



Cross Training and Natural Supplements Aids Arthritis Sufferers

June 21, 2016

June 21, 2016 - PRESSADVANTAGE -

Orlando, FL ? Divine Bounty is happy to announce that their clients who are arthritis sufferers, who use Glucosamine and engage in physical activity, may have noticed improvements in their condition. Though there are certain activities or sports that increase the risk of arthritis, the good news is that athletes can resort to certain measures believed to be beneficial for their joint health.

The combination of natural supplements such as Glucosamine and physical activities such as cross-training is thought to be helpful for athletes for reducing the risk of arthritis. Engaging in sports can put more stress on the joints, which increases the risk of osteoarthritis.

Likewise, one must also fuel the body with the suitable nutrients and supplements to not only reduce aches and pains but to aid physical activity. Glucosamine is a popular supplement amongst arthritis sufferers and has had many success stories.

Divine Bounty spokesperson Melissa Scott explains, "in recent months we have noticed more people are interested in using natural remedies to relieve symptoms of various conditions including arthritis." Divine

Bounty's Glucosamine has been a hot seller on the Amazon market for over twelve months and has had many customers reporting positive results from using the natural supplement.

Scott also shared that, "each day we hear back from happy customers who notice pain relief from conditions such as arthritis." Scott also identified that what is most rewarding is hearing that people are able to continue to exercise or do what they love when they take supplements such as Glucosamine.

People who notice symptoms of arthritis or suffer from arthritis are still encouraged to exercise. The arthritis foundation offered the following advice, "Always include exercises for opposing muscles: for example, work the biceps and triceps of your arms, and the quadriceps and hamstrings of your thighs. Avoid above-the-shoulder exercises if you have arthritis in your upper body, and talk to your doctor before using leg press machines if you have arthritis in your knees or hips."

Dr. Anil S Ranawat shared an article and case study on this topic. Dr. Ranawat explains that, "encouraging people to get moving is a key component of the national osteoarthritis awareness campaign." His article shared many tips and ideas for arthritis sufferers to try. His full article can be found here.

Glucosamine is a naturally-occurring ingredient. It is thought to be a safer alternative to pain medications, which are typically used by athletes and individuals with arthritis. The use of pain medications has been associated with side effects.

Most of the best glucosamine supplements contain other healing ingredients such as MSM, chondroitin, and turmeric. Find out more at www.amazon.com/Glucosamine-Sulfate-Supplement-2000mg-serving/dp/B0126ZF0B0/.

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Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality supplements. Passionate about the potential health benefits of natural ingredients to create ideal blends.

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