Arthritis Causes Physical Limitations to 10 Percent of Sufferers

Michelle O'Sullivan June 13, 2018

VitaBreeze Glucosamine Chondroitin

VitaBreeze Glucosamine formula is highly potent, which makes it superior over other brands. It is even equipped with arthritis-fighting ingredients like (MSM), chondroitin and turmeric.

(Newswire.net -- June 13, 2018) Orlando, FL -- Arthritis has no cure yet and can only be managed. Sufferers do not only struggle with pain, but also other symptoms like stiffness. Further, this condition can also result in a variety of undesirable consequences, like disability.

Arthritis causes physical limitations to 10 percent of sufferers. There are two most prevalent types of arthritis, namely rheumatoid arthritis and osteoarthritis. These conditions affect millions of people in the United States and some other areas around the globe.

According to the Centers for Disease Control (CDC), over 50 million Americans are affected by arthritis. To reiterate, almost 10 percent of these sufferers have physical limitations. Pain normally affects the joints in the finger knuckles, hips, ankles, knees, shoulders, toe joints and spine.

It is worth mentioning that pain has the ability to limit one's range of motion, and this eventually reduces overall mobility. It is also important to understand that a common feature of physical disability is lack of mobility.

Individuals who are overweight are more susceptible to suffering from arthritis-related pain and mobility problems. Sufferers often find themselves having difficulties walking up the stairs, holding their arms up, lifting 10 pounds or more, or sitting for two hours. There are even those who have trouble grasping small objects with their hands.

If the condition is already starting to interfere with one's ability to work, it can be called an arthritis-related disability. There are many who struggle with their physically demanding jobs due to this condition.

The CDC further reports that one in twenty working-age individuals suffer from limited ability to work for pay due to the condition. In three working-age adults with arthritis, one is found to have such limitations. The number may be higher considering that these statistics are based only on those diagnosed with the condition.

There are measures arthritis sufferers can turn to in reducing their risk of disability. This includes engaging in low-impact exercises such as riding a stationary bike, water aerobics, walking, tai chi and strength training. They could also use VitaBreeze Glucosamine formula, which is believed to be one of the most potent and pure supplements available in the market today.

VitaBreeze Glucosamine formula is highly potent, which makes it superior over other brands. It is even equipped with arthritis-fighting ingredients like methylsulfonylmethane (MSM), chondroitin and turmeric. These ingredients have been found to be useful for individuals with rheumatoid arthritis or osteoarthritis.

Aside from its potency and added ingredients, it is also worth mentioning that this formula is free from unwanted nasty ingredients. It even comes with a complete customer satisfaction guarantee offer.

(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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