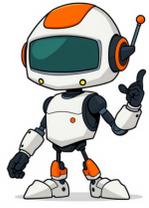


I'm not a robot



I've been searching for an effective joint supplement without breaking the bank, but many options seem expensive and unreliable. I came across Jock Joint Warfare and MoveMD, which claim that Glucosamine, Chondroitin, and MSM are ineffective and even harmful to the liver. Having chronic joint issues in my shoulders and knees makes it difficult for me to lift heavy objects. Recently, I had to get steroid injections, and I'm worried about my ability to continue lifting as I age. Most supplements seem too pricey - \$60 for one month is outrageous! Can anyone recommend something affordable and effective? I recently passed my car's MOT with some minor defects noted, including deteriorated anti-roll bar linkage ball joint dust covers on both sides. Although it was a close call, I've only driven 1000 miles since then, mostly short trips to the supermarket. How likely is further damage from this neglect? Would it cost around \$ to repair at a garage if no additional damage has occurred? Is DIY repair possible? The video I found suggests that this might be the fix, but I'm hesitant to attempt it myself.

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