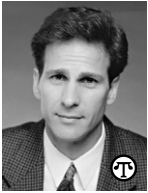


Health Bulletin



Safe, Natural Joint Care

*Dr. Jason Theodosakis, author of
The New York Times bestseller,
The Arthritis Cure—
Revised Edition (2004)*



Dr. Theodosakis

(NAPSA)—More than 70 million Americans deal with joint pain or discomfort on a daily basis. And, with the recent Vioxx recall, many people are left wondering how to care for their joints—

safely and naturally.

Most people turn to medications as their first defense for osteoarthritis. Instead, their first step should be to evaluate their overall health and look to make lifestyle changes and choices (i.e., diet and exercise) that will help prevent or alleviate their arthritis.

After getting an accurate diagnosis from your doctor, I recommend starting these steps as outlined in my nine-step program in “The Arthritis Cure—Revised Edition.”

■ **Include Supplements**

Glucosamine and Chondroitin:

Forty-two human clinical studies have been published supporting the use of glucosamine and chondroitin, including comparisons to placebo and anti-inflammatory drugs, x-ray studies of joint space (a measure of the cartilage thickness) and long-term safety trials. They’re sold separately and in combination products. I have a list of manufacturers who have passed my rigorous testing process on my Web site www.drtheo.com.

Dosage: 1,500 mg of glucosamine and 800 to 1,200 mg of chondroitin daily.

S-adenosylmethionine (SAM-e): A recent U.S. government report concluded that SAM-e works as well as prescription antidepressants.

Depression often correlates to arthritis pain; treating it is extremely important for anyone with chronic pain.

Dosage: 800 to 1,200 mg daily.

Avocado Soybean Unsaponifiables (ASU): Because ASU has been shown to help in severe cases, it is a good candidate to use in conjunction with glucosamine and chondroitin for the treatment of osteoarthritis. Emerging data shows that ASU has structure-modifying properties in human osteoarthritis.

Dosage: 300 mg of ASU daily.

Supplements are regulated by the U.S. Food and Drug Administration under the Dietary Supplement Health and Education Act of 1994.

■ **Diet**

Eating a healthful, joint-preserving diet can make a huge difference in the health of your joints. Getting all the vitamins and minerals your body needs is important, but it’s also important to discover any food allergies you may have. These allergies can affect inflammation of joints and may cause arthritis. Also, maintaining a healthy weight is an important component of a good diet. Extra weight causes increased strain on weight-bearing joints, which can cause cartilage

to break down.

■ **Exercise**

Exercise is an important part of maintaining joint health and preventing osteoarthritis. There are five types of fitness that are required for the prevention of osteoarthritis:

- **Strength.** Good strength is important for shock absorption in joints and prevention of osteoporosis.

- **Aerobic capacity.** A high aerobic capacity promotes the ability to keep moving, even when you’re tired.

- **Flexibility.** Areas of inflexibility cause excess stress and force other areas to be exerted, thus the possibility of leading to altered biomechanics (how well or smoothly the muscles and joints function). Good biomechanics helps to keep your joints healthy.

- **Agility/balance.** Balance improves your body’s biomechanics by maximizing your ability to distribute shock for more effective absorption and less strain on joints.

- **Sport-specific fitness.** If you play a particular sport, it’s important that your body is in shape and prepared to play properly.

Remember, arthritis is not a disease of inconvenience—there is no reason to suffer anymore. Talk to your doctor, and start a treatment program today.

For more tips and information on my books, visit www.drtheo.com. You can also check your Arthritis risk profile at Nature Made’s Wellness Advisor Web site www.NatureMade.com.