



Finding Joint Comfort

(NAPSA)—With recent reports linking some existing medications to cardiovascular problems, many of the 50 million Americans who suffer from joint discomfort are looking for new solutions.

Here are a few easy ways to manage joint health:

- **Exercise.** For people with joint discomfort, exercise can help keep joints fully mobile. Joint support is added by strengthening muscles. Range of motion exercise such as tai chi and yoga help keep you limber.

- **Diet.** Excess weight influences joint discomfort by putting extra strain on already burdened joints, so it's important to eat healthy, nutritious meals and watch your weight. People who are 20 percent or more overweight tend to have more problems with their joints.

- **Sleep.** Inadequate amounts of sleep can aggravate joint discomfort. If you're not getting enough sleep at night, try 20- to 30-minute naps during the day. Be sure to let your doctor know about your lack of sleep.

- **Stress.** The difficulties of living with chronic joint discomfort can create stress. The stress causes muscle tension and increased aggravation. These symptoms create even more stress. It's important to short circuit this vicious cycle by learning relaxation techniques.

- **Supplements.** Recent studies have shown that along with regular exercise, certain supplements



Exercise, diet, sleep and supplements all may help manage joint discomfort.

may be helpful in supporting healthy joints.

Glucosamine and chondroitin sulfate are two primary ingredients that support healthy joints and bones. The combination is said to help rebuild cartilage and lubricate joints.

Fish oils contain omega-3 fatty acids, which support joint health.

MSM is a source of dietary sulfur found within the connective tissue matrix and provides an important component for joint cartilage.

SAME is a natural product which supports glutathione production, which helps support the body's antioxidant system and promote healthy joints.

These supplements can be found at GNC stores. For more information on these and other supplements, visit www.gnc.com.