

# Health Bulletin



## Three Steps To Better Joint Health

(NAPSA)—Chances are you or someone you know has joint problems—according to the Centers for Disease Control and Prevention, one in three U.S. adults experience some form of joint discomfort on a daily basis. Unfortunately, many Americans simply view their discomfort as an inconvenience and don't do anything to improve their joint health. Best-selling author of *The Arthritis Cure*, Jason Theodosakis, MD, thinks this philosophy is a mistake. "People can improve their joint health by making simple lifestyle changes. In the short term, these steps can improve joint mobility, flexibility and comfort, and may help protect joints from deteriorating in the future."

Here are Dr. Theodosakis' top tips for creating a healthy, active lifestyle.

- **Lace Up:** Moderate, low impact exercise is crucial to improve mobility. By incorporating activities such as walking, swimming and biking into a 30-minute, three to five times per week schedule, joint strain can be reduced. If it's hard to get moving, find a buddy to exercise with. The buddy system increases motivation and fun levels.

- **Find Balance:** Diet fads often don't become part of a regular eating regimen and, more importantly, don't always provide the essential nutrients that bodies need. Create a realistic, balanced eating plan. Contact a registered dietitian or nutritionist if you need help developing an eating program that meets your individual needs and goals.

- **Boost Joint-Protecting Nutrient Intake:** Recent scientific studies show glucosamine and chondroitin are extremely

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# The Arthritis Cure

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## REVISED EDITION

by Jason Theodosakis, M.D., M.S., M.P.H., F.A.C.P.M., and Sheila Buff

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safe, and help improve joint comfort, especially in people who need it most. Combination products, such as Nature Made TripleFlex, tend to be more effective than taking the individual supplements. It's most important to look for products that contain 1,500 mg of glucosamine and 800 to 1,200 mg of chondroitin.

For additional joint health tips, visit the Nature Made Wellness Advisor at [www.NatureMade.com](http://www.NatureMade.com).

### Step Up

As national sponsor of the Arthritis Foundation Arthritis Walk, Nature Made TripleFlex is contributing \$50,000 this year to help fund arthritis research, public health efforts and public policy initiatives. Join Team TripleFlex's efforts to find a cure by visiting the Arthritis Foundation's Web site, [www.Arthritis.org](http://www.Arthritis.org), or calling (877) 232-2898 to find a walk near you.