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Joint Discomfort Has No Age

By ARA Content

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by: **ARA Content**

(ARA) – It can happen at any time and at any age. Strenuous activity, whether from jogging, a set of tennis or even gardening, can cause joint stiffness and discomfort, limiting range of motion and decreasing mobility among younger people as well as those who are more mature.

But it doesn't have to be that way. There are several ways to keep joints healthy and flexible so that you can continue to enjoy favorite activities.

Although many people have relied on analgesics, which only offer temporary relief, there are natural supplements that can offer long term benefits and help to promote healthier joints. Two nutrients in specific -- glucosamine and chondroitin -- have been shown to improve the structure and function of joints and cartilage. Both are nutrients that occur naturally in the body. Glucosamine helps the body to manufacture the building blocks of cartilage and help keep cartilage lubricated and maintain its slippery texture. Chondroitin helps attract and hold fluid in the cartilage, inhibiting the activity of harmful enzymes that break down cartilage.

As our bodies age, the ability to produce some of the nutrients necessary for cartilage building declines. That's where nutritional supplementation can help. In a 1999 study, the combination of glucosamine and chondroitin was effective in preventing the progression of cartilage loss.

Today, there is a wide variety of glucosamine and chondroitin nutritional supplements available. Osteo Bi-Flex, for instance, is one of the most popular and carries the distinction of being the nutritional supplement most doctors recommend for joint health.* Additionally, it offers a complete range of dosage forms and formulas to suit every preference, including exclusive smaller, easier-to-swallow caplets, a unique triple strength formulation for convenience, popular softgels, a fast-acting formula and great tasting soft fruit chews. There's even a specialized Osteo Bi-Flex formula designed to meet the joint care needs of high-performance activity.

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Although there is no "magic bullet" to alleviate the discomfort and stiffness associated with joint problems, to get the greatest benefit from the use of nutritional supplements whatever your age, you should follow a program involving several lifestyle changes:

Shed extra pounds to reduce stress on your joints. Your health care provider can give you tips on the best ways to trim calories and inches.

Begin a regular exercise program. Although many people believe that exercise can "wear out" joints, the truth is that regular exercise promotes joint comfort by increasing the flow of fluids to the cartilage and strengthening the structures surrounding the joints. Exercise at a comfortable, steady pace. Know your body's signals and don't over-exert yourself.

Learn to lift properly, using your legs instead of your back. Lift and carry smaller objects in the palm of your hand instead of with your fingers, and when possible, slide objects instead of lifting them.

Maintain good posture. When standing, keep legs shoulder-distance apart for balance and support, tuck your buttocks in and keep your shoulders back. When sitting, use a small pillow to support your lower back if necessary, and keep your hips, knees and feet at 90-degree angles.

Move. Don't stay in one position for too long. Shift your weight and stretch occasionally to keep joints from becoming stiff.

Use a pillow that supports your neck to reduce stress around the neck and shoulders while sleeping.

The Arthritis Foundation also recommends incorporating relaxation into your daily routine to help relieve both mental and physical stress. Deep breathing, meditation or "guided imagery" tapes are commonly used methods. Finding a relaxation technique that works for you is a highly personal decision, but the rewards of making relaxation part of your routine are plentiful.

For additional information on Osteo Bi-Flex, visit www.osteobiflex.com. For information on arthritis and joint health, visit the Arthritis Foundation's Web site at www.arthritis.org.

* Based on the results of the National Drug and Therapeutic Index syndicated report among physicians who recommend a branded glucosamine supplement, March 2001.

Courtesy ARA Content,

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Dog/Canine Arthritis

By Matthew Seigneur

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Arthritis in canines is just as common as it is in humans. The type of arthritis associated with dogs is osteoarthritis which is caused by the degradation of the cartilage within a joint.

Cartilage is what keeps the bones in a joint from rubbing together. As the cartilage breaks down it causes the function of the joint to reduce causing pain and stiffness.

In the beginning canine arthritis is uncomfortable, but in severe cases it causes extreme pain as the bones are rubbing directly against each other.

Signs to watch for are favoring a certain limb repeatedly, trouble when sitting or standing, not as active, stiffness in their joints, reluctance to run or jump, and lethargy. There is no cure for canine arthritis yet, but there are several good treatments.

Pain relieving lotions are one of the safest and best ways to ease your dogs pain associated with canine arthritis. Your vet may prescribe some medicine for swelling and discomfort.

A new treatment is now being used which is dietary. Glucosamine and Chondroitin have been found to be helpful in reducing the degeneration of dog's bones due to canine arthritis and also aids in the reducing inflammation.

This combination attracts fluid into the cartilage between the joints, which helps the body repair damaged joints while keeping the destroying enzymes under control.

The most important factor is to relieve your dog of discomfort associated with canine arthritis so can live a better life. He also needs to move the joints so the canine arthritis does not become severe.

If you have noticed any of these signs in your dog, make an appointment with your vet so you can better know how to treat your dog if in fact he does have canine arthritis.

With the proper treatment you can help improve your dog's quality of life, which is what you and your dog both want.

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<http://www.dog-pictures.co.uk/dog-supplements/> provides dog supplements and dog health care information.

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