

Experts Reveal the Drug-Free Remedy for Fighting Arthritis Pain

Michelle O'Sullivan October 11, 2017



VitaBreeze Glucosamine Chondroitin

VitaBreeze Glucosamine supplements contain a combination of therapeutic ingredients, such as chondroitin, MSM, and turmeric.

(Newswire.net -- October 11, 2017) Orlando, FL -- Arthritis pain is one of the most debilitating consequences of having the condition. While there are pharmaceutical drugs available formulated to ease pain, there are actually other options available for sufferers.

Experts revealed the drug-free remedies for fighting arthritis pain. Pharmaceutical drugs, such as nonsteroidal anti-inflammatory drugs (NSAIDs), are extremely popular among individuals with arthritis and athletes.

The National Center for Health Statistics revealed that 76.2 million of 26 percent of individuals in the United States suffer from chronic pain. More than half of these sufferers have some form of arthritis or related conditions.

Over-the-counter and prescription pain medications are known to be effective for easing pain, especially when they are used properly. This means sufferers need to administer these medications according to the instructions made by a physician.

However, it is worth mentioning that these pharmaceutical drugs can cause side effects. Individuals who take these pharmaceutical drugs frequently or on a long-term basis are thought to be more prone to side effects, which include the risk of heart attack, stroke, and gastrointestinal bleeding.

There is actually an array of therapeutic options for pain management, and one is the use of topical medications. These are creams, gels, and patches that are directly applied on the skin.

According to David N. Maine, MD, director of the Center for Interventional Pain Medicine at Mercey Medical Center in Baltimore, topical pain medications have a direct anti-inflammatory effect. There are topical NSAIDs available, which are becoming popular.

Another option is called transcutaneous electrical nerve stimulation (TENS), which comes in a portable machine. It works by sending electrical current towards painful areas of the body.

Girish Padmanabhan, clinical director of outpatient rehab at The George Washington University Hospital in Washington, D.C., states that pain is often carried in C fibers, which are essentially small fibers.

TENS transmit a sensation of the current from the large to small fibers, which shuts down the pain. It could be an effective pain management option, says Padmanabhan.

Another drug-free remedy is glucosamine, which is a naturally-occurring substance in the body. This natural alternative is believed to help reduce arthritis pain and even improve the mobility of sufferers.

It works by repairing damaged joint cartilage, which is widely believed to be beneficial for individuals who suffer from arthritis joint pain.

Over the years, glucosamine has gained its reputation as a safer alternative to NSAIDs and other pharmaceutical drugs that cause side effects. It would be worth considering the use of glucosamine supplements offered by VitaBreeze.

VitaBreeze Glucosamine supplements contain a combination of therapeutic ingredients, such as chondroitin, MSM, and turmeric. All of these ingredients are believed to be helpful in fighting arthritis pain.

(<https://www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4>)

About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company's products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm's winning formulas. Visit <http://www.VitaBreeze.com> to learn more.

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