

Wanting Relief for Arthritis in your Knees and legs? – by Greg Smith

As I personally have aged I come across so many people who are suffering from Arthritis in their knees and other areas of the body. After emailing many people I have spoken to with advice I thought it's easier just to put pen to paper and share my own experience. So many people choose to suffer from the pain of Arthritis in their knees when they don't need to. I guess everyone has varying conditions and no two people have the identical issues.

A Little History about Me

For most of my life I have played some kind of high impact sport. From rugby in my early days to running, squash, indoor netball and for around 20 plus years high impact aerobics. I have unfortunately had key hole surgery 3 times on my knees which certainly doesn't help with arthritis. Everyone playing high impact sport will have a story to tell of how they damaged something in their body. Knees are one of the most susceptible areas of the body to damage.

In 2013 I had an MRI scan on my knees was told I had early stages of Osteoporosis. There was no quick fix as I was too young for knee replacements. Effectively I was told I would have to live with the pain. I was really annoyed that the Orthopaedic Specialist offered no advice to relieve the pain so I instantly went exploring online for help.

I've always been a keen cyclist but I had never really picked up that cycling was giving me relief from the pain in my knees. After reading that swimming in warm water and cycling was one of the best reliefs it only took me 5 days before I purchased my first Spin bike. In the last 3 years of teaching high impact aerobics I would make sure I used the Spin bike for at least 30 minutes before teaching. The difference in the level of pain was incredible. Spinning gave so much relief that I ended up teaching Spin Classes as well and slowly giving away the high impact stuff. Today I much prefer to ride outdoors.

As I had been teaching aerobics for so many years and didn't want to give it up. I was maxing myself out on Voltaren. It was late 2014 when I decided I needed to give away the high impact exercise and go low impact only.

I have a friend who works for the Mussel Industry Council. She emailed me around the same time I gave up teaching and told me that she had been recommended to take Green Shell Mussel extract as she was suffering joint pain and stiffness in the knees. She couldn't believe the relief that she had got by taking this natural supplement. I instantly went online and had to try the product. It was about 3 weeks later I started to notice a significant relief. Green Shell Mussel extract rung all sorts of bells for me. In my younger days as a teenager we treated our arthritic German Shepherd dog with it. I remember the relief that the Green Lipped Mussel extract gave to the dog hence I was keen.

I could go on for pages talking about my own personal experiences. It has taken the past 5 years to find what I perceive to be the perfect recipe for me and I would like to share it in the hope it may help you also.

1. Cycle, cycle and cycle some more.

- a. I am a pretty hard out cyclist these days and usually cover 30km daily on my Mountain bike after work. It's a mix of cross country, road and the local mountain bike park. If you are cycling on your own for fitness and for some long periods of time then I recommend having an iPod or something to play some motivating music on. This helps the time pass quickly and takes the focus away from the exercise. If you are looking for relief from pain then I recommend 40 – 60 minutes a day.
- b. When I can't cycle outdoors or don't want to then I will use my Spin bike. It's important if you have a Spin bike that you have it in a conducive environment. It needs to be in a place where you feel happy rather than stuck in the back of the garage. Again, motivating music is a key ingredient. People Spin for a raft of reasons. It could be fitness, weight loss, arthritis relief or all three. For me it's all three. I recommend that you go to a gym that runs Spin Classes and give 2 or 3 classes a go. This way you can learn how to ride a Spin bike properly. You may even find you get hooked and would be happier training in a gym environment. Riding to motivating music and using the lyrics for speed and strength training really make the time on the bike fly. I recommend 30 – 45 minutes daily. If it's just relief from the pain then even 20 minutes of continual spinning will assist. It needs to be a fast pace.
- c. If you are serious about pain relief then I recommend you invest in a decent Spin bike. I would go for something that has a 20 plus kg fly wheel versus something with cables that stretch. These are smoother to ride.

You can buy cheap Spin bikes or you can spend \$800 plus and get something that is designed to be used daily and stand the test of time. My recommendation is to buy something a little more expensive but then you need to make sure you use it.

If it was me I would go for the top of the line model knowing it will get used-

<http://www.elitefitness.co.nz/consumer/product/3891/ps300-spin-bike>

Or a Mid-Range Spin bike -

<http://www.elitefitness.co.nz/consumer/product/7765/polaris-spin-bike>

Or an Entry Level – I wouldn't recommend lower than this though

<http://www.elitefitness.co.nz/consumer/product/6932/viper-ii-spin-bike>

Some bikes offer a lot of other features such as Tour De France bikes but you need to be careful as these bikes often are high tech with screens and the likes however the price you pay may be going into the electronics and gadgets rather than the quality of the bike itself. Remember we are talking Spin bikes here and not exercycles. There are many gadgets these days including the IWatch which can record your ride and help motivate you to do better.



Green Lip Mussel Extract

<http://www.pharmacydirect.co.nz/GO-Healthy-GO-Mussel-19-000mg-VegeCaps-300.html?&partner=sl&bid=3>

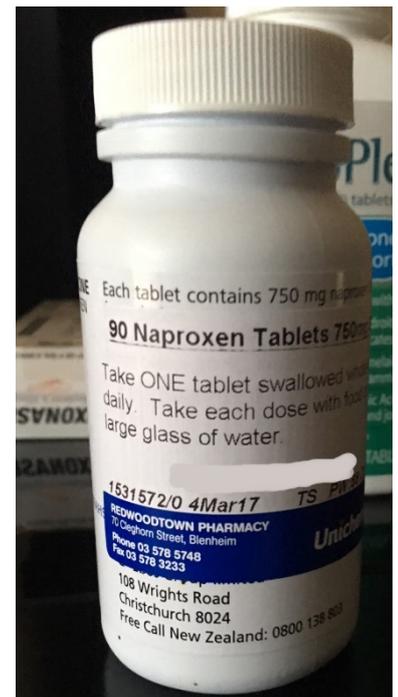
I purchase this online and take 1 Capsule daily. If you are buying other brands or from other suppliers check the dosage as some suppliers only have around 25% of the contents of these capsules which means you need to be taking 3 or 4 to get the same result.

FlexoPlex – Joint Support

This helps support healthy bones and joints.



<https://www.flexoplex.com/> I personally buy this online directly from the USA and take 2 per day. I have found this really hard to access in New Zealand. When I first looked for relief I searched Google for days and this kept coming up as the best option. Just make sure if you are buying from this Website you don't exceed NZ\$400 in total with any order you make, otherwise you will have issues at the border and will have to pay duty etc. Keep your order below US\$250 and it will come straight to your address. Once you have placed your order you may get a call from FlexoPlex just confirming your order so don't be surprised.



Naproxen

This has to be prescribed from your doctor and is an anti-inflammatory. It is much better on your stomach than the likes of Voltaren. I take 1 daily.

Fish Oil Capsules

Many people take fish oil already. I also take 2 Fish Oil capsules daily but I don't think this really has the effect of the above-mentioned remedies. It is however something I have stuck with.

Well I hope that this advice helps you with your relief. It's taken 5 years for me to find the perfect recipe and I now walk better than I have for the past 20 years following this recipe. I'm happy to offer further assistance if you have any questions – greg@deluxegroup.co.nz