



Natural Ways To Promote Joint Health

by Lorna R. Vanderhaeghe, M.Sc.

(NAPSA)—There may be hopeful news for the millions of people who suffer from a variety of joint ailments—most of which involve joint or muscle inflammation.

Fortunately, say experts, by paying attention to diet and lifestyle, you may be able to reduce much of the discomfort associated with the condition.

Here are some tips:

- **Eat right.** Foods can either promote or prevent pain and inflammation. For example, foods such as eggs, dairy and liver contain arachidonic acid that can promote inflammation.

This acid is broken down into inflammatory compounds that can cause pain and joint swelling.

- **Eat enough**—at least six servings of vegetables and one serving of fruit every day. These foods are the best choices for reducing inflammation. High blood glucose levels can increase inflammation, while fruits and vegetables calm the inflammatory process.

- **Maintain a healthy weight.** Even an extra 20 pounds can create an abundance of inflammation in the human body and lower overall immunity. The more fat cells you have, the more potential there is for pain and inflammation.

Weight gain also puts pressure on joints. For every 10 pounds of weight gained, 40 pounds or more of additional pressure is put on hips and knees, compressing cartilage and collagen.

- **Sleep on it.** During sleep, the body regenerates and inflammation calms down. Lack of restorative sleep is a major promoter of inflammation and pain.

- **Consider using natural remedies** that are safe and effective to



Experts say paying attention to diet and lifestyle may reduce inflammation and promote healthier joints.

help reduce pain and inflammation while repairing and regenerating joints.

For example, Celadrin, a special blend of fatty acids, is said to be a natural and effective anti-inflammatory. Both human and animal studies have shown the benefits of reduced pain and swelling, increased movement and reduction of inflammatory factors when using it.

Available in cream or capsule form, the product is designed to provide continuous lubrication to joints, allowing the cell membrane to repel inflammation caused by the immune system. Celadrin is also said to help glucosamine perform faster and more efficiently in building joint cartilage.

For more information, visit www.celadrininfo.com.

Lorna R. Vanderhaeghe, M.Sc. is a health journalist and the author of seven books, including "Get a Grip on Arthritis and Other Inflammatory Disorders."