

Dr. Blaylock

WEEKLY TIP: **Rejuvenate Aging Joints**

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The number of Americans with arthritis is skyrocketing. In 1985, 35 million people suffered from the disease. Today, more than 66 million are afflicted. According to the Arthritis Foundation, arthritis is the most common chronic health problem in the nation and the leading cause of disability in those over age 15.

Women suffer from the debilitating condition more often than men. And while it is more common in adults, some 300,000 children also fall victim to this malady.

Repeated trauma and joint stress, both of which can trigger joint inflammation, are the leading causes of osteoarthritis. People who have widespread joint involvement probably have a strong predetermination to develop the disease, and it may be triggered by a bad diet, environmental toxins, or infections.

Use these tips to prevent and treat arthritis:

🔒 **Avoid obesity.** According to the Centers for Disease Control, 66 percent of adults with doctor-diagnosed arthritis are overweight or obese. For pointers on winning the battle of the bulge, read my special report ["The Fat Cure: Health Secrets to Losing Weight Permanently."](#)

🔒 **Exercise.** Weak muscles from lack of activity can lead to increased stress on joints. But avoid high-impact stressful exercises, and opt for walking and the use of free weights.

🔒 **Avoid smoking and excessive alcohol** consumption.

For more detailed information on keeping your joints pain-free, read my special report ["Arthritis: Conquering Chronic Joint Pain."](#)

Supplements can also help repair aging and damaged joints:

🔒 **Glucosamine-chondroitin sulfate.** Studies have demonstrated the ability of these supplements to alleviate pain and aid joint reconstruction.

🔒 **Hyaluronic acid.** This vital substance cushions and lubricates joints.

🔒 **MSM.** Also called methyl sulfonyl methane, MSM is a natural form of sulfur that reduces inflammation and has the ability to penetrate many tissues, including joints.

🔒 **Collagen type II.** This component of cartilage reduces pain and improves joint function.

🔑 **Tart cherry extract** improves joint function and reduces pain and swelling.

🔑 **Triple stack**. This special compounded supplement contains full therapeutic doses of MSM, glucosamine, and curcumin.

You can learn even more about the benefits of supplements by reading my special report ["Key Vitamins That Save Your Heart, Prevent Cancer and Keep You Living Long."](#)