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INTRODUCTION

The most common form of joint affection, osteoarthritis [OA] is a degenerative disorder. It affects millions of people worldwide — it's seemingly more common than heart disease and diabetes.

Call it a paradox, or what you may, one major fact remains: osteoarthritis is only going to expand in its intensity, and also get firmly rooted in one's middle years, sooner rather than later. Experts estimate that it may afflict over 250 million worldwide in the next fifteen years. In the UK, experts estimate that over three million people visit their doctor for osteoarthritis, every year.

There is no easy answer, much less a cure for osteoarthritis. Forget about lasting relief. The rationale? Conventional medicine has nothing much to offer, much less to repair, or rebuild, an osteoarthritic joint. What's more, most prescription medicines have a host of side-effects, even if they "ease" the symptoms of osteoarthritic pain. This isn't all. NSAIDs [non-steroidal anti-inflammatory drugs], for instance, offer relief from pain, all right — but, they are evidenced to cause and/or promote serious side-effects.

NSAIDs are a large group of medications used to treat pain and inflammation [response of the immune system to infection]. There are several types of NSAIDs, aspirin, being the most common. Other examples of NSAIDs are ibuprofen, naproxen, piroxicam and nabumetone.

Despite their clear efficacy in the management of inflammation, the very "hub" of arthritic pain, NSAIDs are a significant cause and concern for adverse events, particularly gastro-intestinal ulceration/bleeding and compromised kidney function. Which, inevitably, leads us to one big question — is there a way out of this

REVERSING OSTEOARTHRITIS

“complexity,” even if osteoarthritis is not life-threatening; or quite disabling, if left untreated and unattended?

Yes — there is hope. In the form of natural dietary supplements, or natural “nutrients,” glucosamine and chondroitin — at a time when conventional medicine is grossly restricted in its ability to merely address symptoms of osteoarthritis. It does not help you get over it — lock, stock and barrel.

The two “nutraceuticals” — glucosamine and chondroitin — are more than useful and dependable in managing OA. Nutraceuticals are phytochemicals, or functional foods; they are natural, bioactive chemical compounds that have health-promoting, disease-preventing, and medicinal properties. In addition to reversing the damage caused by osteoarthritis, glucosamine and chondroitin also get to the “root” of the problem, and revamp joint cartilage.

What’s more, researchers have, over the past decade, made exciting strides discovering that dietary supplementation with cartilage, or its key chemical components — glucosamine and chondroitin — can help protect and/or even restore damaged cartilage. They also contend that the two nutraceutical supplements enhance the feeling of well-being, mainly because your joints are growing [a]new. Next, they infer, that the duo restores the cushioning between the spaces, where bones meet, with healthy cartilage.

However, cautious optimism is necessary. The two, separately, or in combination, do not hold the magic wand to blow your symptoms, or problems, away. What they actually do is give palpable relief from pain, and also reduce the difficulty of movement common in osteoarthritic patients.

Think all this sounds exaggerated — or, well-orchestrated hard sell or hoopla? The fact is: scientifically-based clinical trials offer a dependable grounding in favour of glucosamine and chondroitin in

INTRODUCTION

real pain relief for osteoarthritic joints — a long-term treatment plan you'd call upon and trust.

This handy book brings to you responsible information on glucosamine and chondroitin, based on scientific analysis. It takes a realistic view of other treatment options too, including the role of conventional medications, alternative remedies, and additional supplements.

Finally, what you will also get to know is not a panacea, but a realistic, workable plan based on safety, and well-being, with minimum risks and/or side-effects.

Isn't this reason enough for you to give glucosamine and chondroitin a real, good chance to "engineer" a truly safe, welcome break from pain for your ailing joints? Read on...
