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## Never Use Glucosamine for Joint Issues (unless...)

1 message

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**Avoid Glucosamine - BioTRUST** <support@biotrustnews.com>

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Hi, Dr. Jaime Hope, M.D. here. I'm a dual-board certified physician and ER doctor who has dedicated my life to saving other people's lives and helping them overcome suffering.

And the #1 complaint I hear from patients in their 40s on up about what MOST ruins their quality of life and their happiness is...

Joint issues!

I'm talking about discomfort in your neck, back, shoulders, elbows, wrists, hands, hips, knees, ankles and even feet!

For example, one patient of mine named Stephanie used to love jogging. When her joint flare-ups started, though, she sadly had to quit this daily passion of hers.

Now, when she looked in the mirror, she didn't like what she saw and suffered "serious emotional issues" because she no longer had a physical release for her pent-up emotional energy.

Another patient, Sean, told me that "**joint flare-ups made me feel like an old grandpa**" at the young age of 56.

"I went from crawling around on the floor with my granddaughter a couple years ago to not being able to play with her much at all... and

even struggling to get out of chairs and walk up stairs when my flare-ups occurred.”

I’m sure you know how Stephanie and Sean feel, and I’ll just sum it up here as Sean said it best, “IT’S LIKE HAVING TIN MAN JOINTS.”

Because it really is just like the Tin Man from The Wizard of Oz whose creaky joints immobilized him and made him walk like a stiff board.

And it really can feel like a **personal prison** for you because:

- Nothing makes you feel “old” more than not being able to move around like you used to and participate in activities you love.
- It steals your freedom to enjoy simple things, like playing with grandchildren and pets and working in the garden.
- Getting routine exercise is far more difficult.
- Just walking up the stairs and getting out of chairs can be excruciating.
- It can disturb sleep, which makes you feel terrible and can lead to serious issues. (If you’ve ever tried to sleep with uncomfortable shoulders you know what I’m talking about!)
- It often even hurts relationships because you can’t do many things you once did together, including “getting intimate” like you used to.

And what makes it EVEN HARDER is the fear it’s all just going to keep getting WORSE. Unfortunately, that’s true... IF you do nothing to address the underlying causes.

However, the REALLY GOOD NEWS is there’s finally an easy way to address this underlying cause that most people never realize!

You see, it’s actually a 3-point breakdown that leads to those joint issues...

...And you need to consume the right nutrients that properly support the 3-part solution to this triple breakdown -- which is to **RESTORE, PROTECT, and LUBRICATE** your joints.

I'm going to show you those 3 exact nutrients and the best way to get them so you can support healthy and mobile joints **in as little as 5 days**.

First, though, it's important you know the **TWO BIG PROBLEMS** causing such unnecessary suffering. Because here are the facts:

About 91 million American adults struggle with joint flare-ups. That's 43% of all adults!

And the rates of joint issues are higher for women. This is largely because hormonal changes can cause joint deterioration.

So, what exactly causes "Tin Man Joints" and all the physical and emotional problems it leads to?

Well, all the same "negatives" that lead to other health problems have a very negative impact on your joints, including:

1. **Being overweight.**
2. **Poor diet.**
3. **Unhealthy inflammation levels.**
4. **Age-related hormone changes.**
5. **Overuse and misuse of joints.**

Now, while I do recommend working to improve in these areas, if we wait to "fix" these five issues, well, we all know where that waiting leads.

So, again, the **great news** is there's now a 3-part-in-one nutrient solution that can quickly help you restore, protect, and lubricate your joints.

BEFORE we get to that, you need to know **the other big problem** causing such unnecessary suffering with Tin Man Joints:

Some joint supplements out there are flat-out WORTHLESS.

Worse still, a few bad apples may actually cause HARM.

I know those are bold statements, so here are **the 4 specific facts to beware of**:

**#1. Glucosamine and chondroitin, the most common nutrients in joint supplements, are mediocre at best.**

In fact, one well-controlled study showed that supplementation with glucosamine and chondroitin was **NO BETTER THAN PLACEBO** at reducing joint discomfort.

And what's more, a meta-analysis -- which is basically a statistical review of all the studies on a given topic -- concluded that glucosamine, chondroitin and the two in combination did not provide joint comfort relief when compared to placebo.

Furthermore, if anyone did want to settle for mediocrity, they'd have to take MEGA doses of 8 to 12 large glucosamine and chondroitin capsules daily to get it!

**#2. Many people turn to acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs), but these are merely masks for some of the symptoms.** They don't address the underlying problems, but their routine use can have very serious consequences. For example, research has shown that ongoing use of NSAIDs has been associated with GI discomfort, enhanced risk for GI bleeding, hypertension, and more.

