



True Wellness

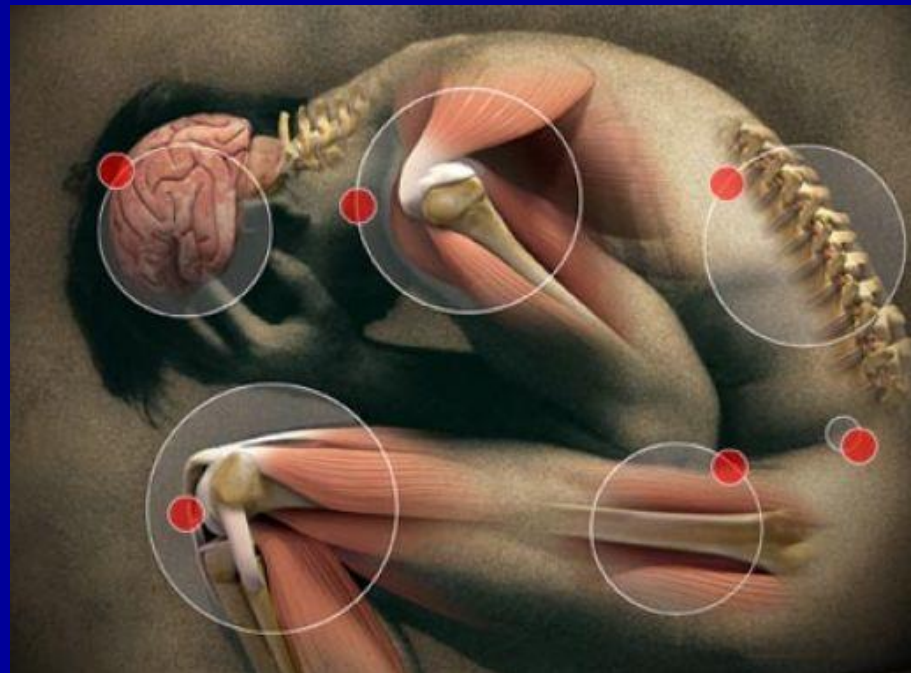
true-wellness.com

integrative, innovative wellness

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Arthritis

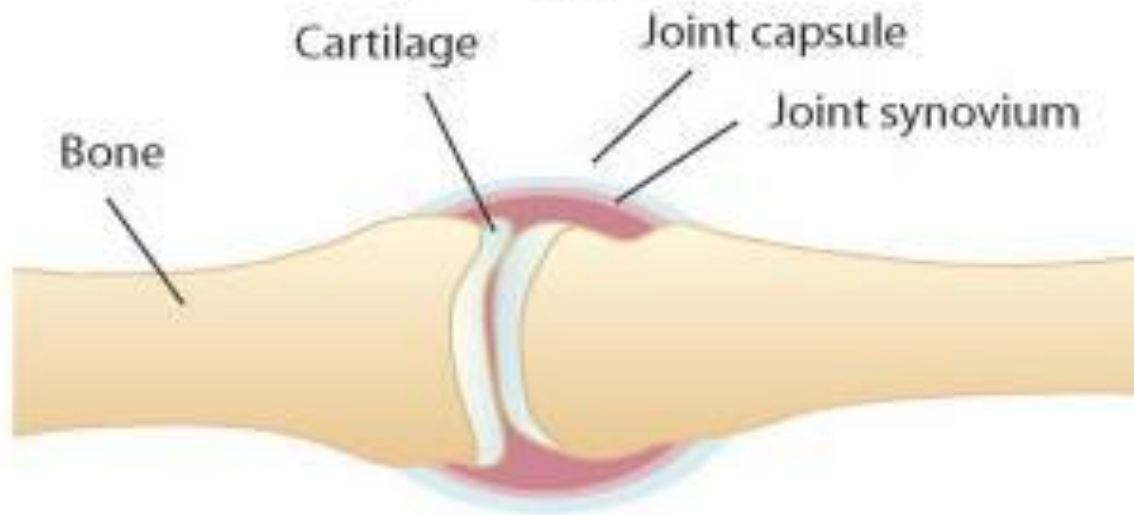


Arthritis in the US

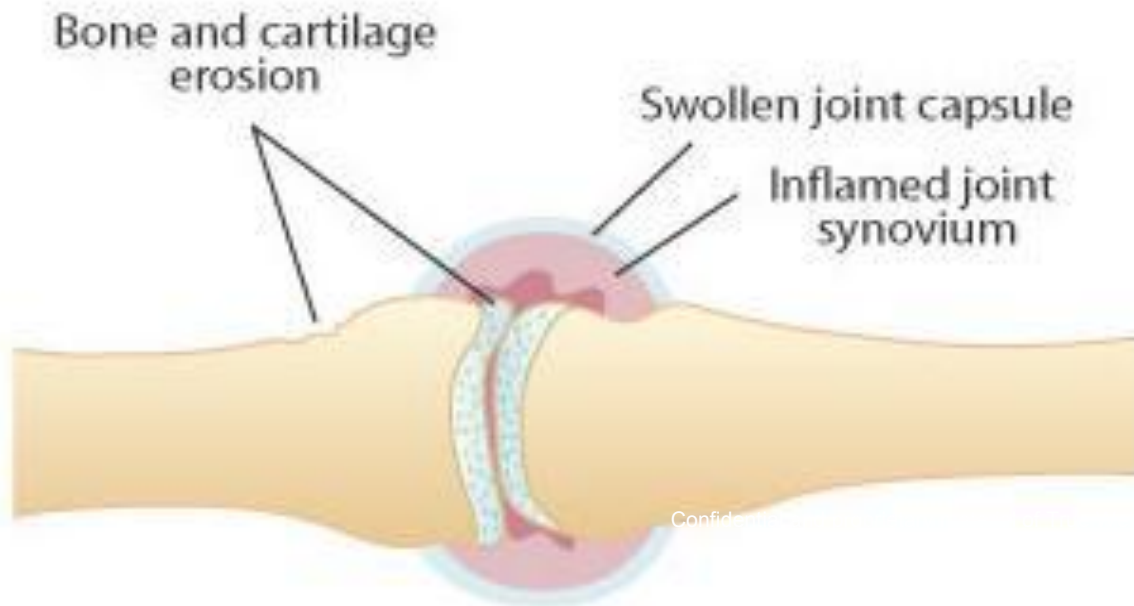


- **Rheumatoid Arthritis**
Rheumatoid arthritis affects 2.1 million Americans.
- **Osteoarthritis**
21 million Americans live with osteoarthritis.
- **Juvenile Arthritis**
More than 300,000 children have some form of juvenile arthritis.

Normal joint



Joint affected by rheumatoid arthritis



Rheumatoid Arthritis

- Rheumatoid Arthritis does not come from wear and tear on the [joints](#) but is known as an inflammatory condition that stems from the immune system. It can strike at any age.

Osteoarthritis



- The most common form of arthritis is osteoarthritis. Other common rheumatic conditions include gout, fibromyalgia and rheumatoid arthritis.
- Findings from a recent study suggest that approximately two thirds of arthritis patients utilize alternative remedies for the treatment of their arthritis including herbs, chiropractor visits, high-dose vitamins, and elimination diets.



Why try a Complementary Alternative Therapy?

- Commonly prescribed, the physical cost of years of pain management with non-steroidal anti-inflammatory drugs (NSAIDs) can be severe, even fatal! (This is a class of drugs that include Motrin, Advil, Aleve and Nuprin.) NSAIDs, according to a 1999 study in the New England Journal of Medicine, are responsible for 16,500 deaths each year in the U.S.

Acupuncture for Arthritis Study:

A four year study of Acupuncture for arthritis demonstrated a....

44 % average reduction in pain, 40% improvement in mobility.*

The latest study by the US National Institutes of Health (NIH), one of the largest and longest clinical trials study, showed a conclusive effects for patients who underwent acupuncture treatment.

