

# Common Joint Challenges

Many people experience minor joint pain and stiffness. Are you experiencing any of the following?



## 'Tech Neck' Syndrome

Found primarily in people between the ages of 15 and 35, it is caused by the repetitive motion of looking down to use mobile devices.

This position puts much more stress on the neck and spine than looking straight forward with a properly aligned head. Tilting the head forward affects posture, can cause disc issues, and is associated with minor neck and back pain.



## Aging Joints

Many people experience joint challenges as they age. Aging bodies don't recover from joint challenges

the same way, or in the same time frame, that they did in the past. Minor joint pain can impact quality of life.



## Active-Lifestyle Wear and Tear

Being active is a way of life for many Americans. Whether they're trying to reach a personal best time in an upcoming 5K race or simply staying fit

with the sports and activities they love, no one wants to be sidelined by minor joint pain.

## Recommendations Just for Me

Ask your health care professional for a personalized joint health recommendation.

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## THE STANDARD PROCESS DIFFERENCE

Transforming Lives With Nutrition



At our office, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.

### Standard Process:

- » Is committed to changing lives with a whole food philosophy
- » Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- » Is serious about quality
- » Makes products to support the health of the whole family
- » Partners exclusively with health care professionals
- » Has been trusted for generations. Its products have been transforming lives since 1929



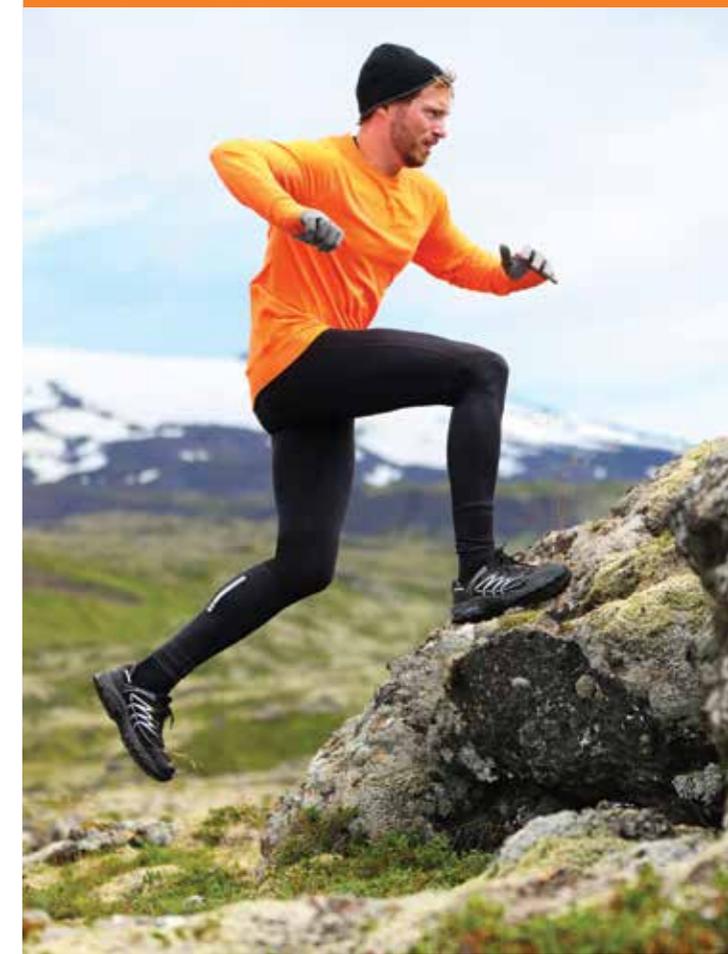
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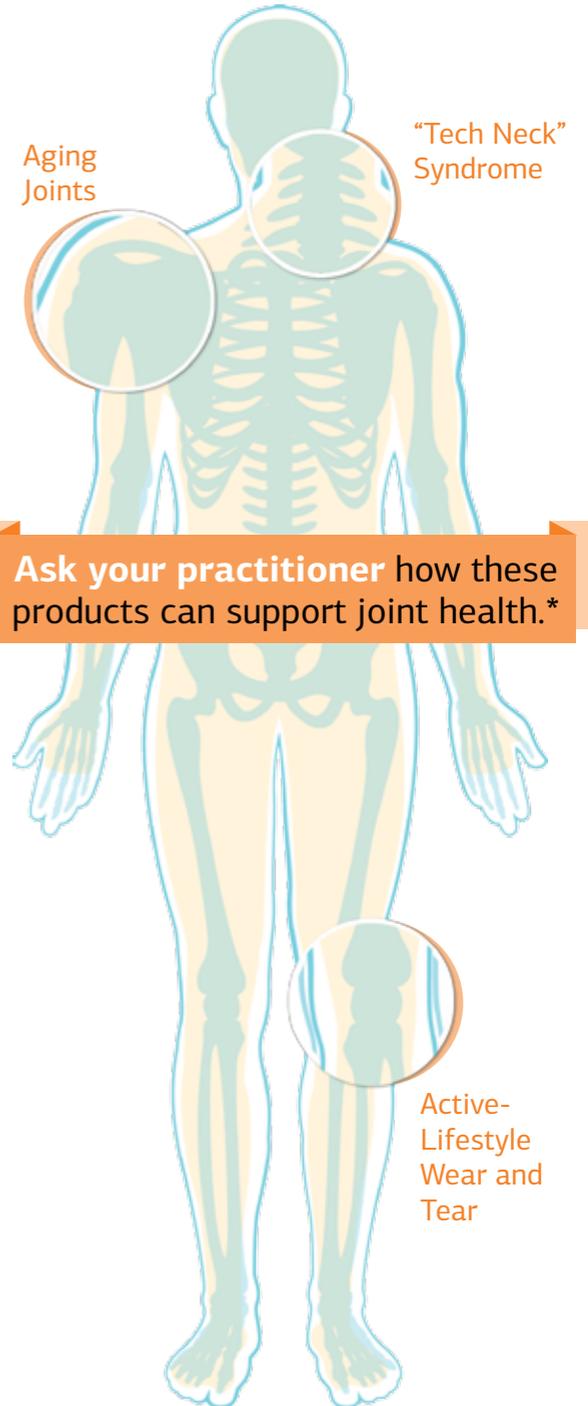
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# Joint Health and Nutrition

