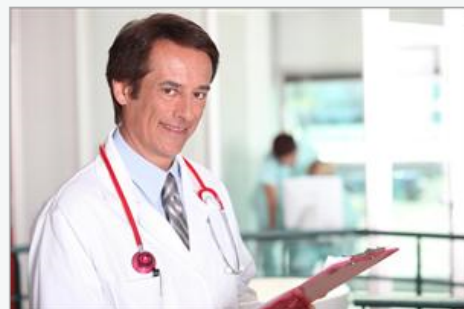


## Natural Arthritis Treatments

Nature's remedies are becoming more and more popular with people who are steering away from prescription drugs for one reason or another. Many people are turning toward natural vitamin supplements and holistic treatments, particularly regarding disorders such as arthritis. **Natural arthritis remedies** are one of many alternative choices gaining increased popularity.



Natural supplements are an important aspect in order to holistic health and also have also been developing in popularity over the recent past. Baby boomers are increasingly turning to supplements as a way to fight off diseases such as arthritis. Flexcin with cetyl myristoleate (CM8) is one of the most well respected natural **arthritis remedies** on the market. It can do wonders for joints by reversing the damage caused by arthritis. Acting like a WD-40-like lubricant for joints, CM8 can market optimal joint wellness by making an effort to stimulate the lubricating fluid in the joints, support more robust cartilage and increase total mobility.

Vitamin supplements are becoming more popular as a replacement to be able to doctor prescribed pain medications since these are less expensive, there's no need to maneuver around confusing health insurance, and there's no dangerous side effects because they're manufactured along with all-natural ingredients.

- Glucosamine is one of the most popular natural substances used to deal with **joint pain** and inflammation.
- It's a compound that is found naturally in the body.
- It's made from blood sugar and the amino acid glutamine.
- It is needed to produce glycosaminoglycan, a molecule used in the formation and repair of cartilage and other body cells.
- As we get older, the production of glucosamine slows down substantially.
- This may be one reason why more seniors are finding success with natural supplements that include glucosamine as one of the main ingredients.
- People dealing with various forms of joint pain and cartilage damage are turning toward glucosamine as it is available in a variety of supplements.
- The general consumer can easily think it is in health food stores and many drug stores.
- In many of these supplements, you may find that glucosamine is combined with methylsulfonylmethane, or perhaps MSM.

Methylsulfonylmethane (MSM) is marketed as a natural source of sulfur by the product and also health food market. Some researchers have suggested that MSM has anti-inflammatory effects. It occurs naturally in some plants as well as is present in small amounts of various foods and drinks. MSM is sold as a dietary supplement and is commonly used (often in conjunction with glucosamine and/or chondroitin) for helping to treat or prevent osteoarthritis.

### CM8 (Cetyl Myristoleate) is Sometimes Used in Conjunction With Glucosamine Also

It functions in three different ways. First, it acts as a highly effective lube in the joints, muscle groups along with other tissues, allowing them to go smoothly. Decrease or loss of early morning stiffness is commonly noted shortly after commencing treatment. Next, CM8 functions as an anti-inflammatory. Relief from swollen joints is often seen after the 4th or 5th week of treatment. 3rd, it is also an immune system modulator, which can be effectual against autoimmune diseases, such as arthritic problems. CM8 relieves joint pain at its source, reducing inflammation and irritation of the joints and tissues. It also has been helpful for numerous sufferers of muscle tension and fibromyalgia. All of these characteristics make CM8 the most important ingredient in Flexcin, a leading arthritis supplement.

Addition to vitamin supplements, a common type of medication when dealing with arthritis is arthritis pain relief creams, also known as topical painkillers. These come in creams, gels and lotions. These medications are applied to the skin in the areas where there is significant joint pain. They are not intended to take the place of your own arthritis remedy of choice, but they can help you find temporary relief from painful flare-ups as well as soothe your aching joints on a daily basis.

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**Alcohol and Gout** There are many things that are accepted as fact to cause gout flares and attacks. Doctors will tell you, no drinking, no red meats, no asparagus, etc. But how do you know? And how much is too much? Many people are unwilling to give up their...

Here are some different forms of arthritis pain relief products that are most commonly used today.



Joint Pain Arthritis Remedies Natural Arthritis Remedies Gout

**Creams, Lotions and Gels:** These products are referred to as counterirritants because they contain ingredients that make your skin feel hot or cold to calm the pain.

### Rubs With as Well as Pain Killers Effect

Some topical analgesics contain salicylates, the same ingredients that give aspirin its pain-relieving high quality. But there are some concerns with making use of these types of products. If you are allergic to aspirin or are taking blood thinners, you could have complications with these rubs. It's very important to be able to check with your doctor before using topical drugs that contain salicylates.

### Chili Pepper Seed-Based Creams

These creams are good for minor aches and pains. They contain a compound called capsaicin, an component found in hot peppers. Capsaicin causes the small blood vessels in the skin to open up therefore increasing blood flow to the area. That results in the region heating up and creating a soothing experience.

### Flexcin & Flexpet Tend to be All-Natural Joint Pain Health Supplements

The primary component of Flexcin & FlexPet is CM8, that relieves joint pain at its source, reduces inflammation and irritation of the joints and tissues. It has been helpful for many sufferers of arthritis, gout, bursitis, sports injuries and fibromyalgia. Flexcin and FlexPet are proudly produced in the United States in a state of the art facility beneath strict guidelines of the FDA's Good Manufacturing Practices.

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