

Nutrition Breakthroughs Announces 'Joints and More' for Natural Pain Relief, Arthritis, Allergies, Energy and More

According to the U.S. Census Bureau, arthritis is the #1 cause of disability among adults. The ingredients in 'Joints and More' from Nutrition Breakthroughs have been proven to provide natural joint relief, relief for allergies, and more.

July 29, 2014 (FPRC) -- An estimated 50 million U.S. adults (about 1 of 5) report having doctor-diagnosed arthritis. Per the U.S. Census Bureau, arthritis is the nation's most common cause of disability. It is defined as painful inflammation, aching, stiffness, and swelling in or around the joints. Osteoarthritis is the most common form, causing pain, reduced motion, and a decreased ability to perform daily actions. It can occur in any joint, but usually it affects the hands, knees, hips or spine.

Osteoarthritis breaks down cartilage in the joints. Cartilage is the slippery tissue that covers the ends of the bones in a joint. Healthy cartilage absorbs the shock of movement. When cartilage is lost, the bones rub together, make movement more difficult, and joint damage can result.

Nutrition Breakthroughs of Glendale California is announcing their newest product 'Joints and More', which contains a natural form of sulfur known as MSM. According to research studies, MSM benefits include help for arthritis, muscle pain, headaches, and more by elasticizing the cells and reducing pressure and inflammation. The body's hormones, enzymes and immune system also depend on MSM and it's used and expended on a daily basis. MSM has also been found to be beneficial for allergies, asthma, muscle pain, heartburn, and hair growth.

A breakthrough book titled "The Miracle of MSM: The Natural Solution for Pain," was written by Stanley Jacob, M.D., the co-discoverer and 'Father of MSM', and Ronald Lawrence, M.D., Ph.D. Together they have treated over 12,000 people with MSM for a variety of conditions at the Oregon Health Sciences University in Portland Oregon.

Dr. Jacob says: "MSM is a surprising supplement. When you start taking it, you may notice a number of good things happening in your life in addition to pain and allergy relief: More energy, cosmetic benefits such as softer skin, thicker hair, stronger nails; decreased scar tissue; and relief of constipation."

MSM sulfur (methyl-sulphonyl-methane) is a white, odorless, water-soluble element found in nature and in foods such as milk, fresh fruits, vegetables, seafood and meat. Food processing methods such as heating, washing, pasteurizing, and freezing, all deplete MSM in foods, which makes daily replenishment beneficial. The MSM in 'Joints and More' comes from pine trees. Many people with joint pain may be deficient in MSM, for example in a 1995 study, sulfur concentration in arthritic cartilage was shown to be about one-third the level of normal cartilage.

Ellen N. of Littleton, Colorado is a postal mail carrier who developed painful degenerative arthritis in her right knee. She says: "The orthopedist prescribed physical therapy, knee braces, ibuprofen daily and an eventual surgery. Someone along my mail route who works for a nutritional supplement company offered me a sample of MSM. I'm a skeptic but figured I had nothing to lose. I started taking three one gram (1,000 milligram) capsules of MSM a day. I began noticing improvement and

it continued. Soon I had the same spring back in my legs just like before all this started. I was feeling major relief. Now I'm walking my route faster and even climbed on my roof to trim some trees."

Regarding degenerative arthritis, which is known for its progressive deterioration, one study was done called "Methylsulfonylmethane (MSM), a double-blind study of its use in degenerative arthritis." (Note: a double blind study is one in which neither the researchers nor the participants know which treatment is being given.) In this summary, patients suffering from degenerative arthritis were treated with either 2,250 mg per day of MSM or placebo. Sixteen patients were enrolled in the study. With the MSM group, the researchers reported natural pain relief with "A better than 80 percent control of pain within six weeks of beginning the study."

There is no known cure for arthritis. According to Dr. Stanley Jacob, "Steroidal drugs such as cortisone are widely prescribed to reduce the inflammation associated with a wide array of painful conditions. These frequently lead to unhealthy weight gain, high blood pressure and even diabetes...MSM offers a natural way to reduce pain and inflammation without serious side effects."

For more information on Joints and More visit www.NutritionBreakthroughs.com.

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