**#3. A widespread -- and unethical -- practice amongst so many joint supplements is "fairy dusting."** This is when the right ingredient is added to a supplement, but in such an insignificant amount that it won't help you. Companies do this to trick you into buying the product. Remember, the right quantities of the right ingredients matter in a big way!

**#4. Many joint supplements may actually cause HARM,** because some supplement makers do ZERO independent testing of their products to ensure they're free of harmful contaminants. Furthermore, many contain GMOs, artificial ingredients, and other JUNK that can irritate your joints.

Now, this all begs the key question: What WILL help you?

Like I said, the VERY good news is that there are specific ingredients that provide powerful support to address the “3-point breakdown” that leads to those Tin Man Joints.

However, to understand *why* those important ingredients work so well, you need to know **how the 3-point breakdown leads to bad joints**:

### **1) The Collagen DECLINE**

Collagen is the main protein in your cartilage, the spongy tissue that cushions the ends of your bones where joints meet. It protects your bones from grinding against each other.

Due to various “modern lifestyle” factors like those I described above, this collagen can deteriorate over time.

In fact, by the time people reach their “middle ages,” the body often produces less than HALF the collagen it did in youth!

This means decreased cartilage, which in turn means less cushioning, which in turn means... joint discomfort and stiffness, aka Tin Man Joints!

### **2) The ATTACK of the Enzymes**

When joints are compromised, collagen-degrading enzymes known as MMPs and 5-LOX run rampant, leading to even more rapid collagen and cartilage deterioration. In other words, they make a bad matter worse.

### **3) The DRY OUT**

Hyaluronic acid is the key component of the body’s joint fluid (a.k.a. “synovial fluid”). It helps reduce friction between bones by providing lubrication. Unfortunately, as cartilage deteriorates, so does both the quantity and quality of this joint fluid.

Okay, you now know what causes the 3-point breakdown, and what to avoid because it doesn’t help and may even cause harm.

So, what actually has helped hundreds of my patients like Stephanie and

Sean finally escape the suffering, and what is my top recommendation on a product that will help you far better than anything else out there, too?

**It's called JOINT 33X™.**

**It comes in a tiny, easy-to-swallow capsule you just take once daily.**

**And YES, you will experience results you can feel in as little as 5 days!**

That's because Joint 33X provides you ALL 3 of the essential ingredients your body needs to quickly address the 3-point breakdown to help restore, protect, and lubricate your joints.

This includes:

### **#1) UC-II® to RESTORE the Collagen Decline**

UC-II is a special patented source of type II collagen, which is key to the healthy cartilage needed to protect joints and prevent bones from rubbing against each other and causing suffering.

It works very differently from the normal collagen that is so popular now, and ultimately engages the immune system in the repair of its own joint cartilage.

**Each serving of Joint 33X provides you the 40mg of UC-II that various studies show is the ideal amount.**

In fact, one study published in the renowned *International Journal of Medical Sciences* showed 40mg of UC-II to be **significantly more effective** at reducing joint discomfort and improving overall joint function than glucosamine and chondroitin.

After 3 months, the UC-II group experienced a 40% reduction in joint discomfort compared to only a 15.4% improvement in the glucosamine and chondroitin group -- that's nearly **3 TIMES BETTER results with UC-II.**

And another study in the *Nutrition Journal* showed those taking UC-II experienced a **63% greater reduction in joint discomfort** compared to the glucosamine and chondroitin group.

## **#2) AprèsFlex® to PROTECT Against the Enzyme Attack**

AprèsFlex is a powerful extract from *Boswellia serrata*, a tree that produces a highly scented sap that's been prized since ancient times.

And AprèsFlex is able to uniquely target and inhibit the collagen-degrading enzymes MMP-3 and 5-LOX that otherwise lead to even more rapid collagen and cartilage deterioration.

That means it helps protect against collagen degradation and promotes healthy joints and connective tissues, reducing those activity-related joint “flare-ups.”

**And each serving of Joint 33X provides you a full 100mg of this highly effective ingredient.**

Now, there have been 10 different studies – including 3 human clinical trials – that show AprèsFlex can be effective **starting in as little as 5 days.**

For example, a study in the *International Journal of Medical Sciences* showed AprèsFlex showed participants experienced nearly **20% reduction in joint discomfort after 5 days** and a **50% reduction after 30 days.**

And another study showed a **70% reduction in joint discomfort** after 90 days with AprèsFlex!

## **#3) Hyal-Joint® to LUBRICATE and Stop the Dry Out**

Just like the Tin Man needed oil for his joints, your joints need “synovial fluid” to provide lubrication and reduce friction between the bones. Unfortunately, as you age, this fluid can reduce in quantity and quality – leading to those joint flare-ups.

