

# JOINT SUPPORT SECRETS

NO ONE WILL TELL YOU



PUREHEALTH<sup>®</sup>  
RESEARCH

# JOINT SUPPORT SECRETS

## NO ONE WILL TELL YOU

by

PUREHEALTH®  
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2019 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

[WWW.PUREHEALTHRESEARCH.COM](http://WWW.PUREHEALTHRESEARCH.COM)

# JOINT PROBLEMS: A RAMPANT ISSUE

Did you know that a full 25% of adults deal with severe joint pain on a regular basis? As many as a third have had pain in a joint within the past month. Unfortunately, your joints are susceptible to damage and inflammation, particularly as you get older, and that can result in quite a bit of discomfort.

Since your joints are in use every single time you move, that can result in difficulty enjoying your daily activities and it becomes painful to manage even the most basic movements around the house.

Women tend to be affected more than men, but everyone can end up with sore joints. Fortunately, you don't need to just sit back and accept your fate. You can take action to reduce the amount of pain in your joints and live a fuller life. Some people even manage to eliminate the pain completely with the secrets we're about to share in this report.

## WHAT CAUSES JOINT PAIN?

For many people, joint pain is a side effect of arthritis, but that's not the only cause of joint pain. In fact, there are quite a few health conditions that can result in pain throughout your joints. Here are just a few of the more common causes.



**ARTHRITIS:** There are multiple types of arthritis, including osteoarthritis, rheumatoid arthritis, and others. They all have the same effect, however, causing pain in the joints (often multiple joints) and stiffness. The joints may swell and become tender, as well. This may be due to your own immune system attacking the joints (rheumatoid arthritis) or simply aging.

**BURSITIS:** In your joints, you have sacs of liquid that cushion the areas between bones so you don't have bones crunching against each other. The sacs can become inflamed and this is the condition we call bursitis.

**GOUT:** If you have high levels of uric acid in your blood stream, it can create crystals. These lodge in joints and may cause gout, which is signaled by heat, swelling, and intense pain in the affected joint.

**INJURY:** Bumps and falls can cause bruising on a joint, or other types of damage. This is a very common reason for joint pain and it may be short-lived. You could also end up suffering for a while, depending on a few factors, such as age and severity of the fall.

**SPRAINS AND STRAINS:** When you twist a joint or move it in a way that it wasn't meant to go, often by stumbling, or putting your weight on it unexpectedly, you can sprain the joint. This actually means that you have damaged or torn the ligament that connects the two pieces of the joint, not the bone itself. These types of joint pain affect just one place and can last for months, depending on how severe the sprain is.

**SIMPLY AGING** can result in less cushioning between bones, as well, which will result in pain as you move around.

**The most commonly named joints that cause trouble are the knees, shoulders, and hips, but it's possible to have joint pain anywhere in the body, including your hands and feet.**





## MEDICAL SOLUTIONS FOR JOINT PAIN

Most doctors will recommend a painkiller to help with the discomfort from joint pain. The most common pain medications are also anti-inflammatory, to reduce the inflammation in the joints. These include things like ibuprofen, aspirin, and naproxen sodium.

Since medications can have quite a few side effects associated with them, you should be careful about taking them. Ask your doctor about the side effects and make sure you know the correct dose to take.

For many people who suffer from joint pain, the more natural options are appealing. **Let's take a look at some of the joint support secrets that you have probably never heard of.**

# JOINT SUPPORT SECRET #1: Physical Activity Can Be Beneficial

When your joints hurt, the last thing you want to do is get out and get some exercise. However, studies show that physical activity can help you reduce pain sans medications. This doesn't mean you have to go run a marathon, though. It's best if you aim for gentle exercise.

**Yoga** is a good, gentle method of stretching out your muscles and improving joint flexibility. It's also smooth enough to make it the ideal exercise for when you are in pain. You'll benefit from frequent sessions, since you will improve flexibility over time.

**Cycling** is another easy physical activity that isn't too hard on the joints. It can be tough on the knees, however, so you may want to avoid it if you are dealing with knee pain. However, cycling on a track or over flat ground can be beneficial to your entire body.

