

The Truth Why Most People Are Disappointed With Their Joint Tablets

In this day and age we all lead busy lives at work and at home. This type of lifestyle can involve physical activity in many forms. Whether you regularly work out at the gym, run around after children or have a physically demanding job. From a very early age we put a great deal of stress onto the joints - as children playing sports, climbing trees and encountering the odd fall. Eventually, an active lifestyle and the ageing process leads to wear and tear on the whole body and can be particularly noticeable in the joints. It's a fact of life that as we get older our joints and spine (spinal joints - known as facet joints) are more likely to suffer aches and pains. In the UK it's estimated that around eight million people have some form of Arthritis and that one in three people will suffer with arthritis at some point in their lives. Did you know there are actually around 200 different kinds of arthritis, which means inflammation of the joints and spinal joints, with the most common being osteoarthritis. Other types are rheumatoid arthritis, ankylosing spondylitis, cervical spondylosis and gout. The articulating surfaces of the bones (the ends of the bones that form the joint) are covered in articular cartilage and are bathed in Synovial Fluid - call it "joint oil". In a normal healthy joint the articular cartilage is smooth and the synovial fluid is of sufficient high quality to provide adequate lubrication. Unfortunately as we get older this lubrication becomes less efficient, therefore the aiding of everyday mobility and smooth working of joint cartilage, tendons and ligaments lessens. Glucosamine and Chondroitine are presently a much hyped dietary product to help our joints and spine with the above mentioned issues... ..Unfortunately it is NOT as effective as it is made out to be. Research has shown that Glucosamine & Chondroitin Sulphate have a large and complex molecular structure - too large to pass easily through the small pores in the capillary walls. This means that the substance can't be absorbed properly and therefore does not get to where it's needed most, the joints and spine. It stays in the blood only to be filtered out by the body's waste system! (the latest research has shown that only 21/2 % is absorbed thru the gut). This explains why the enclosed leaflet tells you will take up to 2-3 months before you feel the benefit?! The top Vets in the equine world and who work with race horses have known this for a while. They done research in this and eventually came up with a new supplement that overcomes this problem. It is known as Cortaflex and has been formulated around the concept that smaller molecules are more likely to be absorbed than larger ones. Therefore, it contains the smaller key active isolates of Chondroitin and Glucosamine - Glutamine, Glucuronic Acid, Glutamic Acid, Proline, and Glycine. These must not be confused or compared with the much larger Chondroitin and Glucosamine molecules. It is suggested it only takes 7 days to start to see the benefit. From research and personal experience and the ChesterPhysio Clinic patients that have tried it, Cortaflex is definitely much more effective than the much over-hyped Glucosamine and Chondroitine. Anybody can benefit from taking this supplement but people who are active in sport, have a strengeous manual job or currently suffer from joint aches and pains you can greatly benefit from this new supplement. It will help to minimize the effects of the stresses placed on your joints and spine in the short term and in the long term avoid excess wear and tear changes. It is ideal for people that suffer arthritis and wish fast and effective relief from the pain, but without the horrendous side effects of medication like steroids (which is commonly prescribed for arthritis and painful joints & spine).

About the Author

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