



spotlight on health

Pain In The...Joints?

(NAPSA)—It's not uncommon for joint pain to interfere with daily life. Many health professionals will focus on treating the underlying condition, such as arthritis. However, there are options to manage the joint pain itself, such as physical therapy, nutritional supplements, pain relievers and surgery.

David Kliff knew it was time to take control of his health after he was diagnosed with type 2 diabetes. He began running daily to lose unwanted weight, but joint pain got in the way of David's attempts to run longer distances.

Joint pain is a common experience for most people at some point in their lives, regardless of age, race or gender. The pain can range from mild to severe, and includes aching, swelling, stiffness and/or warmth in the joints.

Steven Lamm, M.D., practicing internist and faculty member at New York University School of Medicine, said that pains and aches in the joints can be warning signs of a much larger problem, such as a chronic disease or undiagnosed injury, or just a sign of aging.

According to Dr. Lamm, many people are unaware that omega-3s have benefits beyond heart health, such as depression and joint health. To help reduce inflammation in joints, he recommends a pharmaceutical-grade omega-3 supplement called Iceland Health® Joint Relief. The omega-3 in Iceland Health Joint Relief is combined with Iceland Collagen GHA™, a proprietary formulation of hydrolyzed collagen II, chondroitin sulfate, hyaluronic acid and glucosamine sulfate 2KCL. The omega-3 helps reduce inflammation, while Iceland Collagen GHA improves joint elasticity, range of motion and joint lubrication.



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“Joint pain can be very debilitating and become a great strain on your life,” said Dr. Lamm. “It's important to find a way to manage the pain so you can remain active and live a normal lifestyle.”

After searching for ways to relieve joint pain, David began using Iceland Health Joint Relief. He credits it with reducing his pain and allowing him to move with more flexibility and comfort.

“I was lucky if I could run eight miles,” David said. “Now I'm happy to say I just completed my fourth marathon.”

Tips to Protect Your Joints

- Beforehand, apply heat to the joints you'll be working excessively.
- Ice your joints after exercising or working.
- Take a nutritional supplement that includes omega-3s.



Iceland Health Joint Relief is available at food, drug and Super-center stores nationwide. For more information, you can visit www.icelandhealth.com/jointrelief.