

Nutrition for Healthy Joints

So, you're getting older, you're not recovering as fast as you used to, and the thought of arthritis keeps popping into your consciousness. How nice it will be to enter your retirement years with the physical ability and energy to revel in your freedom. But, how do we keep our joints healthy as we age?

It's clear that you need to use it or lose it. Physical activity is critical for healthy joints and muscles. Even people with arthritis feel better with exercise. Activity builds and maintains coordination, strength and stamina. Consider yourself "in training" for the rest of your life.

Joint alignment is a critical factor as misalignment results in the unequal wearing down of joints. This is the same as a car's alignment being off and the edges of the tires wearing out faster. You can help prevent and maintain joint alignment with muscle and joint therapies like massage and chiropractic. Additionally, wearing high quality, supportive shoes helps to keep the knees and hips aligned to prevent them from wearing out.

You may also consider some supplements that help support your joints and muscles both in prevention and maintenance. Glucosamine sulphate and chondroitin sulphate are both very effective and popular. Chondroitin sulphate is a mucopolysaccharide (MPS), the substances that make up joint cartilage and bone. Glucosamine is used to produce MPS. Multiple studies have shown that both of these help to reduce pain and symptoms associated with arthritis and they also help with hair, skin, nails and bone strength. Standard dosage is 1500 mg of each per day.

Niacin or niacinamide (also called vitamin B3), boron, B-complex, methionine, betaine, SAM-e, vitamin C, bioflavonoids (including quercetin), zinc, calcium, manganese, papain (enzymes) and wild yam are some other supplements used to produce healthy joint tissue and reduce inflammation.

To ensure healthy joints well into your senior years, keep up your workouts, maintain joint alignment and find a formula that uses a variety of the supplements we've discussed.

Yours in health,

Dr. Rick

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