



## ***In this Issue:***

1. [Tips to Keep Your Joints Healthy](#)
2. [Chocolate is Good for Your Heart](#)
3. [ALTRUM Online: February ALTRUM News — February is National Heart Month](#)

## **Tips to Keep Your Joints Healthy**

From overdoing it on the weekend to serious conditions such as arthritis, most people will experience joint pain or stiffness at some point in their lives. But there are a number of things you can do to keep your joints healthy and mobile. Here are some tips.

### **Move Your Joints**

It may seem counterintuitive to engage in physical activity or exercise when your joints are stiff and painful. Regular exercise can help ease pain and stiffness in joints, even for people with rheumatoid arthritis, according to the Centers for Disease Control and Prevention. Your body is supposed to move; our joints allow for movement. Research shows movement eases joint stiffness, reduces joint pain, strengthens the muscles that surround the joints, and help us maintain a healthy weight.



“People who exercise have improved daily function, decreased depression and fatigue, reduced pain and improved sleep,” according to Dr. Hareth Madhoun, a rheumatologist at Ohio State University’s Wexner Medical Center.

### **Protect Your Joints**

It’s important to protect your joints to decrease pain and reduce the stress or burden on joints. This can be accomplished in several ways:

- Pay attention to pain signals
- Avoid activities that stress joints or increase pain
- Pay attention to proper body mechanics
- Balance activity and rest; don’t overdo activities
- Check out available assistive devices or mobility aids

- **Maintain a healthy weight**

### **Maintain a Healthy Weight**

One of the most important things you can do to protect your joints is to maintain a healthy weight. Carrying excess body weight adds stress to joints, especially the weight-bearing joints. For each pound that we lose, there is a four-fold reduction in loading forces on the knee when a step is taken, according to a 2005 study published by the American Journal of Rheumatology.

### **Practice Low-impact Exercise**

The desired benefits of regular physical activity and exercise can be achieved with low-impact exercise — a gentler type of exercise that minimizes the stress put on joints during high intensity workouts. Some low-impact exercises that are easier on your joints include swimming, golf, walking and cycling.

### **Keep Your Muscles Strong**

Keep our muscles strong to support your joints. Weight training is often part of a muscle-strengthening regimen. Take it slow, and listen to your body; pace your workouts, and don't overdo it. With proper strength training, you increase the stability of your joints and decrease the amount of pain in your joints.

### **Maintain or Improve Your Flexibility**

To preserve your range of motion or improve it, you should routinely put each joint through its full range of motion. Extend, bend or rotate each of your joints. Range-of-motion exercise improves flexibility, relieves stiffness and pain and helps keep your joints functional.

### **Reduce Inflammation**

Reducing inflammation is part of keeping joint pain under control and improving overall joint health. An anti-inflammatory diet involves avoiding foods that increase inflammation while including more foods that decrease inflammation. Some foods that may help reduce inflammation in your joints include fresh fruits and vegetables, healthy fats, fish and seafood.

### **Take the Right Supplements**

Research shows that certain supplementation can help support joint health. Some supplements that may support joint health include high-quality multivitamins, vitamin D, fish oil and coQ10.

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## **Dark Chocolate is Good for Your Heart**

The health benefits of chocolate center on compounds called flavonols, which are found in cocoa. Flavonols are highest in dark chocolate, as compared to milk chocolate, and may benefit the heart by helping to reduce blood pressure and inflammation, according to recent information from the American Heart Association.

British researchers reviewed seven studies that focused on chocolate and cardiac health. Their findings suggest that people who ate more chocolate weekly reduced their risk of heart disease by about 37 percent over those who ate the least chocolate, according to Andrew Weil, M.D.

The cocoa butter in dark chocolate is a heart-healthy monounsaturated fat that scientists believe can raise HDL, or good, cholesterol, according to Weil.

Dark chocolate (choose 70 percent or higher pure cocoa solids) is a heart-healthy and stress (specifically cortisol) reducing treat, according to Weil.

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# February ALTRUM NEWS

## February is National Heart Month



Heart disease is the leading cause of death for both men and women in the United States. The good news is that you can lower your risk of developing heart disease with lifestyle choices, and it's never too late to adopt a healthy lifestyle. Learn more about what you can do to protect your heart in this issue of ALTRUM News.

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## ALTRUM Joint Formula

ALTRUM Joint Formula provides nutritional support for healthy joints, cartilage and connective tissue. Joint Formula features a multiple-nutrient combination of the most effective joint support ingredients to nutritionally support normal joint function, long-term comfort and ease of movement.\*

For more information visit [www.altrumonline.com](http://www.altrumonline.com)



**Joint Formula** is nutritional support for healthy joints, cartilage and connective tissue.\* Good nutrition is an important component of healthy joint maintenance and mobility.

Seek the advice of a health care professional if you are pregnant or nursing. Store in a cool, dry place.

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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Product Code  
**DJF01**

Rev 3



**Supplement Facts**

Serving Size: 1 Tablet  
Servings per Container: 60

	Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid)	30 mg	50%
Calcium (as calcium phosphate)	80 mg	8%
Phosphorus (as calcium phosphate)	55 mg	6%
Manganese (as manganese Amino Acid Chelate)	1 mg	50%
Proprietary Joint Health Blend	765 mg	**
<small>Glucosamine Hydrochloride, Methylsulfonylmethane (MSM) Chondroitin Sulfate Indian Frankincense extract (resin, Boswellia serrata)</small>		

\*\* Daily Value not established

Other ingredients: Vegetable oil, Plant cellulose, cellulose gum, vegetable stearate, magnesium silicate, silicon dioxide

**Suggested Use:** Take 1 tablet per serving with food up to 6 servings daily. Further enhance this product's effectiveness with use of one of the Ultra Multi. **Contains:** Crustaceans Shellfish (Shrimp and crab)

\* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

*ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.*



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