

Healthy Handout

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Natural Joint Pain Relief

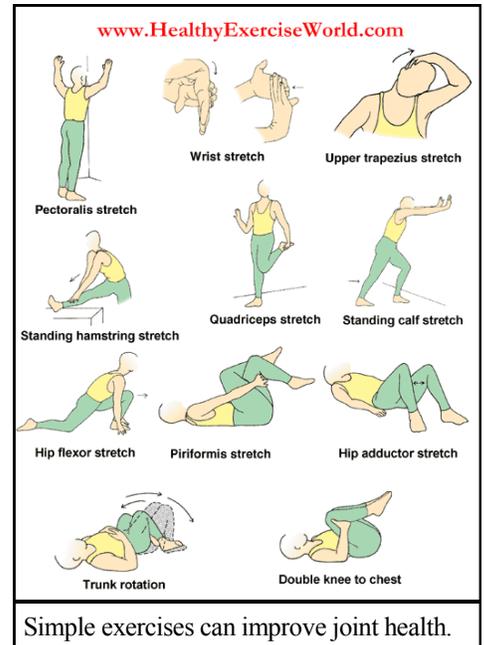
Reduce Inflammation and Strengthen Cartilage

More than 40 million Americans currently have arthritis. Conventional medications like non-steroidal anti-inflammatory drugs (NSAIDs) can provide quick relief. However, some arthritis medications have alarming side effects. If you want to avoid potentially dangerous side effects, there are natural ways to decrease inflammation, support cartilage growth and relieve pain.

The Omega 3 fatty acids EPA and DHA are powerful anti-inflammatory compounds and can help reduce arthritis pain. Nutritional oils like fish oil and flax oil are good sources of Omega 3 fatty acids. There are also herbal supplements that have anti-inflammatory properties as well.

Tart cherries contain anthocyanins, which are compounds that block COX-1 and COX-2 enzymes which help cause inflammation. In that way, they function similarly to NSAIDs but without the side effects. Tart cherries are available as fruit, juice or in pill form.

Boswellin or boswellia is an herb with anti-inflammatory properties. Boswellic acids, the active ingredients in boswellin, is thought to protect connective tissue and increase blood supply to joint tissue. Boswellia also reduces inflammation by preventing white blood cells from entering joint tissue.



Simple exercises can improve joint health.

Arthritis pain is caused by bones rubbing together because of worn cartilage. Supplements like glucosamine, chondroitin and MSM can help protect the cartilage in your joints. Glucosamine is an amino sugar that acts as a precursor to glycosaminoglycans (GAGs). GAGs serve as important components of connective tissue, such as cartilage.

There are studies that report both favorable and unfavorable results for glucosa-

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Store Information
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Hours
 Mon-Fri 9 a.m.-7 p.m.
 Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

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mine's effectiveness depending on the dosage used. Studies that show positive results typically used 1500mg of glucosamine per day. Some sources recommend taking 3,000mg-4,000mg per day for the first two weeks.

Chondroitin and MSM promote cartilage strength in different ways. Chondroitin is actually a type of GAG molecule and an essential structural component of joint cartilage. MSM (methylsulfonylmethane) is an organic sulfur-containing compound that is found naturally in your body. Sulfur links chondroitin and other GAGs together. Together, chondroitin and MSM keep cartilage resilient.

There are other factors that can help bring on arthritis or make the symptoms worse. Weight is a significant contributor to joint damage. Maintaining a healthy

diet and exercising regularly can help you maintain healthy joints.

While it's beneficial to address the long-term causes of arthritis pain, it's only natural to look for some fast-acting pain relief. Topical creams and gels usually work well, especially those that contain menthol or camphor.

Pain relievers like Sombra, Biofreeze and Tiger Balm use camphor or menthol as their active ingredients in order to numb the nerve endings near the source of the pain. There are also a number of essential oils that can help alleviate arthritis pain.

Whatever method you choose to cope with your arthritis, be sure to consider any medications you are currently taking or other health concerns. It's also a good idea to talk to your doctor or natural health care practitioner about ways to help your arthritis.

These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, cure or prevent any disease.



Quick ~ Healthy ~ Delicious



Sour Cherry & Apricot Sorbet

- 2 C frozen sour cherries
- 1 C frozen apricot pieces
- juice of 1/2 lemon or lime
- 1/4 cup of sugar or alternative sweetener

Let frozen fruit sit on counter for about 5 minutes to soften. Place into a blender or food processor and blend for about 5 minutes or until desired consistency is achieved. From www.homesteadfarm.net.

Dr. T. Says...

Arthritis can severely limit your everyday activities. Here are some ways to deal with the pain naturally:

- **Omega 3s, boswellin and tart cherry can reduce inflammation.**
- **Strengthen cartilage with glucosamine, chondroitin and MSM.**
- **Keep your joints active with regular exercise.**

You can also use essential oils and natural pain relieving ointments for short-term improvement. When using any pain reliever, you should be careful not to put too much strain on your joints. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

Upcoming Events

November 7
Vegetarian Style
11 a.m.



November 10
Fatigue Group
1 p.m.



November 14
Weight Loss
Surgery Group
11 a.m.



Questions?

Visit our website for more information about our programs.