What You Need to Know



**Standard Process**  
WHOLE FOOD NUTRIENT SOLUTIONS



# 3 Ways to Support Joint Health |

Simple lifestyle changes can make a big difference.

## 1 The Role of Movement

**Talk to your practitioner** about ways you can use movement, activity, and exercise to keep your joints healthy.

Using your joints can help increase flexibility, improve range of movement and muscle strength, and maintain a healthy weight, which can reduce stress on weight-bearing joints.

While moving the joints is important, it's also good to include activities that strengthen muscles. Strong muscles encourage joint stability.

**Consider the following exercises** to help strengthen joints:

- Yoga
- Stretching
- Resistance training, including weight machines and free weights
- Low-impact activities like walking and swimming

## 2 The Role of Diet

**Consider these foods** to be fuel for maintaining and supporting joint health:

- Fresh fruits and vegetables that represent a variety of colors
- Complex carbohydrates like brown rice, multigrain bread, legumes, and quinoa
- Healthy fats like those found in fatty fish (salmon, trout, etc.), avocados, nuts, seeds, olive and coconut oils, flaxseed, and eggs
- Lean proteins like chicken, turkey, and fish

Try to avoid:

- Processed foods like white bread and snack foods
- Refined sugars found in sweets like candy and cookies, drinks like juice and soft drinks, and cereal
- Saturated fats found in fatty meats, cheese, butter, and other dairy products
- Trans fats found in fried foods, margarine, and other processed foods

## 3 The Role of Nutritional Supplements

**Supplements made from whole food and herbal ingredients** can complement the lifestyle changes that support joint health. Ask your practitioner about the following products.

**Boswellia Complex (MediHerb®)**

**Glucosamine Synergy®**

**Gotu Kola Complex (MediHerb)**

**Ligaplex® I**

**Ligaplex® II**

**Tuna Omega-3 Oil**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.