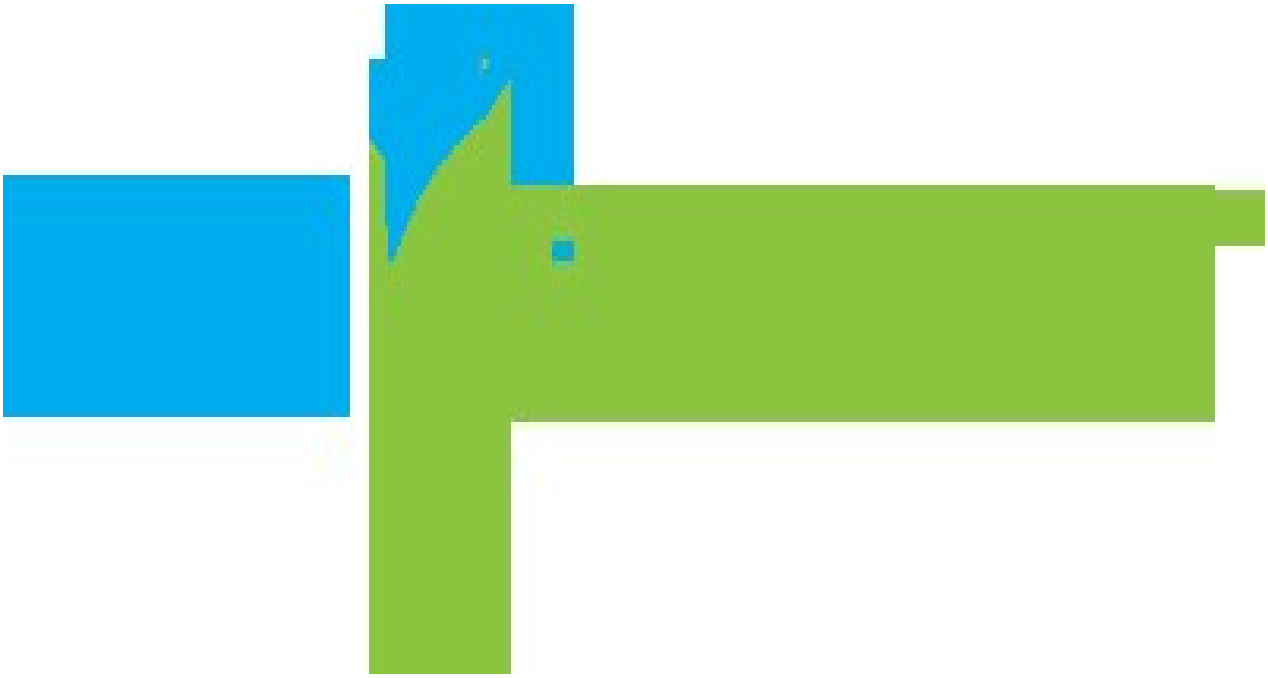


Resilient Mother of Two and Physiological Findings Help Fight Arthritis

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Orlando, FL? April 6, 2016 ? If there is one thing that most people don?t want to suffer from, it is medical conditions such as arthritis. This ailment causes pain and physical limitations. There are many individuals with the condition who do not just suffer from pain, but also reduced quality of life.

Experts reveal that building resilience is the key for arthritis sufferers to bounce back into life. Pain and physical limitations are often the most common reasons why many arthritis sufferers succumb to depression and immobility.

?Many of our customers who use our Glucosamine MSM to help relieve the symptoms of arthritis often speak about how their condition really limits them in their daily activities and finding some form of relief is a big help? VitaBreeze spokesperson Benjamin Lassance shares.

While many people often turn to natural supplements such as Glucosamine other discoveries have been made that can also assist those that find themselves limited by arthritis. According to the psychologist, Robert Wicks: ?resilience is the ability to not just learn but also rebound from stress, challenges, and adversity.?

Being resilient allows people to mentally and physically keep going in spite of the grief, pain, and anger carried along with adversity. Arthritis sufferers can look beyond the problem and try to be optimistic and accepting of their situation.

Wicks is also a professor at Loyola College in Maryland. He is also the author of the book called Bounce: Living the Resilient life. According to him, while chronic disease can cause immense physical and psychological setbacks, arthritis sufferers need to be able to cope up to care for themselves well.

He also added that resilience is the difference between making arthritis just a part of the arthritis sufferer?s story and allowing it to be the entire narrative.

One interesting case study is that of Diana Reyes who experienced these changes first hand. The mother of two was diagnosed with rheumatoid arthritis (RA) and found it difficult to hold down a job due to the condition. Reyes recalled that ?I was left with little money and an immense feeling of being unfulfilled.?

After trying various treatments it was when Reyes became a life coach that she found not only a sense of resilience but was a sense of fulfillment once again. Robert Wicks explains this amazing story simply; ?when you are resilient you are able to keep going mentally and physically in spite of the pain, grief (and) anger.?

Research also reveals that individuals who demonstrate higher levels of resilience tend to recover fast and manage pain better. They are also able to reduce their risk of chronic depression and anxiety as well as achieve better overall health outcomes.

The Journal of Consulting and Clinical Psychology published a study that involved 300 women with rheumatoid arthritis. It was found that those who scored high on the resilience questionnaires also reported a reduction in pain related with RA than those with lower scores.

A study published in the Annals of Behavioral Medicine that involved 275 knee osteoarthritis sufferers. The participants who demonstrated the most resilience-related characteristics were also the ones who showed self-efficacy.

There are many ways to build resilience and one is to focus on the upside. Arthritis sufferers should also expand their knowledge towards the condition. Many experts say it is similarly important that they make an effort to find their bliss.

Arthritis sufferers should also follow a healthy diet and lifestyle, experts say. They may take advantage of the therapeutic benefits of natural remedies such as glucosamine, which is believed to reduce pain. Many

Arthritis sufferers believe that using glucosamine has helped them maintain a positive outlook towards life(http://www.amazon.com/glucosamine-chondroitin-msm/dp/B00DUMO9X4).

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