



NEWSLETTER NO. 3 November 2008

Healthy Joints

Osteoarthritis is a condition where the joint degenerates and there is a loss of cartilage (cushioning). Many suffer from this condition, especially in the knees. The process can be halted and even in some cases reversed. If you experience stiffness in the morning or pain related to joint use, then you need to take action now.

Here are some ideas to keep your joints healthy:

- Antioxidants can protect the joint and reduce inflammation so eat lots of brightly coloured fruits and vegetables, berries and herbs
- Omega 3 can reduce inflammation so eat lots of oily fish, nuts and seeds
- Avoid all simple, processed and concentrated carbohydrates (.and sugar)
- Potatoes, tomatoes, peppers, eggplant belongs to the nightshade family and should be avoided
- Glucosamine sulfate as a supplement is the most researched and effective natural remedy
- Other nutritional supplements that support healthy cartilage are; vitamin C and E, B vitamins, zinc and copper
- The herb Devil's Claw has also been found beneficial

Menthol-based creams or creams containing up to 0.075% capsaicin can be applied topically for pain relief.

Avoid exercise that overly strains the joint. Walking and swimming is gentler. To keep a healthy weight is also important in order not to put excess strain on the joints.

Sources: *Encyclopedia of Natural Medicine, Michael Murray, N.D. and Joseph Pizzorno N.D.*

Nutrient – Flavonoids

Flavonoids give fruits and vegetables their colour. It performs a duty as both antioxidant and anti-inflammatory. In short: it's excellent nutrition. And absolutely necessary in helping your cells do their work. The stars of the group are two flavonoids called quercetin and kaempferol. Quercetin is most abundant in apples, but is also found in onions, citrus fruits, parsley, green tea and red wine. Kaempferol is also found in onions, as well as in broccoli.

Artificial Sweeteners

Aspartame has been shown to make the unpleasant symptoms of Parkinson's even more severe for those who have the disease. That of course is bad enough, but it seems that aspartame can also trigger reactions in otherwise healthy people. In some cases these reactions mimic the symptoms of Parkinson's, as well as multiple sclerosis, Alzheimer's disease, and fibromyalgia, to name just a few.

In 1994 the Department of Health and Human Services released a list of more than 60 reported adverse reactions to aspartame, including: chest pains, asthma, arthritis, migraine headaches, insomnia, seizures, tremors, vertigo, and weight gain.

The surprising item on that list is "weight gain," given the fact that aspartame is the sweetener used in most diet fizzy drinks. In fact, according to one study, aspartame may actually STIMULATE appetite, prompting cravings for calorie-rich carbohydrates.

The cause of most or possibly all of these adverse aspartame reactions is methanol. When aspartame is combined with the enzyme chymotrypsin in the small intestine, methanol is released and breaks down into formaldehyde, a potent neurotoxin. Methanol is regarded as being a "cumulative poison" and it is recommended that you consume no more than 7.8 mg per day. If you drink a one-litre beverage containing aspartame, you ingest 7 times that amount - about 56 mg of methanol!

Are you aware that aspartame is commonly used in children's drinks, snacks and sweets marketed as low in sugar! **So do yourself and your children a favour, read the label!**

Super Food - Blueberries

Maybe one of the berries with the most health benefits. It is nature's only 'blue' food, is a rich source of polyphenols, potent antioxidants that include phenolics acids, tannins, flavonols and anthocyanins.

The best are the ones that are blue on the inside and stain your mouth and fingers blue. Out of season you can buy Canadian wild blueberries from the freezer.

For a personal **Optimum Nutrition consultation** contact:
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Don't change your medication or start a supplement regime without consulting a health professional.