



# spotlight on health

## Joint Health, Naturally

by Barry Fox, Ph.D.

(NAPSA)—Joint pain and stiffness affects more than 20 million Americans. These symptoms usually strike after the age of 45, and by age 75, nearly everyone is affected in at least one joint.



Dr. Barry Fox

Fortunately, there are natural remedies that can help alleviate these symptoms, including:

- Foods such as anchovies, chili peppers, curry powder and garlic

- Grapeseed extract and flaxseed oil, which can be taken to help reduce inflammation associated with arthritis and joint pain

- Dietary supplements containing glucosamine and chondroitin, such as ARTHx Once Per Day Time Release Formula, when taken only once per day, can help promote joint flexibility, comfort and range of motion. Glucosamine and chondroitin supplements are gaining credibility within the scientific community and are presently being studied by the National Institutes of Health.

Those with joint discomfort may find relief with this new formulation—a once per day, time release formula that dissolves slowly and extends the absorption period of these important nutrients.

ARTHx Once Per Day contains the recommended daily dose of glucosamine and chondroitin—1,500mg and 1,200mg, respectively, in just two caplets. Taken once per day, it helps maintain the buildup process of glucosamine and chondroitin in one's system because it helps prevent missed dosages.

For more information on maintaining joint health naturally, visit [www.arthx.com](http://www.arthx.com).

*Barry Fox, Ph.D., is a leading expert in osteoarthritis and joint pain, co-author of Arthritis for Dummies and professor of anti-aging studies at the University of Integrated Studies.*