



COMPLEMENTARY THERAPIES AND ARTHRITIS

Complementary therapies include treatments and products not traditionally used in Western medicine, but are an add-on to your medications.

Before starting any complementary treatment or product, check what evidence is available to suggest that it may work for you and check with your doctor to prevent side effects, interactions with your current medications.

Omega 3 fats has proved to reduce joint pain, stiffness, and swelling in Rheumatoid Arthritis. Fish oil and plant-based microalgae contains anti-inflammatory omega-3 fatty acids EPA & DHA. Relatively large amounts are needed for the best effects.



Glucosamine and Chondroitin are both natural components of cartilage. Glucosamine sulphate is a popular supplement used for Osteoarthritis but evidence for effectiveness in reducing pain, stiffness and swelling is inconclusive.

S-adenosyl-methionine (SAME) has been found to be as good as NSAIDS like ibuprofen in relieving pain in osteoarthritis without the side effects. It also has a small anti-depressant effect.



Capsaicin rub-on gel/cream can be effective in reducing pain in Osteoarthritis.

Boswellia may be effective for some people with Osteoarthritis to reduce pain and stiffness and improve physical function although the quality of evidence isn't strong, and it has some negative side effects.



For Osteoarthritis, there is promising but inconclusive evidence for herbal products, including **Devils claw, ginger, pine bark, and rosehip extract.**

For Rheumatoid Arthritis, **borage seed oil and Evening Primrose oil** show some beneficial effects.





Manual Therapies can include:

Tai chi – www.nztaichi.org.nz

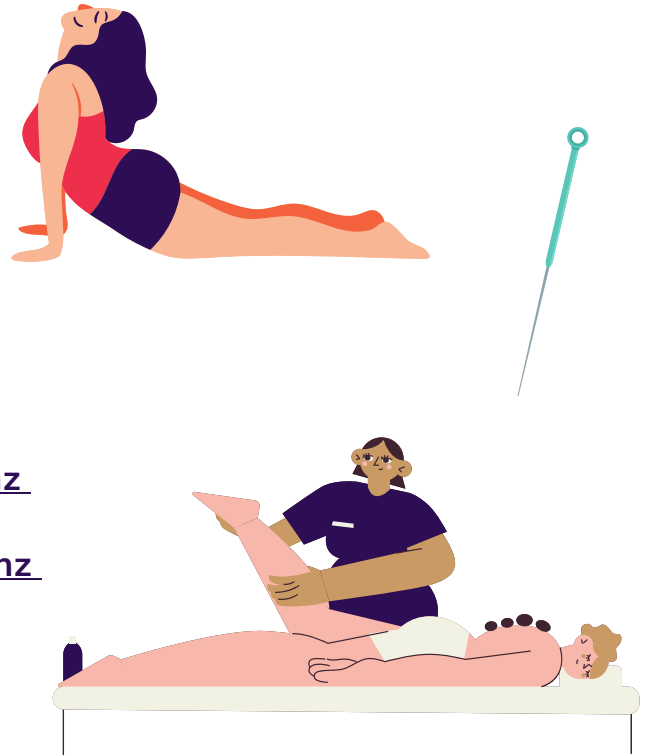
Yoga - www.iyta.org.nz

Acupuncture - www.acupuncture.org.nz

Chiropractic – www.chiropractic.org.nz

Osteopathy – www.osteopath.council.org.nz

Massage - www.massagenewzealand.org.nz



You can find relaxation techniques, mindfulness meditation, and breathing exercises online – go to arthritis.org.nz/mindfulness-and-arthritis or visit www.calm.auckland.ac.nz

It is best to avoid self-prescribing.

Consult with a qualified/registered practitioner and your doctor before starting treatment with any herbal medicines/supplements or manual therapies to prevent side effects, drug interactions and any negative impacts on your other health conditions.



To find qualified, registered practitioners in New Zealand, go to:

NZ Natural Medicine Association | Natural Health Non Profit: www.nznma.com

Welcome to Naturopaths & Medical Herbalists of NZ (Inc) - NMHNZ: www.naturopath.org.nz