

~ A Healthier You ~

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When I surrender, the Universe moves.
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Boswellia Tree

Joint Health

Dietary supplements are a great way to support healthy joint function, and there are several nutrients available that provide vital components of connective tissue and may even help rebuild worn-out cartilage. These nutrients are called “chondroprotective agents”, and include glucosamine and chondroitin, which supply the raw material necessary to produce new cartilage, as well as other nutrients and herbs such as: cetyl myristoleate, MSM and boswellin. These nutrients work synergistically with each other to support normal joint function.

To understand how chondroprotective agents work, we need to understand how the joints work. The key element in human joints is cartilage, the shock-absorbing tissue that allows pain-free movement. Cartilage contains collagen, proteoglycans, and water. It is a protein that binds tissue together, giving it elasticity. Proteoglycans absorb water, which provides lubrication and resiliency. Both of these compounds are produced by chondrocytes - the ‘caretaker cells’ responsible for the maintenance of the cartilage matrix, where new cartilage is

made. A deficiency in any of the above causes increased wear and tear on cartilage, which leads to poor joint function.

The following natural nutrients listed below are some of the more effective dietary supplements for supporting healthy joint structure and function:

Glucosamine is composed of glucose (a sugar) and glutamine (an amino acid). It is utilized by the “chondrocytes” – the cartilage caretaker cells to attract and bind water into the cartilage. It may actually help your body to repair damaged cartilage.

Chondroitin binds with collagen to form the connective tissue itself. It helps to bring nutrients into the cartilage and provide shock absorption. Chondroitin works with glucosamine - they form the basis of most joint health supplements on the market today.

MSM (Methylsulfonylmethane) is an organic form of sulfur found in all living organisms and it provides the necessary link needed to create collagen- the molecular structure of connective tissue.

Boswellin is a gummy extract of the (Frankincense) Boswellia Tree, native to India. It has been used as an herbal remedy for centuries.

Dietary supplements are a good way to support healthy joint function.