

Multiple Research Studies Reveal the Powerful Foods to Combat Osteoarthritis Symptoms

Michelle O'Sullivan June 12, 2019



VitaBreeze Glucosamine Chondroitin

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([Newswire.net](#) -- June 12, 2019) Orlando, FL -- Scientists have long been studying the effects of diet when it comes to fighting arthritis. Certain foods are found to be particularly beneficial in reducing osteoarthritis symptoms.

According to the Arthritic Foundation, there are types of diets that can enhance the symptoms suffered by some people with osteoarthritis.

It is worth mentioning that the Centers for Disease Control and Prevention reveals more than 30 million U.S. adults suffer from this condition.

The good news is that there are also some foods have been found to work in naturally reducing pain and other symptoms. These are the foods that could work in strengthening the muscles, bones, and the joints.

Certain types of vegetables like dark leafy greens could aid in fighting osteoarthritis. Scientists say dark leafy greens contain high levels of vitamin D and some stress-fighting antioxidants and phytochemicals.

It is important to realize vitamin D is vital for the absorption of calcium. Some highly recommended dark leafy greens are kale, spinach, chard, and collard greens.

Experts further recommend intake of broccoli, which contains a therapeutic compound called sulforaphane. Scientists say that this particular compound could work in delaying osteoarthritis progression.

Other highly recommended foods are oily fish like sardines and mackerel as well as dairy products such as yogurt, milk, and cheese.

There are research-based pain-relieving, arthritis-fighting remedies found helpful for joint health. One is glucosamine, which is a natural chemical compound widely studied due to its ability to fight arthritis symptoms.

Experts say that glucosamine works in repairing cartilage damage, which is a main feature of arthritis. Aside from repairing cartilage, it could also enhance the function and well-being of the joints.

Glucosamine is actually a popular remedy used by individuals with arthritis and athletes. Its use is backed with scientific evidence, and is believed to be a safer alternative to pain relieving drugs.

Choosing the right formula is one of the keys to obtaining the therapeutic goodness of glucosamine.

VitaBreeze Glucosamine is one of the formulas more and more consumers are turning to nowadays.

There are features that make this brand beneficial over others, and one is its potency. It offers 1500 mg Glucosamine, 1000 mg Chondroitin, 600 mg MSM, and 300 mg of turmeric.

These are natural healing ingredients that have long been scientifically studied to work together with glucosamine to deliver maximum joint health benefits.

What makes this triple-strength formula even more beneficial is that every capsule is free from nasty, unwanted substances. Some of these ingredients are GMOs, preservatives, stearates, artificial ingredients, fillers, binders, Silicone Dioxide and Titanium Dioxide.

On top of these, it is also protected with a money back guarantee, which means every purchase is absolutely risk free

(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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