Hyal-Joint is, in my view, like an oil change for your creaky joints.

That's because it's high in hyaluronic acid and other components, such as collagen and polysaccharides, that work together to enhance its lubricating effects.

**And with each serving of Joint 33X, your body gets a full 40mg of this “natural lubricant” whose effectiveness has been tested in over 10 scientific and clinical studies.**

For example, one study in *Clinical Nutrition Supplements* found that Hyal-Joint led to a **significant reduction in activity-related joint swelling**. Another study in *Genes & Nutrition* found that taking Hyal-Joint demonstrated **significant improvement in muscle strength**.

In all, Hyal-Joint has been shown to be **5 times more powerful and effective than other forms of hyaluronic acid**.

Now, in addition to providing you these three essential ingredients in their proper forms, with Joint 33X **you don't have to worry about any of the risks**.

That's because Joint 33X is non-GMO and FREE of anything artificial or harmful, and all ingredients are independently tested for purity, potency, and safety.

Plus, unlike those big bulky pills so common amongst inferior joint supplements, **Joint 33X comes in a small, easy-to-swallow capsule**.

**All you need to do is take ONE of these tiny capsules daily!**

But let's be real.

**The #1 reason you are going to LOVE Joint 33X is because it can be the key to FREEDOM** from that “personal prison” that joint flare-ups cause you to live in.

For example, remember Stephanie and Sean, whose stories I shared at the start?

Stephanie's "creaky knees" **stopped her** from jogging. Her clothes didn't fit her like they used to, and she suffered "some serious emotional issues" because of those joint issues and not being able to run free -- which was her passion in life.

Sean, meanwhile, **felt like an "old grandpa"** at age 56, and was unable to play with his granddaughter on the floor and even struggled to get out of chairs.

Meanwhile, other patients of mine have struggled to use their hands to work their smart phones... they've struggled to walk up steps... they've hurt when doing simple yard work around the house... or they stopped doing things they love like tennis or golf because the discomfort is too much.

Well, you are right to believe that Joint 33X helped FAR more than just their Tin Man Joints...

Because in Stephanie's own words, "I was free again... now I can run like the wind!"

**And as you'll soon experience yourself, Joint 33X is truly a vast improvement in your *quality of life* -- in tiny, easy-to-swallow capsule form!**

You see, you truly don't need to "feel old" and avoid doing things that put the joy in life.

You don't need to suffer just to get out of chairs or walk up the stairs... and your sleep, weight, and relationships don't need to suffer, either.

The key is to take the right action, and as you'll soon experience firsthand, Joint 33X is that right action...

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**What Others are Saying**

“I bought Joint 33X, and now I am doing much better. My legs and back were in a lot of discomfort, and now, since I have been taking this, I am feeling like a brand-new person.” - Margaret S.

“I absolutely LOVE BioTRUST Joint 33X, and I highly recommend this product. I will always make sure I have extra bottles of Joint 33X in my house so I never run out again... I was able to finally start working out again, play with my daughter and my doggies again, and not have any discomfort. I never went back to the chiropractor since starting Joint 33X. There is no need to. This product is amazing, and I highly recommend this to anyone with joint discomfort.” - Christina N.

“I love this product. Within a few days, my shoulders and knees felt so much better -- less stiffness in the morning too.” - Dorothy S.

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And right now, you're getting Joint 33X for up to **51% OFF** and you're getting **FREE U.S. shipping**.

Plus, today you're also getting the important new eBook, *11 Foods for Superior Joints*, **FREE**.

Yes, your Joint 33X comes with BioTRUST's naturally-honest **60-day total-satisfaction-or-your-money-back guarantee** where, if you aren't fully satisfied, you can return even empty bottles for a fast and friendly refund of the full purchase price.

And the best part is, you don't have to worry about leaving your home or having to stand in lines at the grocery store.

We'll rush your Joint 33X right to your door using our upgraded and **industry-leading sanitized-shipping practices**.

As a medical doctor, I've seen that by far the most effective supplement you can take today to help those “Tin Man Joints” is Joint 33X.

By understanding the 3 essential ingredients in Joint 33X that restore, protect, and lubricate your joints, you now know why the fast-acting Joint

33X that comes in a tiny, easy-to-swallow capsule is top-recommended, too. Therefore...

==> [Get Joint 33X for up to 51% OFF with FREE U.S. Shipping and Your FREE Ebook Today](#)

To Your Mobility and Freedom to Enjoy Life,

Dr. Jaime Hope, M.D.  
BioTRUST Medical Advisor

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