



# Natural Supplements

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## Homeopathic Supplements for Osteoarthritis

Osteoarthritis is a chronic, degenerative condition that requires lifelong treatment. Since natural supplements (from vitamins to herbs and homeopathic remedies) are nowadays popular, you may want to try them. Before doing so, you should evaluate first whether or not that product has been proven to be effective, if it is safe and if it interacts with other drugs. Let's look at a one of the best homeopathic product for osteoarthritis: Zeel

### Research on Zeel

Zeel is a homeopathic supplement to consider for OA management. It has been found to be beneficial for managing pain, inflammation and stiffness associated with OA. Zeel is manufactured by Heel, a company that has created many high quality supplements over the last few decades. This supplement has also been researched in a number of studies.

For example, a trial involving almost 600 patients found that Zeel is as effective as COX-2 inhibitors (like Celebrex and Vioxx) for the treatment of mild to moderate osteoarthritis of the knee. Furthermore, Zeel was significantly better tolerated compared with the prescription drugs and the results (improvement in pain, and stiffness) were experienced sooner: 4 weeks after treatment with Zeel, versus 6 weeks after treatment with COX-2 inhibitors.

Another study found that Zeel is as effective as diclofenac, a non-steroid anti-inflammatory (NSAID) drug commonly prescribed for osteoarthritis.

Zeel had been used worldwide for over 18 years and there are no known interactions with prescription drugs or natural supplements, according to the manufacturer.

### Homeopathic Remedies: Beyond Placebo

Some people (including some medical professionals) suggest that supplements for osteoarthritis are working simply because of the placebo effect. A placebo is anything that looks like a real medication but is not (has no active ingredients). Sometimes patients who take a placebo see an improvement in their symptoms simply because they believe they took a real drug. It is a psychological phenomenon where your body starts to heal because you believe you took a medication that would heal it, when, in fact, you didn't.

While the placebo effect can be seen in any form of therapy (whether you use conventional drugs or natural therapies), the benefits of homeopathic remedies go well beyond this placebo effect. For example, studies found that these remedies work well for babies and pets, who don't know that when they receive a treatment they should be expecting positive results.

For our example of Zeel, a 2009 scientific research featured in "Evidence Based Complimentary and Alternative Medicine" indicates that this homeopathic preparation was beneficial in alleviating pain in dogs diagnosed with

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osteoarthritis, although the conventional drug carprofen was more effective.

### **Other considerations**

Zeel is a perfect example of a combination remedy, because several ingredients are included in this product. Traumeel is a similar homeopathic supplement that is used more in inflammatory, acute conditions affecting joints and muscles, but can be combined with Zeel to better manage OA. Single remedies are also available, and one remedy may cover more than just the symptoms of osteoarthritis.

For homeopathic consultations, visit a registered homeopath in your area.

Keep an eye on your diet and fitness plan, as natural remedies do not replace, but are rather an addition to a healthy lifestyle.