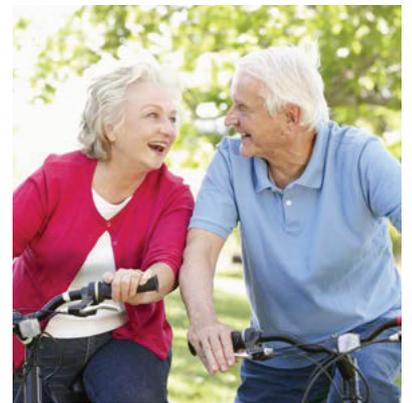
**Water activities** are also gentle and effective for joint issues. You may choose to do water aerobics for a fun way to get your entire body in on the exercise, or you could just swim laps. Water cushions the movement and helps you feel lighter, so you are less likely to injure yourself.

For some people, **walking** is also helpful. If you can walk without too much pain, you should do so on a regular basis. Even just a stroll around the block can improve mobility and reduce pain.

One of the biggest benefits of exercising is that you'll build more muscles and strengthen the ones you have. The stronger your muscles, the more support your joints have and the less likely you are to injure them by spraining ligaments or twisting a joint.

Look for arthritis programs in your community. There may be group exercise classes that are designed to reduce the impact on your joints and you can mingle with others dealing with the same issues. This is also a good way to learn how to move in ways that will not aggravate your joint pain.

In addition to improving pain, exercise can help you feel less anxious and improve your mood. It's definitely a good idea to get out and move. Be sure to check with your doctor before starting any exercise regimen.



# JOINT SUPPORT SECRET #2:

## Reduce Inflammation to Eliminate Pain and Stiffness

Most joint pain, regardless of the actual base cause, is the result of inflammation in the joints. Inflammation is actually a natural part of your immune system, designed to flush dangerous pathogens and bacteria out of the affected area and to bring more blood flow to the area. However, it can backfire and end up causing inflammation where you least need it.

Reducing the inflammation in your joints will help ease the discomfort and lets you move more freely. But how do you eliminate that inflammation?

Change your diet: The food you eat either contributes to inflammation or actively prevents it. If you consume a lot of fat and sugar, your body will react by triggering inflammation more often. Following an anti-inflammatory diet can be very beneficial.

This means eliminating or severely reducing inflammatory foods like sodas, red meat, processed fats (margarine and shortening), refined carbs (white bread, pastries, etc.), and fried food. Instead, you should eat fresh food, like fresh fruit and vegetables and whole grains. The difference can be impressive.

**INGEST MORE ANTI-INFLAMMATORY INGREDIENTS:** Certain foods are more likely to reduce your inflammation.

### THESE INCLUDE:

- Turmeric
- Omega-3 fatty acids (found in fatty fish like salmon)
- Olive oil
- Green leafy vegetables (kale, spinach, broccoli, etc.)
- Strawberries and blueberries
- Ginger
- Cinnamon

Including these in your daily diet can help you ease the inflammation in your joints and you'll be able to move easier.



**TREAT WITH HOT AND COLD:** Heat brings relief to joints that are aching, so a hot bath can be very helpful. However, cold will help bring down the inflammation and swelling, so you can lose the stiffness that comes with it. For most people, alternating hot and cold is the best option. Have a hot bath in the evening to loosen things up and use a cold compress when you need to reduce swelling and heat in the joint.

**TRY ACUPUNCTURE:** For many people, acupuncture is very effective in easing joint pain and reducing inflammation. This is a Chinese medical technique that involves inserting very thin needles into the skin along certain pressure points. The method may sound strange, but many people swear by it and find that it drastically reduces pain and swelling.

**REST UP:** Yes, exercise is good for you and you need to make sure that you are getting some physical activity in, but sometimes rest is needed. If your joints are hurting you too much, then you'll need to rest.

Lie back and elevate the affected joints a bit. This helps lower the inflammation and the swelling will tend to go down a bit. You can combine cold therapy with resting and this will help even more.

**RELAX:** Did you know that if you're stressed, there will be more inflammation in the body? Those who deal with a lot of stress will find that they are more prone to joint pain, so you should be careful to avoid stress when possible.

