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# The big short live stream free

Photo Courtesy: The Washington Post/Getty Images Whether it's because you live in a small town with few chances for exposure or there's a global pandemic keeping everyone indoors, there are plenty of reasons why it might not be possible to reach all the people you'd like, whether it's for a service you offer, self-promotion or anything else. With modern technology, however, you don't need to speak with people in person to pursue your goals and dreams. Live streaming means that anyone can have a platform for sharing their voice with the world — as long as they have something unique and worthwhile to say. For those who want to try out live streaming to broadcast an event or activity online, the following are among easiest video live streaming services that will set you on the right path. Facebook Live When it comes to convenience, Facebook Live is an obvious choice for live streaming. Not only does it come with a potential audience of millions of people, but you're probably already familiar with the base Facebook website. To use and launch Facebook Live, all you need is a Facebook account or the app if you're using a smartphone. You'll also need a webcam if you are going to live stream with a laptop or a personal computer. Photo Courtesy: Lillian Suwanrumpha/Getty Images Facebook Live gives you a taste of being a live streamer without having to require you to beef up your device's hardware or have an understanding of rendering videos. Once you go live, you already have a ready audience in the form of your friends and any followers of your Facebook posts. Facebook Live also lets you stream to Facebook users apart from your list of friends and followers by tweaking your privacy settings to make your stream visible to the public. Between its simplicity and the ability to view real-time reports on things like peak live viewers, average audience time spent watching and more, the advantages of Facebook Live are clear. Be aware, however, that as with many live streaming services, hostile audience members can disrupt your stream through comments that are visible to everyone else. YouTube Live YouTube Live is part of a brand that has long been synonymous with video sharing online, and you'd be hard-pressed to find anyone unfamiliar with the original YouTube website. As with Facebook Live, YouTube Live only requires users to have a YouTube account and app on a smartphone or just a webcam if you're on a laptop or PC. It also has the same metric reports regarding viewership duration, total view time and viewer playbacks. Photo Courtesy: [SrdjanPav/Getty Images] YouTube Live also offers features that are not available on the Facebook app, such as automatic live captions for hearing-impaired audience members. You can also broadcast on a delay in situations where material may turn inappropriate, enable automatic recording, follow conversations even after a stream is over and save broadcasts on your channel to make them available to watch them even after the broadcast. Instagram Live Because Instagram has more than 100 million users in the United States alone, users of Instagram Live have a huge potential audience. You also only need an Instagram account and a smartphone, making it convenient and simple. The only real downside is that there's no option to go live from PC yet. Photo Courtesy: The Washington Post/Getty Images Instagram Live is unique in the sense that it allows you to use features shared by Instagram in the feed itself, such as the ability to add colors, filters, GIFs and emojis. You can interact with your audience via the chat stream at the bottom of your screen. To keep your comment section wholesome, users have the option of adding filters to the comment section, pin constructive comments at the top of the stream or disable comments altogether. There are several caveats for those who are considering Instagram Live to stream videos, however. One is that this live streaming platform works best — and often only — in portrait view. Videos that you want to broadcast on Instagram Live also have to be recorded on a smartphone and can't be copied from other devices. MORE FROM QUESTIONSANSWERED.NET Stream in HD Download in HD Photo Courtesy: [Jose Luis Pelaez Inc/DigitalVision/Getty Images] Osteoarthritis (OA) is an age-related form of arthritis. OA is what's known as a degenerative joint disease, and it tends to occur most commonly in the hips, back, hands and feet. In the United States, over 32.5 million adults are living with OA, which has no known cure. However, certain activities can reduce your risk of developing OA, and there are steps you can take to relieve the associated discomfort once you've been diagnosed with this health condition. What Is Osteoarthritis? OA is a painful joint disease that occurs when the cartilage within a joint starts to break down. Cartilage normally serves as a shock-absorbing cushion between bones, and its breakdown results in bones rubbing directly against one another during movement. This friction causes the bone to thicken, which can cause spurs (bony growths) to develop between joints. Stiffness, pain and loss of movement may occur as the joint lining becomes inflamed after long-term cartilage breakdown and spur growth. Over time, the abrasions between bones that occur when they rub together may result in permanent joint damage. Symptoms of Osteoarthritis Symptoms of OA may vary from person to person. However, most people living with this condition tend to experience at least one of the following: Joint soreness Joint pain Joint stiffness following periods of inactivity Morning stiffness that dissipates quickly Decreased range of motion Changes in posture, walking and bodily coordination Pain in weight-bearing areas of the body, such as the knees, hips, spine and extremities What Causes Osteoarthritis? As a person ages, it's normal for their cartilage to lose its elasticity. However, intensive stress such as vigorous exercise can make the cartilage break down faster and make a person more likely to develop OA. There are two types of OA: primary and secondary. Primary OA is known as the more common "wear-and-tear" OA and is usually associated with aging. Secondary OA may happen from a variety of modifiable risk factors, including prior injuries, weight and genetics. While the specific cause of OA is still unknown, there are several factors that can increase your risk of developing this condition: Weight: Individuals with obesity are at an increased risk of developing OA, as their joints may experience stress due to increased weight-bearing. Age: OA is known as the "wear-and-tear" form of arthritis and is associated with increasing age. Anatomical sex at birth: OA affects people assigned female at birth more than those assigned male at birth, particularly after the age of 50. Genetic predisposition: OA often runs in families. In addition, an individual with arthritis in one area of their body is at an increased risk of developing OA in another area, such as their knees or hands. Past injury or joint overuse: Prior sports or occupational injuries (such as physical labor, repetitive motion or frequent heavy lifting) can contribute to the development of secondary OA. Having other illnesses and deficiencies: People with other forms of arthritis have a greater chance of developing the condition. In addition, deficiencies in certain hormones and vitamins C, D and E may also play a role in the development of OA. Diagnosis & Testing for Osteoarthritis To diagnose OA, your doctor will first take a thorough medical and social history in order to build a complete picture of your condition. Included in this medical history will be a review of your past and present symptoms. Next, your physician will perform a physical exam to check your joints for swelling, abnormal growths and changes in range of motion. Following the physical exam, you will likely undergo imaging, such as an X-ray or magnetic resonance imaging (MRI). Depending on the results of your imaging, your physician can recommend a treatment protocol and activity adjustments. Treating Osteoarthritis There are no known cures for OA, but there are steps you can take to prevent or alleviate the symptoms you experience: Weight control: For individuals with obesity, weight control may be the best self-management technique to alleviate OA symptoms. Losing weight will help alleviate additional stress on the joints. Physical activity: Moderate exercise can strengthen the surrounding musculature of affected joint muscles and increase flexibility, thus reducing stiffness. However, it's important to consult a physician for a specific exercise plan because overly vigorous exercise may worsen your symptoms. Medications: Your physician may prescribe medication to help reduce joint inflammation and pain, ranging from topical creams to injections within the joint. Physical therapy: Physical therapy can target and strengthen certain muscles to increase flexibility, in turn helping joint mobility. Occupational therapy can also teach you how to manage your job responsibilities without further stressing or damaging your joints. These therapies may employ braces or splints to help you lead a more comfortable life with OA. Surgery: Surgery and joint replacement may be reasonable treatment options for more advanced cases of OA. During surgery, surgeons can remove or repair damaged tissues, cartilage and bone spurs. You should consult your physician for the most ideal treatment option. Diet: Antioxidant intake and vitamins C, D and E are helpful in counteracting inflammation. Eating a balanced and healthy diet can also help improve your body's natural anti-inflammatory abilities. Resource Links: MORE FROM SYMPTOMFIND.COM



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