

Health And Well-Being

Easy Ways To Alleviate Joint Pain And Stiffness

(NAPSA)—The next time those normal aches and pains have you wondering “What are joints like these doing in a nice person like me?” take comfort.

There are several steps you can take to tackle three all-too-common problems of aging: joint and muscle pain, joint stiffness, and limited mobility and reduced range of motion.

How To Help Yourself

1. First, the more you do, the more you can do. It may seem strange, but exercise is good for reducing your joint pain. Exercise can:

- Strengthen the muscles around your joints
- Help you maintain bone strength
- Give you more strength and energy to get through the day
- Make it easier to get a good night's sleep
- Help you control your weight
- Make you feel better about yourself and improve your sense of well-being.

You should ask your doctor about what's best for you before starting on any exercise regimen, but most people with joint aches related to normal aging can benefit from low-impact aerobic exercises such as walking, riding a bike and swimming.

2. Next, try both heat and cold. Heating pads or ice packs may help relieve arthritis pain.

3. Finally, recommends Julian Whitaker, M.D., best-selling author and founder and director of the Whitaker Wellness Institute, America's largest natural health clinic, you can take a unique blend of three clinically studied ingredients in one small, highly concentrated capsule.



You don't have to let painful joints and stiff muscles keep you from activities you enjoy.

How It's Made

These ingredients include a Boswellia serrata extract called AprèsFlex. In clinical studies, it was shown to be a true superstar with significant reduction in pain intensity and improvement in daily functions that were hindered by pain—starting in as little as five days. After 30 days, a substantial improvement was seen in alleviating pain, stiffness, and functional ability.

In addition, there's UC-II type 2 undenatured collagen, which helps block collagen breakdown and, in clinical studies, was shown to be more effective than glucosamine and chondroitin for reducing joint pain and exercise-induced joint discomfort.

Plus, there's Meriva, a powerful turmeric extract—45 times more bioavailable than ordinary curcumin. It helps promote a nor-

mal inflammatory response and provides antioxidants that reduce free radicals that may promote more comfortable joints.

The supplement is called TriComfort Essentials. Dr. Whitaker, a pioneer in his field who specializes in treating patients with purely natural methods, including targeted nutrition, therapeutic exercise and other innovative therapies, says you simply take one capsule daily with a meal and it works quickly, providing comforting relief starting in only a few days, as well as significant pain reduction after a month. Dr. Whitaker even backs his product with a 90-day money-back guarantee.

Want to Learn More?

To discover how well it works for yourself, call 1-800-931-9965 and find out how you can get a FREE bottle, for just the cost of shipping and handling.