

## Natural Arthritis Pain relief Treatment

**A**ddition to a healthy diet, adding these 5 ingredients to your diet can help inflammation and inflammation 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 reduce the pain.



*The following five ingredients happen to be clinically found in order 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 when you are interested in having the most effective absorption possible. Glucosamine is manufactured by your 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 vs. 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) required for Glucosamine to be transformed to be able to its active form and also ultimately, effectively 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 raises elimination of urates from the kidneys, aiding your body to be able to fight **Gout** - an arthritic disease caused by a build up of urate crystals at the joints. Celery also decreases swelling around the joint.

We have found that you can commonly find these products at health supplement stores but only one offers all of them in one dosage taken twice daily. "Ruflex" is the only one that has all the above ingredients in one pill. "Ruflex", an Australian item from Sunsnatural L.L.C. is available on line, (see below). Australian supplements are usually appealing, because Australia requires that all supplements always be approved by their Therapeutic Goods Administration (TGA) and proven to work as promised, proven along with double blind research.



GoutGouty ArthritisJoint Pain

### 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. Particular elements contained in these kinds of vastly improve circulation.

### Himalaya Rumalaya Forte Arthritis Treatment

Rumalaya forte from Himalaya Herbals is a powerful herbal ayurvedic formulation. Rumalaya forte helps rebuild connective tissue and alleviates the discomfort caused by weaken movement. Arthritis and **joint pain** discomfort is a extensive occurrence that may be a consequence of 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 problems, including arthritis, osteoarthritis, back pain, frozen glenohumeral joint and other joint disorders.

- Rumalaya forte can be an proficient anti-inflammatory prescribed analgesic with immunomodulatory action.
- Rumalaya forte is principally designed for long-term use within arthritis and other agonizing inflammatory disorders 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 and Guggulu.
- Rumalaya forte provides improved arthritis control, and thus improves the quality of life in arthritic patients.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.