Science Recognizes Food Pain Relievers for Arthritis Sufferers

Cathy Briggs May 10, 2019

Incredipure Turmeric Curcumin

Turmeric is believed to be one of the best options due to its strong anti-inflammatory effects.This could be an excellent addition to the diet of arthritis sufferers.

(Newswire.net -- May 10, 2019) Las Vegas, NV -- Arthritis is one of the most painful conditions in the world. While there are pharmaceutical drugs formulated to ease pain, it is wise to take into account the use of some natural pain killing options.

Science recognizes food pain relievers for that are good for arthritis sufferers. Pharmaceutical drugs, such as nonsteroidal anti-inflammatory drugs (NSAIDs), are extremely popular among arthritis sufferers and even athletes. However, these medications are linked with side effects, which include the risk of gastrointestinal bleeding, stroke, and heart attack.

According to statistics, there are about 116 million adults in the United States who suffer from chronic pain, and this is over one third of the country's population.

The Centers for Disease Control and Prevention, on the other hand, reveals that over 52 million adults in the United States suffer from arthritis. Osteoarthritis is so common that it affects about 27 million in the country.

To reiterate, pain relieving medications are useful, but they could be addictive and cause side effects. What makes them even more disadvantageous is that they do not have what it take to address the root cause of the arthritis problem.

James N. Dillard, MD, author of The Chronic Pain Solution, says that chronic sufferers are unable to get complete relief regardless of how well medications are prescribed. Unfortunately, the medical community simply couldn't figure out how to solve it.

There are alternatives that can be found even in the kitchen, such as foods, herbs, and spices that have strong inflammation-fighting properties. These edible items have the ability to fight inflammation, block pain signals, and address the underlying condition.

It would be best to incorporate these foods in the diet of arthritis sufferers. This is believed to be useful in reducing and regulating inflammation levels in the body, which is beneficial in cases of arthritis. Some of these foods are salmon, herring, sardines, cranberry juice, ginger, cherries, and turmeric.

Turmeric is believed to be one of the best options due to its strong anti-inflammatory effects. It is further worth mentioning that this spice also contains antibacterial, anticarcinogenic, antiviral, renoprotective, and anticoagulant agents.

Further, curcumin has antiseptic, antioxidant, antibiotic, antimicrobial, antitumor, immunomodulating, anticatabolic, insulin-sensitizing, androgenic, antifibrotic, genoprotective, and antifungal properties.

To experience the anti-arthritis effects of turmeric, consumers may take into account the use of Incredipure Curcumin formula. It takes pride in its high potency of 750 mg per capsule. What makes it even more beneficial is that it contains 120 veggie capsules per bottle.

This could be an excellent addition to the diet of arthritis sufferers. It is also backed with a 100 percent customer satisfaction guarantee, which makes it one of the safest options in the global market (https://www.amazon.com/Turmeric-Curcumin-Supplement-BioPerine-Capsule/dp/B0166KAW8M).

About Incredipure

Incredipure is a small inutraceutical company specializing in herbal supplements. Manufactured in the United States following strict GMP guidelines, all products are made using only the highest quality ingredients from suppliers within the U.S.

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