

# Natural Arthritis Pain relief Treatment

**A**ddition to a healthy diet, adding these 5 ingredients to your diet can help inflammation and swelling caused by injuries, osteoarthritis, rheumatoid arthritis, fibromyalgia, gouty arthritis (gout), and lower back pain. Use these ingredients for any signs that you would take non steroidal anti-inflammatory drugs (N.S.A.I.D. i.e: Ibuprofen, Motrin, Celebrex) with regard to to reduce the pain.

*The following five ingredients have been clinically found to reduce or replace the need for N.S.A.I.D.:*



*“ Glucosamine Hydrochloride: The introduction of this form of Glucosamine is documented to be the most effective if you are interested in having the most efficient absorption possible. Glucosamine is manufactured by the body - but as we grow older, as with other compounds, we need some help.*

## The Compound Helps With Your Body's Natural Mechanism of Joint Lubrication

Glucosamine Hydrochloride compared to. Sulfate is recommended because studies show that the Glucosamine sulfate is stabilized with sodium chloride (salt). Many People have dietary restrictions limiting salt intake.

Manganese: Manganese is a co-factor,(a helper) needed for Glucosamine to be converted in order to its active form as well as ultimately, adequately absorbed. It is important to make sure the Glucosamine supplement contains manganese.

*Gotu Cola(Pennywort): Gotu Kola, also known as Pennywort, is a well known natural remedy to assist pain relief and appropriate circulation of blood.*

- Ginger: Ginger has been used for centuries for pain relief in musculoskeletal conditions.
- It is an excellent antioxidant and is known for its analgesic activity.

Celery: Celery increases elimination of urates from the kidneys, helping your body to fight **Gout** - an arthritic disease caused by a build up of urate crystals at the joints. Celery also lowers swelling around the joint.

We have found that you can readily find these products at product stores but only one offers all of them in one dosage taken twice daily. "Ruflex" is actually the only one that has all the above ingredients in one pill. "Ruflex", an Australian merchandise from Sunsnatural L.L.C. is available on line, (see below). Australian supplements are usually desirable, because Australia requires that all supplements always be accepted by their Therapeutic Goods Administration (TGA) and proven to work as assured, tested along with double blind scientific studies.

- As always; before taking any supplements your doctor should be consulted.
- If you are on blood thinners or scheduled for surgery you need to consult your physician before taking any of these supplements.
- Specific elements included in these vastly improve circulation.

## Himalaya Rumalaya Forte Arthritis Treatment

Rumalaya forte coming from Himalaya Herbals is a powerful herbal ayurvedic formulation. Rumalaya forte helps rebuild connective tissue and alleviates the discomfort caused by weakened movement. Arthritis and **joint pain** discomfort is a extensive occurrence that can result from such factors as climate, lifestyle, work habits, or repetitive movement. Taken every day, Rumalaya forte has recognized positive results in relieving pain due to a variety of disorders, including arthritis, osteoarthritis, back pain, frozen shoulder along with other joint disorders.

- Rumalaya forte is an proficient anti-inflammatory prescribed analgesic with immunomodulatory action.
- Rumalaya forte is mainly developed for long-term use in arthritis and other agonizing inflammatory issues impacting muscles and joints.
- Rumalaya forte is an unbeaten and safe alternative to other anti-inflammatory drugs.
- Rumalaya forte is a potent herbomineral formulation with the twin benefit of Shallaki as well as Guggulu.
- Rumalaya forte provides improved arthritis control, and thus improves the quality of life in arthritic patients.

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