## **IF YOU CAN'T COMPLETELY ESCAPE THE STRESS, TRY THESE RELAXING MOVES:**

- **MEDITATE**
- **GET A MASSAGE**
- **TAKE A HOT BATH**
- **LAY IN THE SUN FOR A FEW MINUTES**
- **TAKE DEEP, CLEANSING BREATHS**
- **SOAK YOUR FEET IN WATER WITH EPSOM SALTS**
- **TAKE VITAMINS**



Everyone has their own way of relaxing, so find what yours is and use it to your advantage.

Your health is important and inflammation can affect more than just your joints. Reducing the inflammation in your body is a good way to improve your overall health, including your joints.



# JOINT SUPPORT SECRET #3:

## Lose Some Weight

This well-kept secret actually makes a lot of sense when you think about it. If you're carrying around a few extra pounds, it causes more impact on certain joints in your body, including the hips and knees. These are two of the most common sites of joint pain, and it's due to the weight on your joints.

Of course, losing weight isn't that easy when you find it tough to get exercise. You'll need to make a real effort, but the good news is that every pound you lose is a pound less weighing on your joints. The more you lose, the less pressure there will be on your body. Even just a few pounds can make a huge difference to your health.

If you find that losing weight is tough, and who doesn't, you can seek help from a support group. Sometimes just having that accountability can be useful. Depending on what you find is causing your weight gain, you may be able to find groups that are specifically for you, such as Overeater's Anonymous. You may also just want to team up with a single person who is your accountability partner.

Finally, you can find plenty of help and support online. There are groups for everything from meal planning to weight loss and exercise for those with arthritis. While not the same as in person groups, online support can be very helpful.



## CHANGE YOUR DIET

Dieting tends to lead to overindulging and can result in a dangerous cycle of starving yourself and overeating, so diets are rarely the answer to losing weight. However, changing what you eat can help you drop those pounds and reduce the weight on your joints.

In many cases, portion control is a big issue. You may feel that you need to eat everything on your plate, but if you have a large plate, you end up eating too much. Instead, opt for a smaller plate and take a second helping if you need it.

You can also replace unhealthy food with healthier options. For example, eating baked fries instead of fried ones is a good choice, or replacing potatoes with sweet potatoes. The anti-inflammatory diet is a good guide for changing your lifestyle and eating habits, while promoting both joint health and weight loss.





## DO WHAT YOU LOVE

Exercise is another obvious way to increase the amount of calories you burn. We've already discussed how exercise can help your joints and improve the pain. You will be able to use these same exercises in order to lose weight. Just being more active is good for you.

If it hurts too much, look for low impact options to get in your physical activity. Yoga, stretching, and swimming are a few excellent options. You can also lead up to it slowly, doing just a few minutes at a time. Ideally, you'll spend at least 30 minutes a day doing physical activity. If you enjoy what you're doing, you will be far more likely to follow up on it, so look for an activity you love.

## DRINK MORE WATER

Sugary drinks like sodas, fancy coffee drinks, and juice can use up your daily calorie intake rapidly. They have little to no nutritional value, so it's best to skip those drinks and choose water instead. Some people even lose weight just by making this simple change.

Water helps reduce inflammation and flushes toxins out of your body, so just on its own, water is useful for your joints. Drink plenty to stay hydrated. A good way to ensure you're well hydrated is to check your urine. It should be clear or very pale yellow. Anything else means you need more fluids.

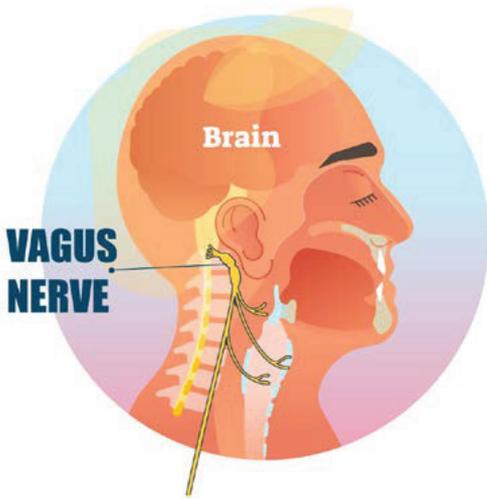
If you're not a fan of water drinking, try adding a squeeze of lemon or some chopped fruit. These add a little zing without boosting your calorie intake too much.

