

RELIEF FOR ACHING JOINTS

A twinge in the knee,
morning aches and pains - just a normal aspect of aging process or warning
signs not to be ignored?

Complex synovial joints, which include fingers,
elbows, hips and knees, allow for the miracle of movement so we can enjoy a
life of activity and adventure.

The synovial fluid in these joints provides

- necessary lubrication important for healthy joints,

- building blocks for the repair of cartilage and

- removes waste products.

CARTILAGE IS THE KEY TO HEALTHY JOINTS

Cartilage is made up of 65 to 80 percent water together
with collagen, proteoglycans and chondrocytes to form the slippery tissue
covering the ends of bones, allowing them to easily pass one another without
pain.

Collagen (a special kind of protein) and proteoglycans
(combination of sugar and protein) weave together to form a water-filled,
mesh-like matrix, the consistency of firm jelly that allows the cartilage to
absorb shock and spring back after being compressed during normal joint
movement. Chondrocytes manufacture new collagen and proteoglycans and secrete
enzymes to degrade old collagen and proteoglycan molecules thus helping the
cartilage to grow and stay healthy.

PAINFUL JOINTS

Sometimes the chondrocytes malfunction and as the
cartilage breaks down it loses its gel-like nature and ability to act as a
shock absorber. The ends of bones
become exposed, rubbing painfully together and causing swelling and loss of
movement. The inflammation often causes
more cartilage damage with more swelling and pain.

Obesity contributes to damaged cartilage of the knees because of the extra stress on the spine, hips, knees and ankles.

Sports injuries or accidents may result in cartilage damage and some people are born with defective cartilage or joints.

THE CARTILAGE HEALING SOLUTION

The most important tool for preventing painful joints is exercise. Joints do not have a blood supply to nourish them rather they get oxygen and nourishment and eliminate waste through joint movement.

Exercise has several benefits:

- * bones grow stronger becoming better support structures

- * improved muscle tone supports and stabilises joints

- * assists with weight control

- * exercise in sunshine adds the benefit of Vitamin D

Diminishing levels of nutrients in food makes it essential to use natural whole food supplements on a daily basis. Vitamin C is an important nutrient as it is essential for collagen synthesis and together with Vitamin E, a powerful antioxidant, helps protect the joints from free radical damage. Omega-3 essential fatty acids increase production and activity of anti-inflammatory prostaglandins helping to control pain and inflammation in the joints. Calcium, magnesium, zinc, boron and silica are key minerals for joint health.

OPTIMAL JOINT HEALTH AND COMFORT

Glucosamine, found in healthy cartilage, is an amino sugar synthesized by many cells in the body and concentrated in joint cartilage. During years of growth and development efficient glucosamine production is important for the creation, maintenance and repair of cartilage. A decrease in the supply of glucosamine together with increased physical activity or cartilage degeneration results in pain, stiffness and loss of mobility.

Studies have shown that supplementing with glucosamine not only slows down or stops cartilage damage but can even reverse cartilage loss.

To find out more about the easy to digest
Glucosamine Hydrochloride supplement that will provide you with full motion and
joint comfort, please click on "Contact us" and send me your questions.