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Tips for Supporting Joint Health

You might think joint stiffness and discomfort is just part of growing older, but there are some simple natural ways to preserve your joints that can enhance your life in other ways, too. Here are some ways you can help your joints stay flexible and strong.



- Cut back on — or eliminate — grain-derived processed foods and sugar. A large body of research has found that these foods may be the cause of inflammation that can make your joints hurt, and negatively affect your health in a multitude of other ways.
- Get plenty of sleep. Sleep is when the body repairs itself. At least seven to eight hours of restful sleep is necessary for optimal maintenance of body parts.
- De-stress. The world is saturated with stress. Continually “running from the tiger” inhibits normal repair functions in the body and allows tissues to break down. It’s important to stay active, but don’t overdo it. Regular physical activity stimulates repair functions in the body and helps maintain healthy joints. Excessive physical stress, however, accelerates wear-and-tear.
- Practice yoga. Yoga stretches ligaments and enhances joint support without increasing damage to your body. The gentle, flowing poses can be less stressful on sore joints than other types of movement, according to the Arthritis Foundation. In fact, some studies show that yoga, which has its roots in ancient India, can reduce arthritis-related pain, improve joint function, build strength and promote relaxation.
- Get plenty of omega-3 fatty acids. Maintaining a healthy omega-3 ratio may help reduce cartilage erosion and help thicken the synovial membrane.
- Eat a healthy diet. Support your joint health by eating a diet rich in vegetables and fruits, healthy fats that include omega-3 fatty acids such as those found in salmon and mackerel, avocado and olive oil. Not only will you support your joint health, a diet full of whole foods that are rich in nutrients has been shown to protect your overall health.

- Support your joints with natural substances. Research shows that natural substances such as turmeric, boswellia and glucosamine, among others, may support joint comfort and mobility



February ALTRUM NEWS February is National Heart Month

It's time to focus on what we can do to keep our hearts healthy. You know the things you can do — exercise; quit smoking or never start; pay attention to your cholesterol levels, blood pressure and weight.

New research shows that the health of your gut may determine the health of your heart. Learn the ways your microbiome can influence heart health in this issue of *ALTRUM News*.

Joint Formula Helps Support Comfort, Movement

Joint Formula features a multiple-nutrient combination of the most effective joint support ingredients. Joint Formula nutritionally supports normal joint function by promoting joint lubrication, healthy cartilage and connective tissue. *

Joint Formula includes the following ingredients to promote long-term comfort and ease of movement*:

- **MSM:** a form of organic sulfur that nutritionally supports production of connective tissue for optimal joint health*
- **Boswellia:** a natural herb that nutritionally supports joint comfort and ease of movement*
- **Chondroitin Sulfate:** nutritionally enhances the formation of cartilage.* Healthy cartilage caps the ends of bones, acting as a shock absorber and reducing friction between moving parts.
- **Glucosamine HCL:** nutritionally supports joint lubrication.*

Your body produces less glucosamine as it ages.

- **Manganese:** nutritionally promotes production of manganese-containing enzymes that aid in production of essential cartilage compounds.*

Suggested Use: One to six tablets daily, preferably with meals. Further enhance this product's effectiveness with use of one of the Ultra Multis.



* 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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