

Joint Inflammation

Harmony & Health

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Quality Products for 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

- Structural alignment- proper shoes, physical therapy, chiropractors, stretching, exercise, posture
- Healthy weight - excess weight put additional strain on joints
- Proper nutrition- lack of nutrients, as well as increase toxins in body, can increase inflammation

2. Reduce inflammation. The following products may be helpful:

- **Relief Formula** - an herbal blend which utilizes natural anti-inflammatory and pain-reducing agents.
- **Turmeric Curcumin** - strong antioxidant shown to reduce inflammation and pain.
- **Joint Support** - 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 antiinflammatory agents in a great tasting liquid.
- **Omega-3s** - fight inflammation; studies of people taking fish oil supplements or eating more fatty fish have found that they have less morning stiffness, joint stiffness & pain, and less need for medication

3. Provide nutrition to the joints.

- **Collagen** - peptides that help connective tissue, supporting joints & bones health
- **HSN-W** - designed for hair, skin, & nails, yet high in silica for resiliency to joints & minerals critical to aiding in joint repair.
- **Skeletal Strength** contains calcium, magnesium, Vit D3 in a blend of many other minerals making this product an excellent supplement for helping with joint & bone repair.
- **Everflex**, which combines MSM, glucosamine, chondroitin, & 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.
 - **Hyaluronic Acid** helps lubricate by also increasing synovial fluid & cushioning in joints.

Important: This 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 treatment.



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