Losing weight is a big endeavor and one that requires a lot of support. However, it is well worth it, since you should see fast results in your joint health as you drop pounds.



# JOINT SUPPORT SECRET #4:

## Activate Your Vagus Nerve



Did you know that your nervous system has a big impact on your joint health? In fact, the vagus nerve, a nerve that connects most of your body to the brain, is key in preventing joint pain. By activating and toning this nerve, you can reduce the inflammation and help ease the pain.

Activation of the vagus nerve has been used to treat rheumatoid arthritis in particular, since the nerve is partially responsible for how your immune system works. If your immune system is attacking your body, as with RA, you will find that it can be quite beneficial to reduce the autoimmune response.

### HOW TO ACTIVATE YOUR VAGUS NERVE

There are so many ways to tone your nervous system that you could write a book on it, but there are some simple ways to do this at home.

**COLD EXPOSURE:** You've heard of ice dips and polar bear swims? These are excellent methods of activating your vagus nerve. However, you don't have to be that extreme. Just splash ice water on your face in the morning or turn your shower to cold for the last minute of your shower each day to reap the benefits.

**MASSAGE:** A nice massage is never a bad way to go and can not only activate your vagus nerve, but ease joint pain. The massage helps move the inflammation away from the joint and stimulates blood flow to the area. If you have very painful joints, stick to basic, gentle massages so they won't aggravate the pain.

**HUM OR SING:** This might seem very simple, but the vagus nerve has nerve endings in the throat, near the vocal cords. Singing, humming, and chanting can help activate the nerve by stimulating the vocal cords. Not to mention, it's fun! You can add singing to the shower or in the car on the way to work.

**STRETCHING:** Spending some time each day stretching or doing yoga can be beneficial for your vagal tone. It's also something that is fairly easy to incorporate into your daily routine. Classes are available, of course, but you can also just follow online videos and stretch out at home.

Your vagus nerve has a very important job in the body and is essential in managing inflammation and pain. When it is well toned, you'll find that you are healthier overall. Your joints will feel better and you won't deal with as much inflammation. Not bad, for something that you can do in a few minutes each day.

# JOINT SUPPORT SECRET #5: Take a Joint Support Supplement

Now that you've read about all the different ways to support your joints, you may be feeling a little overwhelmed. There's a lot to remember and while it's definitely worth trying to implement as much as possible into your lifestyle to keep joint pain at bay, **THERE MUST BE AN EASIER WAY, RIGHT?**

Fortunately for the many people who suffer from chronic joint pain, there is a simpler way to go. You can take a joint support supplement like **PUREHEALTH RESEARCH'S ULTIMATE JOINT SUPPORT FORMULA**. This one supplement gives you a number of beneficial ingredients in one single capsule.



[LEARN MORE >>](#)

While supplements shouldn't replace everything else we've looked at in this report, you can use them to help you stay on track, even if you can't do everything mentioned here. With joint support supplements, you'll get a healthy dose of several ingredients that are designed to reduce inflammation, build stronger joints, and help replace your cartilage. They are the same ingredients you should be including in your anti-inflammatory diet, so this ensures that you're ingesting them, even when you can't have salmon and golden tea every day.

These same ingredients can help your body naturally reduce stiffness and tension in the joints, as well as improve your pain. With less inflammation, you'll feel younger and be more mobile.

When combined with a proper diet and exercise, you can really see the benefits to your joints, but even without those, the supplement is helpful. When you take it daily, you'll know that you're at least getting the necessary ingredients to help support your joint health. Once you start to feel better, it will be easier to add in exercise and other ways to help your body stay strong.

**INTERESTED IN FEELING BETTER AND EASING THAT PAIN IN YOUR JOINTS? START TAKING YOUR ULTIMATE JOINT SUPPORT TODAY.**

*As always, you should consult your doctor before taking any supplements to help with your joint pain.*

# ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.



Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

## OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

**PureHealth Research** develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that’s what you deserve, and we’re here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

**VISIT PUREHEALTH SHOP**  
RESEARCH

# JOINT SUPPORT SECRETS

NO ONE WILL TELL YOU

by

PUREHEALTH®  
RESEARCH