



HOW TO RENEW YOUR
YOUTHFUL,
FLEXIBLE
JOINTS

HOW TO RENEW YOUR YOUTHFUL, FLEXIBLE JOINTS

by

PUREHEALTH[®]
RESEARCH

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HAVE YOU STARTED TO FEEL AS IF YOU ARE SLOWING DOWN AS YOU GET OLDER?

You no longer move as well and as easily as you did when you were younger. You find that you are not as flexible as you were. You might chalk it up to aging. You might believe there is nothing you can do about it. However, that does not have to be the case. There are many things you can do to improve the health of your joints and to regain that flexibility that you thought was gone forever.

In the pages that follow, you will discover some of the best tips for healthier living for your joints, foods to eat, supplements to take, and exercises that will help. Start adding these to your lifestyle today.

TAKING CARE OF YOUR JOINTS

The skeleton provides support and structure for your body, and the joints are the locations where your bones come together. The joints allow for flexibility in the body. As you age, joints can become less flexible and they can begin to stiffen. Sometimes, fluid in your joints drops. Calcification of the joints, which occurs when minerals deposit around the joints, can happen, as well¹.

Those who want to reclaim their flexibility and who want to have healthy pain-free joints need to know how to properly take care of them.

Making certain lifestyle changes can help.





OBESITY IS ASSOCIATED WITH A FASTER PROGRESSION OF OSTEOARTHRITIS².

Exercise and proper diet are recommended ways to lose weight that will work for most people. When starting an exercise regime, remember to go slow and build gradually. Include various stretching, which will help with your flexibility.

LOSE WEIGHT

Most Americans carry more weight on their frame than they should. Being overweight, particularly for those who may be obese, is detrimental to many aspects of health. The additional stress that the joints need to handle can cause joint problems. This can cause aches and stiffness along with degradation to the joints, reducing flexibility.

In those who are obese, the joint problems and pain will often occur in the load-bearing joints, such as in the lower back and the knees. However, it can also occur in the hands and fingers. Obesity is also associated with a faster progression of osteoarthritis².

Losing weight takes time and effort, but well worth the enormous boost to your overall health and joints. Later in the report, you will find tips on eating better foods for joint health, and that can help to keep the weight down. You will also find tips for exercising and stretching to help the joints for more flexibility.

As always, those who are concerned about the health of their joints and their flexibility will want to speak with a medical professional. This should be done before making any major changes to lifestyle and before starting to take any supplements for joint health. It is always best to be safe and have the go-ahead from the professionals.



EATING RIGHT AND SUPPLEMENTING FOR HEALTHIER JOINTS

People tend not to eat the healthy foods that they should. Many people enjoy comfort foods and fast foods that are not good for them. Some of the foods that people rely on tend to be processed and full of sugars and other unhealthy ingredients. Eating too much unhealthy food promotes weight gain and makes it difficult to lose weight, even when exercising.

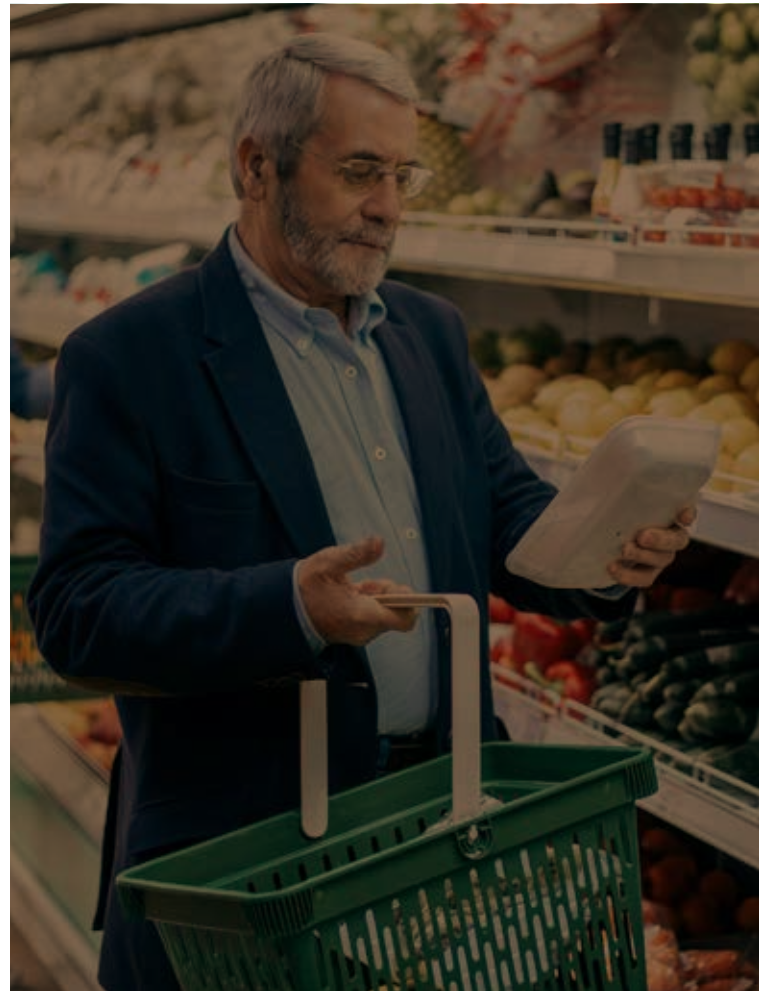
Therefore, those who want to lose weight to help with the aches in their joints will want to consider changing their diet. It is time to remove the unhealthy, processed foods and to skip the fast-food meals.

