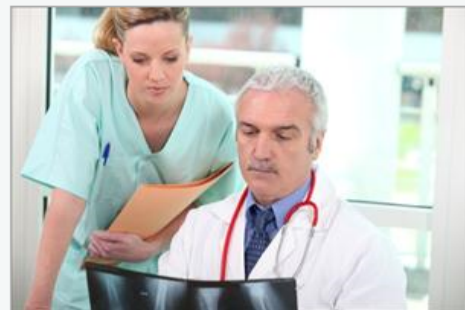


## Joint Mobility Is Key For RA Sufferers

For people struggling with and suffering from rheumatoid arthritis (RA), life is filled with a bevy of challenges, many of which are painful. It's bad enough that rheumatoid arthritis impacts people through pain and also limited mobility. But rheumatoid arthritis also impacts the immune system, targeting the membranes that line the joints. An estimated 1.5 million Americans are affected by rheumatoid arthritis, and disability experts believe the number retains rising.

*Rheumatoid arthritis impacts all facets of life, too, like cooking which is why Food Network star Ellie Krieger has made it a priority to offer ways to help RA sufferers cope with joint mobility challenges in the kitchen through New Way RA.*



What's scary is that there may be additional Americans living with rheumatoid arthritis and don't really know it. They usually try to "tough it out" by taking a combination of over-the-counter and prescription pain medications, which in some cases can be counter productive to the right treatment program.

Joint mobility is truly at the center of the rheumatoid arthritis conversation because people have the ability to go through a painful downward spiral of events. When a person has significant joint pain, their joints obviously freeze up on them and they feel less inclined to get out and move or do any kind of exercising. But experts believe that's exactly what rheumatoid arthritis sufferers should do - in moderation, of course. Looking for product like Flexcin can help, too. Flexcin has CM8, which acts as a natural lubricant for the joints, building back lost or damaged cartilage and also helping to increase general joint mobility.

Person taking Flexcin may begin to be able to feel more mobility in their joints after just a few weeks, which will allow them to do a little more exercise daily, such as yoga. This reverses the downward spiral and instead helps you to improve the overall health.

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*Five simple and effective gout treatment ideas* There are many different ways of medications which help you in the gout remedy. And a lot of medications are very simple and easy to use. You can deal with or cure gout by yourself through these simple ways. There are five very easy and practical...



Joint PainGout

"I'm really skeptical of taking an over-the-counter discomfort medication because I feel like it may mask the pain for a while but Now i'm right back where I started just a few hours later," said Debbie Mharing of Manhattan Beach, Calif., who lives with rheumatoid arthritis. "I feel Now i'm at a higher level of risk when taking a pain medicine because I could be damaging my joints further but not really realize that because I can't feel the pain."

- Experts also note that diet plan and healthy relationships are also critical to curbing the effects and symptoms of rheumatoid arthritis.
- Those with more weight on their body frames place much more stress on their joints.
- Therefore it is extremely important to eat a balanced diet filled with plenty of nutritional choices.

### Chrisanne is a Marketing Director At Flexcin International, Inc

Flexcin & FlexPet are all-natural **Joint Pain** Health supplements. The primary component of Flexcin & FlexPet is CM8, which usually relieves joint pain at its source, reduces inflammation and irritation of the joints and tissues. It has been helpful for many individuals with arthritis, gout, bursitis, sports injuries and fibromyalgia.



#### “ **Domenic Golden**

*Domenic is a head content marketing specialist at musclemstress.com, a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*

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