



Knowledge is
your secret
weapon to good
health.

PAIN & INFLAMMATION

ARTHRITIS

While there are many different types of arthritis, three of them tend to be the most common: Osteoarthritis (wear & tear of joint cartilage resulting in exposed joints rubbing together), rheumatoid arthritis (autoimmune response affecting joints), and gout (buildup of uric acid crystals in joints). Each has its own distinct characteristics; however, pain and inflammation of the joints are symptoms common to all forms of arthritis.

Contributing Factors

Osteoarthritis: age, obesity, high impact sports, excessive use/exercise, free radical damage, poor nutrition/hydration, joint/ligament damage, infection, lack of blood supply/circulation

Rheumatoid Arthritis: autoimmune response (when your body breaks itself down/attacks its own tissues), digestive distress, nutrient deficiencies, candida, stress, heredity, infections, toxins, hormonal imbalances

Gout: diet high in purines (red meats, peanuts, mushrooms, sardines, anchovies), diet high in refined/simple sugars, excessive caffeine/alcohol, dehydration, stress, obesity, injury, medications, infections, kidney disease

Lifestyle Recommendations

- Moderate exercise and stretching. This stimulates synovial fluid production (the fluid that lubricates between the joints), and eases pain.
- Manage weight and blood sugar levels. This produces less stress on the joints and helps balance inflammation, hormones, and stress levels.
- Alkalize the diet and replace refined/processed foods with their whole food counterparts.

Product Recommendations

- Help relieve pain and inflammation: Turmeric (curcumin), Ginger, Boswellia, MSM, Devil's Claw, White Willow, Proteolytic Enzymes (Serrapeptase, Bromelain, Papain), Magnesium
- Aid in lubrication of the joints and reducing inflammation: High EPA fish oil, Hemp oil, Flax Oil
- Nutrients to aid in rebuilding and repairing joints: Glucosamine Sulfate, Chondroitin, Hyaluronic Acid, Collagen, Shark Cartilage, SAmE
- Antioxidants for tissue protection: Quercetin, Zinc, Vitamin C, Pycnogenol, Selenium, Vitamin E, Grape Seed
- Topical Pain Rubs: Arnica, Camphor, Menthol
- Help neutralize uric acid associated with gout: Cherry Extract/Juice, Celery Seed, Nettle, Mulberry
- Immune modulators for rheumatoid: Plant sterols, Beta glucans, Mushroom blends
- Aid in repair of GI tract/nutrient deficiencies for rheumatoid: Probiotics, Multivitamin, L-Glutamine, Enzymes/HCl, Fibre

Book a free 15 minute consult with a GNN Product Advisor!

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