

# Moving On!

## Help for Aging Joints

by Margy Squires

**T**he secret to moving through life is keeping your joints young! The body has built in “shock absorbers”: the articular cartilage that covers and buffers the ends of bones and the synovium, another connective tissue that cushions joints where bones meet. **The synovium fluid nourishes joints with nutrients and oxygen.** Age and trauma cause cartilage and synovium to become thinner, leaving “rough spots” that spur inflammation and pain. **Inflammation can further damage tissues beyond their ability to repair.** Certain supplements can help the repair and maintenance process. Here’s a brief primer for what your joints need and why.



### Why is glucosamine a first choice?

Glucosamine is a precursor to *glycoaminoglycans* found in normal cartilage matrix and synovium fluid. Your body naturally makes glucosamine, which is a precursor to two other connective tissue components, chondroitin and hyaluronic acid.

An estimated 50 million Americans have arthritis by Arthritis Foundation figures; 27 million with osteoarthritis (OA) or “aging” arthritis. A Belgian study that followed 212 patients for 3 years conclusively showed by pre- and post-treatment x-rays that glucosamine slowed cartilage destruction and thus relieved pain such that the Arthritis Foundation published approval for its use on OA of the knees.

As a supplement, glucosamine is highly absorbable (90%) and its safety well documented in scientific studies. Study doses are 1500 mg daily for 3 consecutive months, so be patient and give your body time to rebuild! TyH’s Pain Control Formula™ also contains glucosamine to rub directly into painful joints.

### Why take chondroitin and hyaluronic acid?

Several good reasons. 1) water makes up 80% of cartilage and synovium, allowing flexibility “bounce” under pressure. Both chondroitin and hyaluronic acid are very good at attracting water! 2) hyaluronic acid is found in all body tissues but mostly in synovium. 3) chondroitin also blocks the enzyme that degrades cartilage. 4) joints have no blood supply for necessary nutrients and oxygen other than via synovium fluid. Take chondroitin at 800-1200 mg daily and hyaluronic acid 50 mg, 1-3 times daily. Or go the easy route with a combination product that contains both plus glucosamine.

### Get with the Program™ For Joints

Multi-Gold™

Glucosamine/Chondroitin  
& Hyaluronic Acid

InFlame Response™

Omega-3 (Fish or Flax)

### Are there other connective tissue helpers?

Yes. Methyl-sulfonyl-methane (MSM) is found in every cell and assists repair and rebuilding, plus eases inflammatory pain. Sulfur is often deficient in arthritis patients and restoring levels with MSM offers

significant benefit at therapeutic (divided) doses of 2500-5000 mg daily. Vitamin C is a required component of all connective tissue and protects cells and tissues from further damage. Celadrin® is a patented esterified fatty acid which increased mobility and reduced inflammation in less than 30 days in published trials.

### What helps inflammation?

Inflammation is the body’s natural response to injury but chronic inflammation impedes the healing and/or pain relief. Systemic or whole body enzymes interfere with the COX enzymes that cause inflammation, remove cellular debris and scar tissue to speed healing, increase circulation for delivery of needed nutrients, and subsequently reduce pain. If you are on a blood thinner, check with your doctor before using these enzymes. Other helpful nutrients include rosemary (ursolic acid), Boswellin®, bromelain (pineapple), Pycnogenol® and ginger. Fibro-Enzymes™ and InFlame Reponse™ support a healthy inflammatory response.

Try essential fatty acids (EFAs). The body uses omega-3 provided by EFAs to control prostaglandins, chemicals involved in the inflammatory process. Omega-3 can be found in fish, especially salmon, and converted from flaxseed oil. Saturated fats, on the other hand, in red meat and some dairy may provoke inflammation.

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