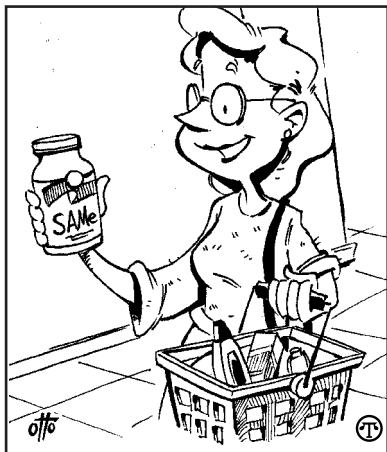


Improving Your Mood And Mobility

(NAPSA)—A healthy dose of information on flexibility and joint health may assist people in making choices to improve mobility and support an active lifestyle.



Nutritional supplements combining glucosamine and SAME may help millions of Americans who want to improve their mood, mobility and joint health.

Q: Dr. Luke, what is joint stiffness all about?

A: The main difference between the disease osteoarthritis and simple joint discomfort is the regularity and severity of the pain. If you experience stiffness, discomfort or swelling in your joints on a daily basis, you may have osteoarthritis and should see a doctor.

Q: I suffer from joint stiffness. As a result, I often can't perform my daily activities and begin to feel down. Is there a connection between my mood and my physical condition?

A: The condition you describe is not uncommon. There are more than 20 million Americans who

suffer from joint discomfort. Those who have poor joint health often feel glum and suffer emotionally because everyday tasks become difficult.

Q: What can I do to care for my joints and boost my mood?

A: SAME (S-adenosyl-L-methionine), a compound that is naturally produced in the human body for proper brain and cell function, promotes emotional well-being and also supports the health of your joints. This natural supplement has been popular in Europe since the 1970s and has been studied extensively in clinical trials. Another promising joint care supplement is glucosamine, a natural substance produced by the body. Scientific studies indicate that glucosamine plays an important role in the production and maintenance of cartilage. Nutritional supplements such as Move Free Plus SAME combine glucosamine and SAME into a formula that can support both joint health and a positive mood.

The above answers to frequently asked questions are given by Dr. Luke Bucci, PhD, author of the first book on glucosamine and joint health published in the United States,



Dr. Luke Bucci

titled *Pain Free: The Definitive Guide to Healing Arthritis, Low-Back Pain, and Sports Injury Through Nutrition and Supplements*. Bucci is also vice president of research at Schiff, a leading natural supplement company. For more information about nutritional supplements, visit SchiffVitamins.com or e-mail your questions to DrLuke@MoveFree.com.