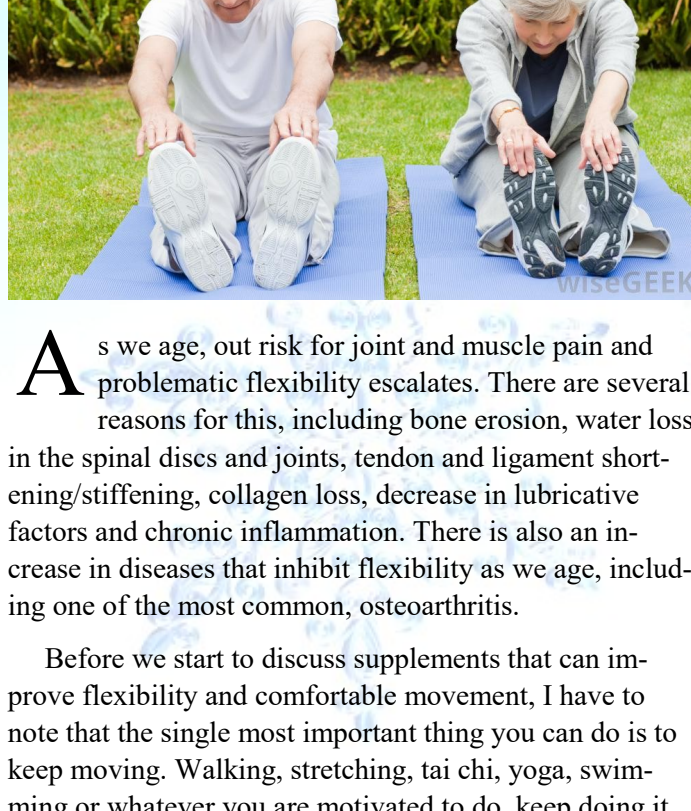


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Planet Health's Newsletter



As we age, our risk for joint and muscle pain and problematic flexibility escalates. There are several reasons for this, including bone erosion, water loss in the spinal discs and joints, tendon and ligament shortening/stiffening, collagen loss, decrease in lubricative factors and chronic inflammation. There is also an increase in diseases that inhibit flexibility as we age, including one of the most common, osteoarthritis.

Before we start to discuss supplements that can improve flexibility and comfortable movement, I have to note that the single most important thing you can do is to keep moving. Walking, stretching, tai chi, yoga, swimming or whatever you are motivated to do, keep doing it. You cannot out-supplement a completely sedentary lifestyle.

Nutrients That Make a Difference

Collagen is an important protein family and type II collagen makes up about 90 percent of our joint cartilage. Unfortunately, collagen starts to diminish starting around age 25, so the older we get, the more challenging it is to make sure our joint and connective tissue is getting what it needs. Supplementing with type II collagen can make a real difference, but there are two forms that work in very different ways: hydrolyzed and native.

Hydrolyzed type II collagen is broken down, or pre-digested, so that it is easily absorbed as a building block that the body can use to increase its store of this important protein. It works especially well when combined with two other building blocks, glucosamine and chondroitin. In a six-month human clinical trial, scientists found that combining type II collagen with glucosamine and chondroitin improved better than those just using glucosamine and chondroitin alone. The researchers also noted that those receiving the extra boost from type II collagen improved faster and more steadily over the year with further improvements and better symptom relief.

Native type II collagen is not hydrolyzed. It is not absorbed into the body to act as a building block. It serves a unique role in desensitizing the body to this form of collagen. When we have joint damage and inflammation, our immune system wants to get rid of the problematic tissue. This sets in motion a chronic process of tissue destruction in a self-defeating cycle. The more the immune system acts to remove the inflamed cartilage, the more cartilage is damaged and inflammation increases.

There is an area of immune system cells in the intestines called Peyer's patches. Peyer's patches are like hall monitors looking for trouble makers. If we encounter harmful substances, the Peyer's patches send a warning and the immune system responds.

When people use native type II collagen, they expose the Peyer's patches to type II collagen two or three times a day. The patches become desensitized to collagen, and this is signaled to the immune system. The immune system then becomes desensitized and pulls back from attacking the degrading the collagen in the joints and connective tissue. In essence, it puts out the fire so that the inflamed areas can heal and start to rebuild.

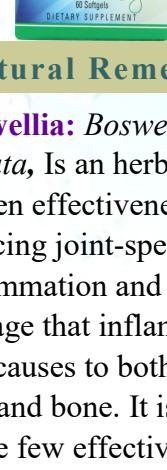
Glucosamine and chondroitin are incredibly useful building blocks to build and maintain strong, flexible joints. Both glucosamine and chondroitin strengthen cartilage, reduce inflammation and pain, and chondroitin strengthens the bones in joints. Using them in conjunction is generally more effective than using either in isolation.

In the body, glucosamine is a compound called a polysaccharide that is naturally found in cartilage. Using glucosamine is especially useful in rebuilding the shock absorber parts of the joints, which in turn over time relieves pain, too.

Chondroitin is a glycosaminoglycan (GAG) which is a direct building block of cartilage, connective tissue, bone and skin. Use of chondroitin can extend the life and even increase the activity of the cells in the joints that make cartilage.

Resource: vitamin retailer magazine

1st QTR 2021



Natural Remedies

Boswellia: *Boswellia serrata*, Is an herb with proven effectiveness for reducing joint-specific inflammation and the damage that inflammation causes to both cartilage and bone. It is one of the few effective ways of stopping 5-LOX (5 lipoxygenase) inflammation, which is an inflammatory pathway associated with osteo and rheumatoid arthritis, gout and psoriasis/psoriatic arthritis. In addition to reducing 5-LOX, boswellia actually inhibits certain cartilage-destroying enzymes. Therefore, it doesn't just stop pain, it stops the actual progression of damage in joints and muscles.

Magnesium: essential for tendon and ligament health, and is a cofactor in hundreds of enzymatic reactions throughout the body. It promotes muscle relaxation, which reduces both tightness and stiffness, and improves the flexibility of tendons, you don't get that "tightness" from activity or more recurring concerns like carpal tunnel syndrome.

Bioactive B vitamins: Methylated form of the Bs, meaning they are the same form as your body uses. Other B vitamins must be converted in the liver to be active, but that process declines with age and in the presence of certain diseases, such as diabetes. The bioactive form of vitamin B6 is pyridoxal-5-phosphate (P-5-P) and vitamin B12 is methylcobalamin. These two active Bs are essential for ligaments, tendons and flexibility. They work especially well when combined with a quality amino acid chelated magnesium.

Hyaluronic acid: is another crucial component of collagen, cartilage and joint lubricative fluid it helps lubricate the shock absorbers in your joints and spine to increase flexibility, reduce pain and improve mobility. Hyaluronic acid was shown to relieve muscle pain and reduce synovial fluid pooling in knees.

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