

## **Wolff's Law**

Wolff's Law says that our bones adapt to the stresses we place upon them. Meaning, the day-to-day grind can put stress on our bones and therefore our bones adapt to these specific stresses

Most of us work with our hands; often in a daily, repetitive motion. Eventually, the posture may suffer; the shoulders roll forward, the head drops a little bit, and the back slouches. The muscles also can be affected; when muscles get tight they pull on our bones, leading to hypertension. This moves the bones to a place where they should not be. Hence, we see things like lower back pain, thoracic outlet syndrome, piriformis syndrome, TMJ, carpal tunnel syndrome, plantar fasciitis, and more.

This is why there are people with desk jobs whose arms can't lay flat when lying on their back, why a hair stylist may have clavicle bones in the shape of an L, or why an avid, long time runner now walks funny. Day-to-day repetitive stress may be the cause for all of these things.

Thankfully, there are ways to help prevent these things from happening. Self-care can include hydrotherapy, morning stretches, foam rollers, self-massage, relaxing, aromatherapy, etc. Alternating heat and ice packs is also a big help. Alternating two minutes cold, one minute hot, until the pain subsides can go a long way.

Here are some products that you may consider to help support muscles and bones as well:

- Intenzyme Forte: Broad-spectrum, proteolytic enzyme formula for a variety of physiological and biochemical processes including protein metabolism, systemic inflammation, tissues damage, arthritis, free radical conditions, and poor circulation due to inflammation
- Osteo B Plus/Osteo B II: Broad-spectrum, multiple nutrient formula to support bone growth and repair, bone trauma, osteoporosis, inflammation, and periodontal disease.
- KappArest: Broad spectrum, anti-inflammatory formula to modify inflammatory pathway and "arrest" the pro-inflammatory cascade by inhibiting the activation and transcription of the NF-KappaB.
- ChondroSamine Plus/CondroSamine-S: Provides purified bovine chondroitin sulfate for osteo and rheumatoid arthritis, degenerative and inflammatory joint disease, and cartilage and soft tissue repair.
- Purified Chondroitin Sulfates: Derived from bovine tracea tissues, can be used for disc and ligament injury, chondro protection, inflamed joints, bone support, arthritis, cartilage repair, mitral valve prolapse, and any lack of tissue elasticity as in blood vessels.

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