CHOOSE HEALTHY FOODS FOR THE FRIDGE AND PANTRY

You don't need to spend a lot of money on specialized foods to get healthy. By making some simple changes, you can make a real difference in how you feel. The right foods also help make losing weight and increasing muscle mass easier.

Essentially, you will want to eat more fresh vegetables and fruits, while choosing lean meats, such as poultry. Eat less bread, and when you do eat bread, make sure it is whole grain. Choose unsalted nuts or veggie sticks and hummus for a snack rather than potato chips, as well.

Make changes that remove those bad foods and replace them with better options. Additionally, be sure that you are choosing to eat smaller portions, and that you eat more times throughout the day. This way, you will never feel hungry even though you will be reducing your caloric intake in many cases.



*It may take some time to
get accustomed to the
changes, but they will soon
become habits.*

BELOW, WE WILL LOOK AT SOME OF THE FOODS THAT HAVE BEEN SHOWN SCIENTIFICALLY TO HAVE SOME EFFECT ON THE JOINTS.

FOODS FOR THE JOINTS



In addition to eating healthy foods for weight loss, some types of food could help the joints specifically. Here are some of the options that you may want to consider adding to your diet.



FISH

SMASH fish (Salmon, Mackerel, Anchovies, Sardines, Herring) and **Tuna** – These fish tend to have a high amount of Omega-3 fatty acids in them. These are essential nutrients, and they have been shown to provide many benefits for the human body, including reducing inflammation³. Inflammation can cause sore and stiff joints, so having a couple of servings of fish a week could help.



CHERRIES

Cherries – According to a randomized double-blind study published in Osteoarthritis Cartilage, using tart cherry sugar-free juice helped to provide patients with relief of mild to moderate knee osteoarthritis. This could help to reduce some joint pain and stiffness⁴. Other types of colorful fruits, such as blueberries and raspberries, could have similar effects.



OLIVE OIL

Olive Oil – You may also want to choose olive oil rather than other types of cooking oil. When cooking or making salad dressing, olive oil or extra virgin olive oil is a good solution that is a source of Omega-3s, which help with joint health and inflammation⁵.



ROOT VEGETABLES

Garlic and Other Root Vegetables – According to a study from 2010 in BMC Musculoskeletal Disorders, garlic prevents osteoarthritis in your knees, hips, and hands⁶. This means it could have the potential to help with joint stiffness and pain for those who do not have osteoarthritis, as well.



WATER

Water – Staying hydrated is important for your health, including your joint health. Water helps to eliminate waste from the body, and it is needed to help lubricate the joints. The lubrication can help to reduce joint pain and stiffness. Those who may not like drinking plain water might want to add some fresh cut cucumbers or berries to it to add a little bit of extra taste.

THESE ARE SOME OF THE FOODS THAT HAVE BEEN SHOWN TO HELP WITH JOINT HEALTH. THEY CAN BE ADDED TO YOUR NEW, HEALTHY DIET EASILY.

SUPPLEMENTING FOR JOINT HEALTH



In addition to eating healthy, you may also want to look at some supplements that could help you with your joint health. Below is a list of several of the supplements that are often recommended to help with the joints.

OMEGA 3 FATTY ACIDS

Studies show that Omega-3 fatty acids help reduce morning stiffness, tender swollen joints, and the number of joints affected. Omega also helps lower the number of pain relievers you may need⁷.

