



## DR JEWKES/MEDICAL ADVISOR COMBATING ARTHRITIS, ACHES, AND PAINS

One of the greatest causes of suffering in old age is aching joints and arthritis. However this is not just limited to old age. Over the past 10 years in my private practice I have seen younger patients coming in with the same complaints. One is often led to believe there is nothing that can be done except to take pain killers and or anti-inflammatory medications ( which more often than not speed up the progression of the disease). This is completely untrue. There are many proven ways to reduce pain and inflammation with drugs.

Optimum nutrition approach has given countless people relief from painful joints. Key strategies for reducing pain and inflammation are:

1. Possible food allergens
2. Supplementation
3. Antioxidants
4. Supplements and nutrients such as Omega-3's
5. Bone building nutrients, including minerals
6. Good, all-round optimum nutrition

Sometimes aches and pains occur in the muscles and not the joints. This is not arthritis and may be due to one of two conditions. Fibromyalgia, and or Polymyalgia. Some people experience chronic fatigue with these painful conditions. Other conditions that cause pain are when the immune system starts misbehaving, resulting in infections, allergies, inflammation, and autoimmune diseases like rheumatoid arthritis. Of course these are disease processes that can be diagnosed by your doctor or health care provider.

Rain nutrition has provided some key micronutrients for help with pain reduction. We have minerals, omega-3's, antioxidants, milk thistle to help with liver detoxification and support, and other vitamins that support and help the body to combat aches and pains. This is why so many of you who have been taking the Soul, Pure, and Storm have seen over time your painful symptoms begin to improve. Conventional drug treatment is in many cases more immediate but not always long lasting and of course we have to be careful of the side effects of these drugs be they prescription or over the counter.

So if you want to help with easing some of your pain and inflammation try using our products. A combined dietary and lifestyle approach, together with the right nutrient supplement, offers an effective strategy for preventions and early-stage reversal of age-related inflammation and pain.

