



Health NEWS & NOTES

Natural Remedies May Help Reduce Joint Pain

(NAPSA)—More than 85 percent of adults will experience pain in their joints at some point in their lives, a statistic that rises as the U.S. population continues to age.

Any number of conditions can be the culprit, including osteoarthritis, a type of arthritis caused by a breakdown and loss of cartilage, swelling, stiffness and loss of function or mobility. Even simple activities, such as walking the dog or sitting at your desk all day, can lead to joint pain.

While the most common prescription to treat joint pain is non-steroidal anti-inflammatory drugs (NSAIDs), many people seek alternate treatments because of the side effects associated with these drugs. Because there is no single treatment that applies to all people with painful joint conditions, the first and most important step is to get a clear diagnosis.

Based on your diagnosis, your health care provider can make a recommendation for the kinds of treatments that might address your symptoms and the underlying condition that is causing your joint pain. Natural remedies are also possible and include:

- Taking a warm bath with Epsom salt (magnesium sulfate);
- Alternating hot and cold compresses on the painful area;
- Drinking plenty of water to keep the body clean.

Another option for managing pain and joint function naturally is



French maritime pine trees.

supplementing with Pycnogenol® (pic-noj-en-all), an antioxidant plant extract from the bark of the French maritime pine tree, which has shown to maintain joint health in multiple studies.

Several recently published clinical studies on the supplement reveal its effectiveness in maintaining overall joint health and reducing debilitating symptoms.

In various studies, Pycnogenol acts as an anti-inflammatory, naturally relieving achy joints and promoting joint mobility and flexibility. Research also demonstrated less anti-inflammatory pain medication is needed when supplementing with Pycnogenol.

Pycnogenol has been studied for the past 40 years and is widely available in more than 700 natural health products. For more information about natural alternatives for joint health relief, visit www.pycnogenol.com.