

REDUCE ARTHRITIS PAIN Without Painkillers and Anti-Inflammatories

If you have arthritis, you've probably tried painkillers and heating pads. You may have even tried drugs like Celebrex® or supplements like glucosamine. But here are 5 little-known remedies that you probably haven't tried. They're safe... they're inexpensive... and they can dramatically curb your symptoms.

1. **Drink Tea.** Yes, tea. Research shows that green tea is rich in *polyphenols* -- compounds that suppress the expression of a key gene involved in arthritis inflammation. Black tea is made from the same leaves and may be as beneficial, even though it is processed differently. *Drink one or 2 cups of hot or cold tea daily.*
2. **Boost Your C and D.** Vitamin C is believed to slow the loss of cartilage due to osteoarthritis, while a diet low in vitamin D has been shown to actually speed the progression of osteoarthritis. In a recent high-profile study, doctors discovered that patients who ate a diet high in vitamin D (or who took vitamin D supplements) reduced their risk for worsening their arthritis by 75%. Another study of over 25,000 people concluded that a low intake of vitamin C may increase the risk of developing arthritis. Take daily supplements that provide 500 to 1,000 mg of vitamin C, and 400 IUs of vitamin D.
3. **Try Willow Bark and Boswellia.** Willow bark is where aspirin comes from. And boswellia has been used for centuries to reduce inflammation and maintain healthy joints. A study showed that taking these 2 herbs is just as effective as taking a drug like Motrin®. Take 240 mg of willow bark and 1,000 mg of boswellia per day.
4. **Eat Grapes.** Grape skin contains *resveratrol*, a natural compound known to act as a COX-2 inhibitor. Resveratrol both suppresses the COX-2 gene and deactivates the COX-2 enzyme, which produces inflammation at the site of injury or pain. A study published in the *Journal of Biological Chemistry* confirmed that resveratrol acts as an antioxidant and a COX-2 inhibitor. Eat one cup of white or red grapes daily. *Good news:* Purple grape juice and wine contain resveratrol, too.
5. **Therapeutic Taping.** Wrapping tape around a joint to realign, support, and take pressure off it has great benefits for arthritis sufferers. In an Australian study, 73% of patients with osteoarthritis experienced substantially reduced symptoms after just 3 weeks of therapeutic taping. The benefits were comparable with those achieved by standard drug treatments and lasted even after taping was stopped! *Important:* Taping must be done properly to be effective. Consult a physician or physical therapist who can show you or a family member the proper technique.

**If you would like more information, please contact
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