

Joint Health

A Joint is a point where two or more bones are connected. Ligaments join bone to bone strengthening joints, and allowing and limiting movement to certain directions. In between the joint is a fluid called Synovial fluid, which lubricates the area preventing friction for smooth movement and reduced wear on the bones.



Common Ailments of the Joints include:

- Sprains
- Bunions
- Osteoarthritis
- Temporomandibular Joint (TMJ) syndrome

Common Inflammatory Joint Diseases include:

- Rheumatoid Arthritis
- Rheumatism
- Tendonitis
- Fibrositis
- Bursitis
- Gout

What Can I take to Help Joints?

- *Glucosamine Sulphate* may improve the function of joints by eliminating pain and repair damage.
- *MSM* a sulphuric compound may help function and reduce pain.
- *Calcium* if there is a deficiency can contribute to joint problems, especially in women to prevent Osteoporosis.
- *Fish Oils* provide Omega 3 essential fatty acids for healthy joints and may provide pain relief by reducing inflammation.

So if you are feeling any aches and pain in the joints, have a history of joint problems in your family, are very active or have had a recent injury then taking one or more of these supplements may help.

For product related information, see the [Joint Health](#) section of our web-site.

Please consult with your health practitioner for more information about joint health and specific products suitable for your needs.

References

- "Joints" - Hyperhealth Pro 2008 (v8.0)

Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.

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