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Jumpstart Your Joint Health

(ARA) - Osteoarthritis -- just the sound of it cries pain and discomfort. Unfortunately, it's an all-too-familiar name to nearly 21 million men and women in the United States.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) confirms that this inflammatory disease is the most common form of arthritis. While most sufferers are older, it can strike people as young as their mid-20s and does not discriminate by gender or race. Everyone is a candidate for the soreness, stiffness and pain that comes with osteoarthritis.

No matter what their age, osteoarthritis and joint pain can vary from being a constant nuisance to an outright hindrance in the daily lives of afflicted individuals.

For Sarah, a retired, 58-year-old resident of Tustin, Calif., osteoarthritis isn't just a pain in the neck; it's a pain in the knees and hips, too. Diagnosed with moderate osteoarthritis five years ago, Sarah didn't think the disease would affect her life as much as it did.

"I think the hardest part about it is not being able to pick up my grandchildren or play with them the way I want to," she says.

But living with osteoarthritis doesn't mean you can't do anything about it. A diagnosis can be the starting point to finding ways to enhance your quality of life, from taking supplements such as the new Inflamm-Away-Celadrin to regularly walking and stretching. NIAMS and the Arthritis Foundation both are resources for suggestions to improve health and maintain happiness while living with osteoarthritis.

* Nutrition and Exercise

People who are overweight are more likely to develop

osteoarthritis. That's why staying physically active -- the right way -- is one of the best methods to improve your joint health. Exercising and committing to a nutritious diet helps you lose weight, strengthen your muscles and build bone density to put less strain on your joints. Younger people who keep in shape are less likely to develop osteoarthritis as they age.

Take a Walk: Walking is ideal for people with osteoarthritis because it doesn't stress fragile joints.

Play in the Pool: Aquatic exercises are another great way build your muscles without putting too much strain on your joints.

Stretch: Doing simple stretches everyday is an easy way to increase flexibility and keep your muscles strong.

Eat a Healthy Breakfast: Starting off right with some fruit and fiber will give you energy to stay active and strong from the morning on.

Drink Orange Juice: Recent studies have shown that vitamin C can help reduce the risk of osteoarthritis and slow down the symptoms.

* Products that Will Help

While there is no cure for osteoarthritis, there are products on the market to alleviate symptoms and improve joint health, the newest of which is Celadrin.

Celadrin

Inflame Away-Celadrin is a new, natural product from Imagenetix (www.imagenetix.net) that has undergone several clinical studies and has proven effective on osteoarthritis and joint pain. Inflame Away is available in both softgels and as a topical, non-greasy cream formula through Costco Wholesale online at www.costco.com and Walgreens retail pharmacy locations nationwide.

What It Does: Clinical studies on Inflame Away, which have been

published in medical journals such as the Journal of Rheumatology, have exhibited the product's ability to increase mobility, alleviate pain and improve the health of affected joints. The most recent study, presented at the "Natural Supplements: An Evidence-Based Update" conference at Scripps Center for Integrative Medicine in January 2007, demonstrated significant increases in mobility as soon as two weeks after taking Inflamm-Away.

What's more is that the increased mobility resulting from using Inflamm-Away allows individuals to exercise even more to further improve symptoms of osteoarthritis.

Side Effects: In the four clinical studies conducted on Celadrin in the past six years, there have been no reported side effects, even after prolonged use.

Glucosamine

Glucosamine is a natural product that is used to improve symptoms and delay the progression of osteoarthritis.

What It Does: Glucosamine, a component of normal cartilage, is stated to have the ability to rebuild and maintain cartilage. However, strong evidence to confirm this is not available.

Side Effects: Since Glucosamine is derived from shellfish, people with shellfish allergies should consult their doctor. Taking extremely high levels of Glucosamine can cause diarrhea or nausea.

* Other Ways to Find Relief

Don't let osteoarthritis hinder you from enjoying life! Here are a few final suggestions to relieve joint pain while maintaining a happy lifestyle.

Take a Warm Bath: Soaking in a rich lather is not only a relaxing indulgence; it can also ease aching joints.

Get a Massage: Getting a firm, but gentle massage can help

relax the muscles, increase flexibility and boost your energy.

Cultivate a Green Thumb: Gardening and playing in the soil can be fun and therapeutic for people with osteoarthritis.

Courtesy of ARAcontent