

BUILDING HEALTHY BONES AND JOINTS

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15% of the U.S. population is afflicted with some form of arthritis. 1/3 of all adults have arthritis in the hand, knee, or hip. 75% of all adults 75 or older have signs of the disease.

Osteoarthritis is a degenerative condition of major joints with early morning stiffness, stiffness after rest, worsening after use, restricted movement, tenderness, swelling, joint creaking and cracking.

Rheumatoid Arthritis (RA) affects 2.1 million people and 200,000 children with night sweats, depression, fatigue, low grade fever, weakness, and joint stiffness that lead to painful, swollen joints.

Causes of arthritis are stress, joint instability, hormonal changes, environmental and psychological factors, aging, excess weight, general wear and tear, inadequate diet and exercise, food sensitivities and allergies, high animal fat diets, leaky gut, and many infections including *Candida albicans*.

Natural approaches to preventing and improving arthritis include proper diet and nutrition, proper exercise, supplements, weight reduction, and identification of food allergies and sensitivities. Proper diets include a diet rich in fresh fruits and vegetables, cold water fish, nuts, and whole grains, with the exception of wheat, cutting down or eliminating hydrogenated fats, processed foods, non-organic foods, fatty meats, eggs, dairy products, caffeine, tobacco, alcohol, and sugars. 1/3 of the people avoiding the nightshade plants (tomatoes, tobacco, white potatoes, all peppers except black pepper, and eggplant) show positive improvement.

Natural approaches include antioxidant and safe anti-inflammatory nutrients, and food supplements that protect and help rebuild and repair bones, joints, and a leaky gut.

GLUCOSAMINE PLUS™

Glucosamine Sulfate 100mg, N-Acetyl Glucosamine 50mg, L-Glutathione 2mg, N-Acetyl Cysteine 5mg, L-Cysteine 50 mg, L-Glutamic Acid 50mg, L-Glycine 50 mg, L-Taurine 25mg, Vitamin C 50mg, Vitamin E Succinate 25 i.u., Pantothenic Acid 50mg, Soluble Trachea (16[^]pure Chondroitin-A) 25mg, Silymarin 5 mg, Milk Thistle 100 mg, Green Lipped Mussel 25 mg (Natural source of Mucopolysaccharides and Superoxide Dismutase).

Glucosamine Sulfate: builds and repairs joint cartilage and bone; reduces pain and swelling.

N-Acetyl Glucosamine: reduces joint pain, swelling; improves restricted motion; helps maintain the lining of the bowel. Leaky bowels result in allergic reactions and autoimmune attacks on tissues.

L-Glutathione: removes liver toxins; prevents free-radical damage, poor cellular circulation, and stiffness; enhances immune function; removes heavy metal toxins.

N-Acetyl Cysteine: helps prevent degenerative changes in the liver; protects cells; removes toxins that accelerate degeneration and interfere with healing.

L-Cysteine: removes many heavy metals; protects against environmental pollutants; protects brain and liver from smoking and alcohol damage.

L-Glutamic Acid: protects and repairs bowel lining; promotes ulcer healing.

L-Glycine: enhances digestion; helps remove toxins; protects against free-radical damage.

L-Taurine: maintains healthy cell membranes.

Vitamin C: protects cells of the body; detoxifies many harmful substances; protects joint health.

Vitamin E: improves many symptoms of RA and osteoarthritis; protects cell membranes; enhances immune responses.

Pantothenic Acid: alleviates arthritic morning stiffness, disability, and pain.

Soluble Trachea (16[^]pure Chondroitin-A): helps build bone and cartilage; promotes bone healing; helps restore joint function.

Milk Thistle: protects liver cells; removes toxins from the liver.

Silymarin: has anti-inflammatory effects on blood; prevents free-radical production.

Green Lipped Mussel: provides building blocks for bone and cartilage; protects against cartilage damage and pain; repairs cells; reduces the rate of cell destruction.