

[IMAGE]

## Homeopathics for Relieving Arthritis Pain

Eleven million people suffer from osteoarthritis, a common form of arthritis in which cartilage, the "cushion" between bones, is gradually worn away. If the cartilage wears away, the bones begin rubbing together, causing considerable pain. In fact, pain relief is the top priority for most osteoarthritis patients, often considered as important as treating the disease.

Acetaminophen (i.e., Tylenol) is a frequently used pain reliever, although upset stomach is a potential side effect and many people can be allergic to it. A study in the *American Journal of Pain Management* explored the possibility for an alternative < a homeopathic preparation < to relieve osteoarthritis pain.

Patients received either a liquid homeopathic preparation or acetaminophen for one month. Results showed that the homeopathic treatment was slightly more effective than acetaminophen, and that more than half (55%) of the patients reported pain relief of 40% or greater, compared with only 38% of the acetaminophen patients.

Homeopathy is a system of healing that emphasizes the use of small doses of different natural substances. Your chiropractor can tell you more about homeopathy and about some of the reasons why you should consider non-drug alternatives for treating your pain.

### *Reference:*

Shealey CN, Thomlinson RP, Cox RH, et al. Osteoarthritic pain: a comparison of homeopathy and acetaminophen. *American Journal of Pain Management*, July 1998: Vol. 8, No. 3, pp89-91.

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