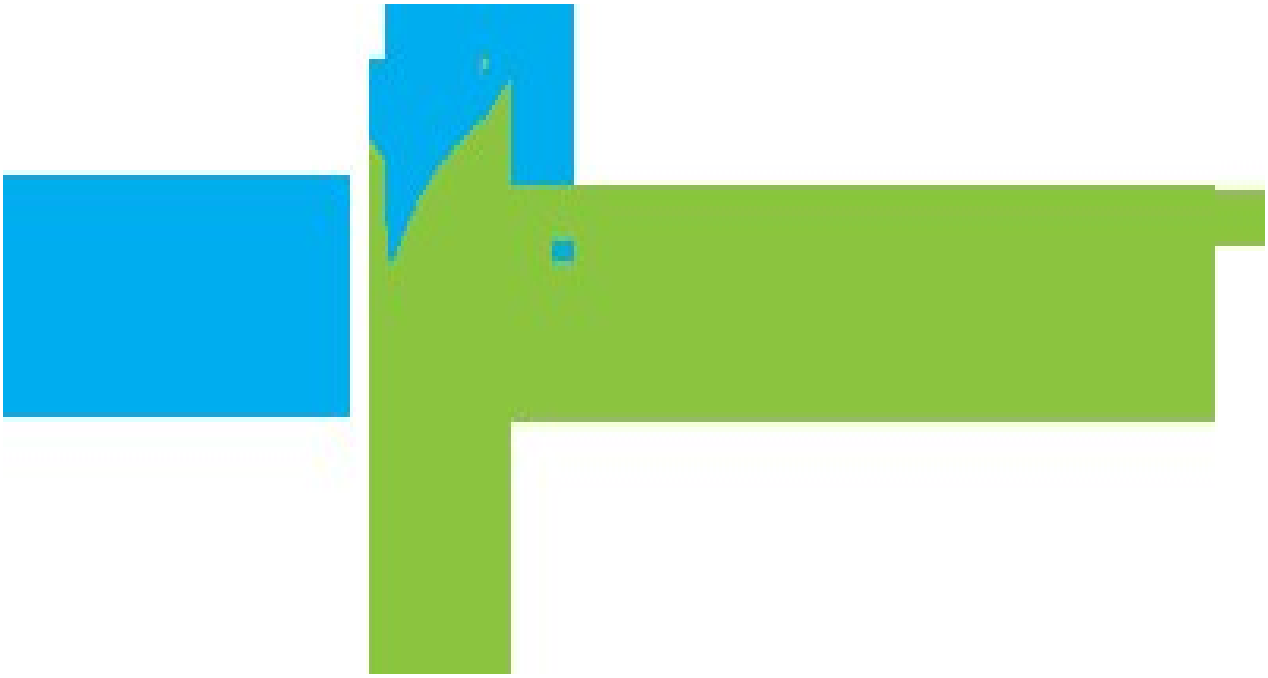

Glucosamine Potentially Beneficial As A Home Remedy Against Plantar Fasciitis

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Orlando, FL? Heel pain is one of the most undesirable consequences of doing even the most necessary and simply activity such as walking. Heel pain problems such as plantar fasciitis are affecting many people nowadays. The good news is that there are remedies believed to be helpful for the condition.

Glucosamine is potentially beneficial as a home remedy against plantar fasciitis. This condition causes discomfort and pain and is common among runners, dancers, and athletes. According to experts and many recent case studies, it can be remedied through natural alternatives in addition to changes in activity levels and lifestyle modification.

?Glucosamine is believed to be one of the most popular therapeutic ingredients nowadays,? said VitaBreeze Supplements spokesperson, Michelle O?Sullivan.

There have been various studies conduceted on understanding heel discomfort. Footcare specialst Mario Raxas explains that, "Glucosamine may be helpful in the management of PF because it serves as a potential alternative to NSAID use and is a key biochemical component in the repair and regeneration of connective

tissue."

The plantar fascia is the band of connective tissue at the bottom of the feet that runs from the toes to the heel. It provides support during movements. In the event that the plantar fascia encounters trauma, injury, or disease process, it can result in pain and discomfort.

Pain and discomfort can significantly interfere with activities such as walking, jumping, or running. When there are inflammatory processes that involve the plantar fascia, it is referred as plantar fasciitis. Roxas also adds that "Plantar faciitis is the most common cause of inferior heel pain." Natural remedies and excercises are suggested to potentially be great remedy to avoid this common condition and experiencing heel pain.

Individuals who suffer from the condition typically experience symptoms. One is difficulty in standing or walking due to severe pain. This typically happens after long periods of inactivity. Sufferers often experience difficulties taking the first few steps after resting for a long period of time.

There are other symptoms such as limping of the affected limb, increased pain after engaging in weight-bearing activities, heel stiffness and swelling.

There are possible causes of plantar fasciitis and one is injuries especially among athletes. Other causes are occupational activities, obesity, wrong fit or size of foot wear, and genetic or foot problems.

In another study the New England Journal of Medicine published a research report that reveals plantar fasciitis is the most common cause of pain in the heels as well as in walking difficulties.

Rachelle Buchbinder, the study researcher also added that 11 percent to 15 percent of all cases of foot discomfort and pain that need professional help are due to plantar fasciitis. It was further suggested that 80 percent cases of plantar fasciitis were resolved within 12 months with the use of home remedies and lifestyle modification.

What makes the findings even more interesting was that the improvements took place without the use of medical treatments.

Glucosamine is one of the natural remedies believed to be helpful for the condition. This natural remedy is believed to help repair damaged cartilage and improve the health of tissues and joints (amazon.com/Glucosamine-Sulfate-Chondroitin-Supplement-Turmeric/dp/B00DUMO9X4).

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For more information about VitaBreeze, contact the company here:VitaBreezeBenjamin Lasance(407) 545-2239media@vitabreeze.com4700 Millenia BlvdSuite 175 FOrlando, FL 32839

VitaBreeze

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