



### and then winding the cabbage leaf

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After listing this list I will offer you the solution to this pressing problem, which is considered the most effective, not only I, but many doctors are looking for and have found a solution that in my opinion for a long time was to become a standard in providing medical assistance to people suffering from pain in the joints.

On the Internet there is a lot of information on this issue. This excess can be easily confused, so I propose to illustrate an overview of treatments, taken on one of the sites. Next, I will continue my thought. Here he is:

#### The general scheme of treatment

#### For details, types of drugs

##### medication

1. NSAIDs group preparations (tablets, injections) movalis, nize, diclofenac.
2. Chondroprotectors: moveks asset alflutop, terafleks, rumalon, fermatron.
3. Corticosteroids (oral or intra): metipred, prednisolone, tseleston, flosterol, diprospan, Kenalog.
4. Pulse Therapy (introduction of ultra-high doses of hormones): glucocorticoids (methylprednisolone)

##### Physiotherapy

Phonons and electrophoresis, laser therapy, magnetic therapy, paraffin, ozokerite, ultrasound, UHF, kin

## Pain in the joints. Treatment method RANC Russian Krasnodar

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Physiotherapy

You should regularly do a complex of exercises exercise therapy, which the doctor works out individually

ethnoscience

It is useful to make compresses, lotions, teas, tinctures or other variants of traditional therapies are justified

Diet

It depends on the disease.

General recommendations: limiting salt, sugar; Other than smoked, fat meat, high-melting fats, legumes

It looks quite exhaustively, briefly and succinctly. And, if the age and way of life, his material and physical state not only does not allow him to carry out these recommendations, but simply, even with their full respect they did not help at all? Themselves, come to mind immediately, at least one question and two answers to it. The question is, such **is why I did not help?** And the answer is also quite simple and familiar to all. Whether treatment is wrong, then I ... Although incurable, it is also not the answer, and again quite legitimate questions.

This article does not aim to touch in detail all aspects of the problem of pain in the joints. Firstly, its scope is very limited for this, and secondly it I just want to tell you that there is another, its decision is fundamentally different from the so far existing today theoretical and practical approaches to overcome the causes of this widespread disease, the pain in the joints.

