Body Clock Study Reveals The Possible Treatments For Osteoarthritis

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Orlando, FL? June 16, 2016? Osteoarthritis is one of the most painful and debilitating conditions that affect millions of people nowadays. While there pain management measures, there is no cure for the condition. The good news is that more studies are being conducted to explore potentially effective treatments.

A body clock study reveals the possible treatments for osteoarthritis. Many osteoarthritis sufferers suffer from pain and immobility due to the condition. It hinders sufferers from doing their daily routines, working, socializing, and even pursuing their dreams.

In a research, it was found that the painful and debilitating symptoms caused by osteoarthritis are associated with the human body clock.

Dr. Qing-Jun Meng conducted a study which is believed to have the potential to pave the way for the pharmaceutical drug treatment of joint conditions. Dr. Meng is a senior research fellow at The University of Manchester. His study was published in the Journal of Clinical Investigation.

According to Dr. Meng, they have identified the linked between the condition and the human body clock. The study could unlock the prospect of pharmaceutical drugs that reset the body-clock mechanism. Scientists are already formulating drugs that could do the same for other conditions, but for now they are focusing on osteoarthritis.

There are self-help methods that allow sufferers to use their body clock. According to Dr. Meng, individuals who suffer from arthritis could utilize their body clock to ease symptoms. They can use the body-clock related approaches such as eating and exercising regular times on a daily basis.

Self-help methods such as the use of heat pads are also recommended. Heat pads should approximate the body temperature changes in cartilage tissue. It is important to note that the cartilage tissue is also governed by the body clock.

Dr. Meng also discovered that the body clocks within the chondrocytes or cartilage cells have the ability to control thousands of genes. This is believed to segregate different biological activities at varying times of the day.

The body clock is believed to control the equilibrium every time the chondrocyte cells are being repaired during rest and when they are worn down while a person engages in an activity.

While studies are underway to discover more treatments of osteoarthritis, sufferers are resorting to measures that help them improve their overall condition.

There are those who resort to pain medications. However, due to the side effects associated with its use, more and more people are turning to natural alternatives. One of the most popular joint supplements is glucosamine, which is believed to help repair the cartilage (http://www.amazon.com/glucosamine-sulfate-supplement/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

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Website: http://www.vitabreeze.com

Email: media@vitabreeze.com

Phone: (407) 545-2239