TYPE II COLLAGEN

Research shows significant improvement to joint discomfort and walking function, mobility, and quality of life¹¹.

BIOPERINE

Piperine is a component of black pepper, which has tremendous benefits to immunity markers. It also helps ease joint discomfort. But a big bonus is that it boosts Turmeric absorption by 2000% so you can enjoy maximum effectiveness!¹³

TURMERIC

Evidence shows Turmeric helps reduce joint discomfort, swelling, and stiffness. As a potent immunity regulator, the active component curcumin helps block immunity cytokines and enzymes from overactivity⁸. This reduces the attack on your joints and gives your body a chance to heal.

BOSWELLIA SERRATA

Boswellia can help reduce discomfort and considerably improves knee-joint functions. Some studies show it can start working in as little as seven days¹⁰.

RESVERATROL

Resveratrol is a potent antioxidant with strong immunity modulators. It helps reduce swelling and stiffness and has joint-protective properties⁹.

HYALURONIC ACID

Hyaluronic Acid is a thick gel-like fluid that acts as a shock absorber within the joint. It also helps reduce joint swelling and discomfort and promotes new tissue and bone growth¹².

These are some of the best supplements to consider for your joint health. Before you try any other supplements to help with your joints, be sure to research them to determine their efficacy. You want to be sure they are providing you with the help you need.



EXERCISING AND STRETCHING FOR MORE FLEXIBILITY AND BETTER JOINT HEALTH

Getting exercise will help you to lose weight, which can help reduce the amount of stress that your joints are feeling. Without needing to carry all of the additional weight, the joints can become stronger, reducing the stress on your joints and alleviate pain. Losing weight is easiest when you combine a good diet, as discussed, with an exercise plan.

However, if you have sore joints currently, the last thing you likely want to do is exercise. Therefore, you will want to look for relatively easy exercises that won't add stress to your joints. Below, you will find some good exercise options that you can try.

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OSTEOARTHRITIS².

CHOOSE LOW-IMPACT EXERCISES

You should consider low-impact exercises when you are just starting so you do not put too much stress on the joints. According to the Mayo Clinic, there are many options to consider including swimming, biking, hiking, and walking. Using an elliptical machine is another good option for a low-impact workout¹⁴.

As you lose more weight and as your joints no longer have the same pain and stiffness that they once did, you might want to try some more strenuous exercises. Training with weights is a good, but if you're new to weights, we strongly recommend getting some tips from the gym's trainer. However, you should always go slow and see how your joints feel after a workout.

Additionally, you will want to employ stretches to your daily routine. Stretching helps lubricate your joints and increase range of motion. Make sure your warm up for at least 10 minutes before stretching. For static stretches don't bounce - just gently stretch and hold for a short count. As you become more limber, you can gradually increase the difficulty.

Some of the stretches that you may want to consider using include:

- *Shoulder Rolls*
- *Side Bends*
- *Hip Swings*
- *Hamstring and Quadricep Stretches*
- *Wrist Stretches*

There are many types of stretches that you can do, but you always want to be sure you are doing them properly to avoid injury. Watch others do the stretches or talk with a therapist about stretches that are right for you.



GET PLENTY OF SLEEP AND REST AFTER EXERCISING

After you have gone through a regimen of stretching and exercise, you need to make sure that you get plenty of rest. The body needs to recuperate, and this means getting a good night's sleep. Research shows that not getting enough sleep could make various types of pain, including joint pain, worse ¹⁵.

Make sure that you are getting a full, good night's sleep. You might need to change up your nightly routine to ensure you are getting the sleep you need. Turn off your phone, computer, and TV early, make sure the room is dark and a comfortable temperature. You might want to listen to the sounds of rain or the ocean to help lull you to sleep.



CONCLUSION:



You want to keep your joints in good shape, and you want to help them recover if you are feeling aches and stiffness. Just because you are getting older does not mean that you have to give in to aging. The information in the report above can help you improve your joints and your overall health. Put this insight into action and start reaping the benefits today.

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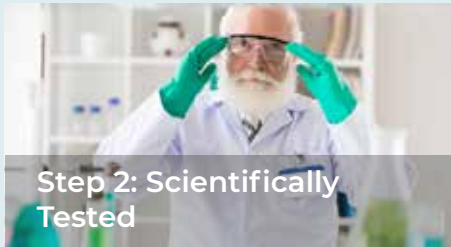
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