*In fact, a four-year study conducted by University of Maryland School of Medicine researchers -- published in the Dec. 21 issue of the *Annals of Internal Medicine* . **Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee A Randomized, Controlled Trial**





Chiropractic for Arthritis

- **73%** of those trying chiropractic for arthritis found it helpful.
- The Annals of Internal Medicine published the results of a survey of 232 people who had arthritis and were under a rheumatologist's care. Of those, 63% responded to the survey by saying they were using some form of "complementary care" (*like chiropractic*).

Herbal Medicine and Supplementation





Herbal Medicine and Supplementation

OSTEO-ARTHRITIS SUPPLEMENTATION PROGRAM:

1. **Glucosamine and Chondroitin Sulfate:** Glucosamine sulfate is necessary for joint cartilage synthesis and repair. It has been shown to significantly reduce osteoarthritis symptoms and appears to be virtually free of side effects.
<http://darcynat.com/product.asp?strSessionGUID=5999792B-C6AD-41B8-9D95-C963BAE4FCFF&ProductID=428>
2. **Joint Ease Formula:** <http://darcynat.com/product.asp?strSessionGUID=5999792B-C6AD-41B8-9D95-C963BAE4FCFF&ProductID=28>
3. **Wobenzyme:** This well known enzyme preparation is designed to promote healthy joints and muscles, support healthy circulation.
<http://darcynat.com/product.asp?strSessionGUID=5999792B-C6AD-41B8-9D95-C963BAE4FCFF&ProductID=397>

Add **Inflam-Ease Formula:** for "flare-ups" of inflammation

<http://darcynat.com/product.asp?strSessionGUID=5999792B-C6AD-41B8-9D95-C963BAE4FCFF&ProductID=27>

Massage

According to the Arthritis Foundation, massage can help with arthritis in two ways.

1. It reduces muscle pain that is usually caused by spasms.
2. It increases your body's ability to produce endorphins which reduces pain.



- Massage therapy can help ease the symptoms and improve the quality of life for those living with arthritis.
- Increases, blood flow
- Increases relaxation