

## Preventing Arthritis

An amazing 80% of people over the age of 50 have arthritis. The most common form is osteoarthritis. This doesn't happen overnight; it's a gradual degenerative process of excessive wear and tear on the joints. The good news is that arthritis doesn't have to be a "normal" part of aging. The pain, swelling, stiffness and joint deformity can be avoided or postponed with intervention.

Regardless of age, when joint damage goes uncorrected, the body deposits calcium on the bones around the one that's not moving properly. Just as we put a cast on a broken bone, the body attempts to fuse the injured joint and stop the dysfunction. Intervening to correct the original problem, before the body starts compensating, is the key to prevention.

The most common "treatments" for arthritis are anti-inflammatory medications such as aspirin and ibuprofen. While these help reduce swelling and pain, they only mask symptoms and don't get at the underlying problem. Furthermore, these medications have been shown to inhibit the healing process which can actually accelerate the problem.

The best option is to restore the original function to the joint by working with a doctor of chiropractic. Getting to the problem early means preventing arthritis in the first place, and chiropractic adjustments for existing arthritis keep things from getting worse. Herbal therapy, other nutrients and diet can also help promote healing and prevent future degeneration. So don't accept arthritis pain as a normal part of aging, like TV commercials for pain medicine would have you believe. You can choose prevention and keep running circles around your tennis buddies.

Yours in health,

Dr. Rick

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