heat for **chronic inflammation**, or ice for **acute inflammation**. Nonsteroidal anti-inflammatory (NSAIDs), pain medications or a cortisone medication are common [bursitis treatments](#) as well.

Sometimes, an aspiration procedure is required to treat a swollen bursa – when the bursa fluid is removed from the affected area with a needle and syringe under sterile conditions. Supportive treatments such as **massage, hydrotherapy, physical therapy, and reflexology** are also useful. [Bursitis](#) usually heals within a week a week or two, and simply requires home treatment.

## Natural Treatments for Bursitis

[Bursitis treatments](#) that include natural and holistic treatments can also help to **reduce the pain and inflammation** of this condition. Treatments such as herbal and homeopathic remedies are **gentle and safe to use without harmful side effects**. Herbs such as Boswellia, Turmeric and White willow have excellent anti-inflammatory properties. Devil's Claw has also proven to be highly effective in **treating joint conditions**.

Glucosamine is naturally manufactured in the body, and is found in relatively high concentrations in the joints and connective tissues. Its function is to **repair cartilage and maintain joint mobility**. Remember to always ensure your natural remedies are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

# Preventing Bursitis

These useful tips can help prevent and reduce the recurrence of [bursitis](#).

- Exercise regularly by doing range-of-motion exercises to maintain strength and flexibility.
- Stretch your muscles or warm up before physical activity.
- Practice good posture by not slouching, walking with a stooped back, or leaning on your elbows.
- Take regular breaks from daily activities that place repetitive strain on your muscles or joints.
- Avoid sitting still for long periods, and make an effort to move around more.
- Alternate activities by resting or participating in an activity that does not cause discomfort.
- Protect your wrists and hands by using utensils or pens with large or foam-covered handles so that do not clench or grip too tightly.
- Use cushioned chairs and kneeling and elbow pads to protect joints and provide added support.
- Wear supportive shoes. Avoid wearing shoes that do not fit properly, and wear heel cups or shoe inserts if required.
- Avoid smoking, as smoking weakens collagen production needed for wound and tissue healing.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad

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range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **'standardized' extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.



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## herbal & homeopathic remedies:

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## Related Natural Remedies:

**JointEase Plus**: Promotes joint and muscular-skeletal system health.

JointEase Plus means freedom to walk and move with ease!

JointEase Plus contains 100% pure Harpagophytum procumbens, also known as 'Sengaparile,' 'Devil's Claw' or 'Duiwelsklou', because of the claw-like shape of its fruit. For thousands of years, the Khoisan people of the Kalahari Desert (in Southern Africa) have used **Devil's Claw to promote healthy joints, as well as for a digestive tonic**.

**Our new and even more powerful formula** now combines Devil's Claw with Glucosamine sulphate and Boswellia serata, both in the forefront of latest developments in the natural promotion of joint and muscle health. (See more on these new ingredients in the 'Ingredients' section below)

[Learn more about JointEase Plus](#)

**Detox Drops**: To assist in the elimination of toxins from the body.

**Detox Drops** are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being**.

**Detox Drops** can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight [addiction](#), or address unhealthy weight issues.

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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