

HEALTH NEWS UPDATE

Help for Aching Joints?

The Arthritis Cure
—Revised Edition
by Dr. Jason
Theodosakis
(NAPSA)—

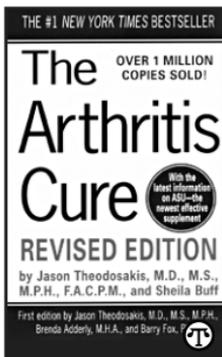
For the 70 million Americans who deal with joint discomfort on a daily basis, Dr. Jason Theodosakis' newly released revised edition of his New York Times bestseller "*The Arthritis Cure*," offers numerous tips to improve quality of life.

A long time proponent of glucosamine and chondroitin for treating joint discomfort, Dr. Theo rates current mass market products, and it is surprising how many do not make the grade. One product that did pass Dr. Theo's tests is Nature Made TripleFlex. Available at local club, drug and grocery stores, it contains Dr. Theodosakis' recommended dosages of glucosamine and chondroitin plus other joint health ingredients.

Dr. Theo also discusses new research surrounding over-the-counter joint health remedies and outlines an easy-to-follow nine-step program that may help decrease joint discomfort. To learn more about Dr. Theo's book or check which products he recommends, visit www.drtheo.com.

Hope for Maintaining Cartilage. New Research Shows Glucosamine May be the Answer

As joints age, cartilage, a type of connective tissue that cushions bones, begins to deteriorate. Glucosamine, an amino sugar, is produced naturally in the body and



is found mainly in cartilage. Researchers have long believed that supplementing the diet with glucosamine stimulates cartilage formation.

A breakthrough study published in the April edition of *Menopause*, a peer-reviewed scientific journal, showed that glucosamine may help prevent cartilage deterioration.

The 414 subject, three-year study sponsored by the World Health Organization found that postmenopausal women given glucosamine had significantly reduced their joint deterioration. Some participants even showed improvement in joint spacing, a sign of joint health.

"This is exciting information that shows clinically how glucosamine has a positive impact on joints," says Dr. Steven Yannicelli, registered dietitian.

Glucosamine is sold in over-the-counter dietary supplements such as Nature Made TripleFlex.

You Can Help Too!

This spring, grab your walking shoes and enjoy the outdoors while raising money for a good cause. May is National Arthritis Month and the Arthritis Foundation is hosting Arthritis Walks nationwide to fight arthritis.

Nature Made TripleFlex and *Arthritis Today* magazine are national sponsors of the Arthritis Walk. Another participant in the fight against arthritis is national presenting sponsor, Aleve.

To find a walk nearest you and to find out how you can help arthritis, call 1-800-283-7800 or visit www.arthritis.org. You can also visit the TripleFlex Web site to sign up for a walk at Nature Made.com.