
Health Hints

A Better, Safer Way To Treat Joint Ailments

(NAPSA)—Scientists say one in three American adults suffers from some type of chronic joint condition. For them, pain and stiffness are part of everyday life. Now in the wake of recent, highly publicized drug recalls, more and more people are looking for a natural solution to the problem of chronic pain.

Joint problems can make climbing a staircase, getting up from a chair or even just walking from one place to another difficult, if not impossible. Although it's usually considered an old people's disease, joint ailments can in fact strike anyone, at any age. In fact, it affects more women between 20 and 40 than any other chronic condition. While there are a number of prescription medications that can relieve the pain, they can also have serious side effects. One popular drug was pulled from the market entirely after studies linked it to heart attacks and strokes, some of them fatal.

Now a new report from the University of Connecticut may have an answer. It says that a natural compound of esterified oils can both relieve pain and promote overall joint health.

The double-blind, placebo-controlled study of knee-pain patients showed that a compound called Celadrin enabled people to move faster, climb steps and rise from their chairs with less pain. In fact, the compound helped reduce pain, with no side effects, in every



A new compound may improve joint health.

patient who tried it. A second study showed similar results. Both studies were published in *The Journal of Rheumatology*.

"I have always been Mr. Skeptical, but now I'm a believer," says former San Diego Padres star Tony Gwynn. "The improved flexibility that I now experience is incredible! The products I used in the past had no results like this one, ever." Gwynn began using the product after developing knee problems during his last few years as a professional athlete.

The compound has no side effects and no interactions, meaning that it can be used alone or in combination with other therapies. It's safe even for people with other conditions in addition to chronic joint pain.

To learn more about Celadrin, go to www.celadrin.com.