

Arthritis

Finding Solutions by Addressing Causes

Harmony & Health

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Joints are meant to endure a certain amount of wear and tear, but when toxins and inflammation are present, it creates more friction in the joints. Furthermore, when nutrients needed for joint health aren't there, repairs can't be made, which makes the joints more prone to damage and inflammation.

Three main steps to aid in the healing of arthritis and joint health:

- 1. Remove sources of irritation** - through structural alignment, exercise, weight loss, alkaline diet, & cleansing.
- 2. Reduce inflammation.** The following products may be helpful:
 - **Relief Formula** - herbal blend which utilizes natural anti-inflammatory and pain-reducing agents.
 - **Curcumin BP** - strong anti-oxidant shown to reduce inflammation and pain.
 - **Joint Support** is an anti-arthritis blend which contains black cohosh, white willow, yucca, burdock, alfalfa and sarsaparilla that all help purify the body, reduce inflammation, and aid body against arthritis.
 - **Joint Health** - Ayurvedic blend to decrease inflammation and promote healing.
 - **Thai-Go** - blend of mangosteen fruit and other natural antioxidants that are powerful anti-inflammatory agents in a great tasting liquid.
- 3. Provide nutrition to the joints.** Some products which do this are:
 - **HSN-W** is made of minerals extremely critical to aiding in joint repair. Silica especially adds resiliency to joints.
 - **Skeletal Strength** contains calcium which is important for joint health, as well as Vitamin D & magnesium in a blend of many other minerals which help to assimilate & utilize the calcium, making this product the best calcium supplement for helping with joint & bone repair.
 - **Everflex**, which combines MSM, glucosamine, chondroitin, devil's claw & hyaluronic acid. **MSM** is a sulfur compound which is crucial for repairing and maintaining healthy tissue. **Glucosamine** is the base material for making up ligaments, tendons and synovial fluid in the joints. It helps joints to rebuild and helps them to be more fluid and well-lubricated. **Chondroitin** is found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. **Devil's Claw** is wonderful to help reduce stiff, swollen joints, while **Hyaluronic Acid** helps lubricate by also increasing synovial fluid & cushioning in joints.
 - **Collatrim** is made of collagen which naturally occurs in the body & is useful in preventing damaged cartilage from hardening as well as promoting healing. Wonderful for helping keep our skin and tissues from losing their elasticity and promoting repair.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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