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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Glucosamine Chondroitin & Arthritis**

**By Alfred Jones**

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Many millions of people are affected by pain and suffering from Arthritis and research has shown that Glucosamine and Chondroitin sulphates combined have given these people new hope and relief from their painful ailments.

Many medicines are available to reduce pain, but some of them have serious side effects, some that have even proven to be fatal.

Both substances are Natural complex sugar like molecules that the body uses to rebuild cartilage and restore movement to Arthritic joints. It is important to remember that Glucosamine and Chondroitin are an amazingly safe and easy to use mixture, especially when compared with other forms of treatment.

Loss of cartilage can result in damage to the bone and the development of Osteoarthritis, which ends up as pain and disability. Cartilage is the key to healthy joints, and maintaining a healthy cartilage throughout life is critical to healthy joints and continued movement of joints.

As we age, or as the result of injuries, our ability to renew cartilage diminishes, causing damage to bone ends as they rub together. Glucosamine and Chondroitin can actually help to rebuild cartilage, therefore, improving joint health.

Taking the two compounds proves to be a very easy way of maintaining joint health and helping to alleviate pain and disability.

Cartilage rebuilding is a slow process, but with the right amounts of Glucosamine and Chondroitin benefits to mobility and pain relief can be seen within two to six weeks, it is recommended though that it should be taken daily for at least three months.

Engagement in mild or moderate exercise on a regular basis, would help in providing joint mobility.

## Glucosamine Chondroitin Arthritis

Most users would need something like 1250mg to 1500mg of Glucosamine a day and about 1000mg to 1200mg of Chondroitin a day.

You should check with a Physician or Natural Health Care provider before commencing treatment.

Glyconutrients contain Glucosamine along with seven other sugars or polysaccharides.

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### **Glucosamine For Dog Arthritis: Is It Safe?**

**By Barbara Allan**

In 1999, glucosamine was the top-selling dietary supplement in the United States, with annual sales of US \$288 million. It has become an immensely popular dietary supplement around the world.

It has proven itself again and again though its potential for repairing damaged joints and slowing the progression of arthritis.

Since glucosamine works so well for human arthritis, it is natural to ask: "What about dog arthritis?" Is it safe? Is it effective?

The answer: Yes, it appears to be both safe and effective.

The main safety concern comes from animal studies in which large amounts of glucosamine were given to rats and other animals intravenously, for short periods of time. Under these extreme and usual conditions, glucosamine tended to decrease insulin levels and/or induce insulin resistance. When researchers tested humans with large amounts of intravenous glucosamine, the same thing happened. Hence a concern arose that glucosamine could cause diabetes or make diabetes worse.

Normal therapeutic doses of glucosamine given orally have never been shown to have an adverse effect on insulin levels, insulin resistance or blood sugar levels. Even in diabetic rats and type 2

## Glucosamine Chondroitin Arthritis

diabetic humans, normal therapeutic doses of glucosamine taken orally have been shown to have no significant effect on insulin, insulin resistance or blood sugar levels.

Cosequin is the brand name of a glucosamine and chondroitin formulation made to treat dog arthritis, cat arthritis and horse arthritis. It is taken orally and appears to have an excellent safety record.

Cosequin has been seen to have an excellent safety profile. In safety studies, Cosequin given at twice label recommended levels for 30 days in healthy dogs had no adverse effects on blood sugar levels. No clinically significant effects were seen on any biochemical parameter in these studies.

Although no change in blood sugar control would be expected for a diabetic dog, as with the addition of anything new to a diabetic's regimen, it is advisable to monitor closely.

Barbara Allan is publisher of the website [ArthritisArticles.org](http://ArthritisArticles.org) where expert authors provide info on

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