

Joint Stiffness, Pain, & Inflammation

Every day activities can take a toll on us in many different ways. Arthritis is a big one when it comes to joint pain, and arthritis tends to be a very common thing. Let's talk about synovial fluid and arthritis really quick.

Synovial Fluid

Synovial fluid is the lubricant-like fluid in between our joints, tendon sheaths, and bursae; that allows for easier movement. The decrease of synovial fluid in your joints can cause pain and inflammation. The synovium of the joint is where inflammation is most likely to occur in conditions like arthritis.

Arthritis

Arthritis can include acute or chronic pain, stiffness, and inflammation in the joints. This can be resulting from different things throughout life such as trauma, car accidents, sports injuries, slips and falls, etc. This can also be caused from an infection, degenerative changes, autoimmune disease, and other causes unknown.

There are different ways we can take care of our joints. Most importantly, it is good to watch the excess stress we put on our joints. Whether that be our own weight we carry around, weight lifting, or being active in other ways. Nourishing our body with the right foods and nutrients for healthy joints is also essential. In addition to this, icing is always a good thing to do for your muscles and joints; especially after exerting yourself from a long day of strenuous activities. Exercising and building muscle is also great for joints as stronger muscles equals stronger and more stable joints. Here are some tips for joint support.

Joint Pain Support

- Bio-Allay (3-6) capsules each day
- Sculacia (3-6) capsules each day
- ChondroSamine-S (3-6) capsules each day

Joint Stiffness Support

- Super Phosphozyme Liquid (3-6) drops each day
- ChondroSamine Plus (3) capsules each day
- Gluco-Syn-Amine (3) capsules each day

Joint Inflammation Support

- Intenzyme Forte (10) tablets in the morning, on an empty stomach
- KappArest (3) capsules, three each day
- Optimal EFAs Caps (3) capsules, three times each day

Don't let joint pain take over. Please contact us any questions or for more information on any of these products.

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