

# ***Easing the Ache:***

## **Managing Joint Pain Through a Holistic Approach To Nutrition**



Joint pain is a pervasive ailment that manifests itself in various forms, impacting individuals at different stages of life. In fact, The World Health Organization estimates that 1.71 billion people worldwide are afflicted by some kind of musculoskeletal condition, including joint problems.<sup>1</sup>

Joint pain can range from a mild, occasional annoyance to a severe, chronic condition that interferes with daily activities. If you're among the many who suffer from joint discomfort, you may notice it manifesting in several ways:

- *Stiffness and a lack of range of motion*
- *Aching, especially after periods of activity or even inactivity*
- *Swelling around the area of the joint*

If your joints aren't treated properly, problems can escalate as you age. More than 70% of adults in the U.S. over 50 experience joint pain.<sup>2</sup> If you're in constant pain, you'll be less likely to keep active. This inactivity can snowball into several other potentially serious health problems:

- *An increased risk of developing a disability*
- *Lack of strength and balance*
- *Increase fall risk*
- *Sleep disturbances*
- *Low mood*

While many treatments claim to provide pain relief and joint repair, they don't get to the root of the problem. Addressing blood flow, circulation, and inflammation management is crucial for the overall health of joints. Yet, these factors are often overlooked. By considering them when addressing your joint discomfort, you'll build the foundation to support better joint health now and for years to come.







## Why are blood flow, circulation, and healthy levels of inflammation so important before considering repair?

**Proper blood flow and circulation are fundamental to supporting joint health.**

They ensure the delivery of essential nutrients and oxygen to your joints.

**Healthy circulation helps repair and regenerate your joint tissue by providing the necessary components for recovery and strength-building.**

Additionally, healthy blood flow helps remove toxins from your joints, which helps reduce the risk of inflammation-related conditions that can adversely affect your mobility and overall health.

While inflammation is a natural and necessary response for healing, chronic inflammation can lead to significant joint damage and deterioration over time. **You could end up with chronically stiff and painful joints.** By supporting healthy inflammatory responses through the proper supplementation and diet, you're helping support long-term health so your joints remain as functional and pain-free as possible.†

## Why do traditional joint medicines and supplements fall short of supporting joint health?

Traditional joint medicines and supplements often fail to effectively support joint health because they take a one-dimensional approach to a multifaceted problem.

There are three ways they generally fail to meet your expectations:

- 1. They target immediate pain relief instead of addressing the underlying causes of your joint discomfort.** While your symptoms may temporarily subside, root issues such as inflammation, wear and tear, or inadequate joint tissue nutrition remain. The cycle of pain may seem never-ending, and you may continually use these treatments without experiencing actual long-term improvement.
- 2. Their generic formulation—not all joint pain is alike.** These treatments often adopt a 'one size fits all' approach, assuming that what works for one type of pain works for all. This lack of specificity can diminish their effectiveness, as the distinct needs of your joint health are not fully met.
- 3. They may have side effects that feel worse than the pain you experienced in the first place.** Supplements not rigorously tested for safety and efficacy may interact with other medications. This paradox of treating one health issue while potentially causing another underscores the need for more holistic and targeted approaches to joint pain management.

**Relief may be less effective or take longer without a holistic approach to joint health.**





## How Can Supplements Support Joint Health?†

Supplements work with nutritious food to support joint health as long as they are well-studied and safe. These supplements often contain a blend of ingredients that provide a comprehensive approach to supporting healthy inflammatory responses and normal cartilage regeneration. They may also support bone and muscle health, which, together with strong joints, is critical for supporting mobility, stability, and strength.†

### Key supplemental ingredients include:†

- Ginger
- Omega-3 fatty acids
- Vitamin D
- Calcium
- Collagen
- Turmeric
- Manganese
- Zinc
- Sulfur (in the form of methylsulfonylmethane—MSM)
- Selenium

## How Can Your Diet Support Joint Health?

The right nutritious foods can support healthy bones and joints, which supports healthy inflammatory responses and weight—maintaining a healthy weight means less wear and tear on your joints. This means eating whole foods—not processed—and avoiding unhealthy fats and sugars.

The following foods are key to supporting joint health:<sup>3</sup>

1

**Fish.** Cold-water fish, such as salmon, tuna, and herring, have more fat than others. This fat contains omega-3 fatty acids, which support healthy inflammatory responses.<sup>4</sup>

2

**Nuts and seeds.** Nuts and seeds, including walnuts, pine nuts, pistachios, and almonds, are full of monounsaturated fats that also support healthy inflammatory responses.<sup>5</sup>

3

**Fruits and vegetables.** Fruits such as oranges, grapefruit, and limes contain compounds like flavonoids, coumarin, and volatile oils that support healthy inflammatory responses.<sup>6</sup> Vegetables have antioxidant properties like vitamins C and K, which also support healthy inflammation.

4

**Olive oil.** Extra virgin olive oil has heart-healthy fats, such as oleocanthal, which support healthy inflammatory levels and pain management.<sup>7</sup>

5

**Beans.** Small red beans, red kidney beans, and pinto beans rival blueberries for containing antioxidant properties.<sup>8</sup> Besides supporting healthy inflammation, these beans provide protein sources that support muscle health.

6

**Whole grains.** Whole grains such as whole-wheat flour, oatmeal, bulgur, brown rice, and quinoa contain fiber, supporting healthy weight and inflammatory health. They also contain phytochemicals, fatty acids, amino acids, vitamins, and minerals, which may support inflammatory responses.<sup>9</sup>



The Mediterranean diet contains many of these foods and offers benefits that transcend joint health.<sup>10</sup> It supports a healthy immune system, inflammatory responses, weight, heart health, and blood pressure levels. The Mediterranean diet provides a holistic approach to support several healthy conditions, including joint health.







# NEW!

## Joint Nutrients

Seeking Health has developed Joint Nutrients with you in mind to support joint health holistically. Whether you're an athlete ready to take on the next half-marathon or just want to get around during the day with ease, our supplements are designed to work fast, so you don't have to put life on hold.<sup>†</sup>

Joint Nutrients is designed to support healthy, thriving joints by doing the following:<sup>†</sup>

- **Supporting healthy joint comfort.**
- **Working fast, with results realized in a matter of a couple of days - not weeks or months!**
- **Containing a synergistic blend of 8 researched and trademarked ingredients in clinical dosages.**

## What's In Joint Nutrients?

Joint Nutrients contains highly-researched ingredients that support joint mobility, comfort, and normal repair. Joint Nutrients is designed to support healthy joints whether you experience daily joint discomfort due to your job or workout routine or the occasional ache and pain.<sup>†</sup>

### Niacin

Niacin is found in the fluid surrounding your joints, providing lubrication and nutrients. This fluid has been observed to have a higher lipid content in people with joint pain. Niacin helps to support healthy lipid levels as well as healthy blood flow.<sup>†</sup>

Niacin also supports cell health, DNA repair, healthy inflammatory responses, healthy muscles, and heart health.<sup>11,†</sup>

### ApresFlex®

ApresFlex® is a sustainably sourced gum resin extract of the Boswellia serrata tree that was found to be effective at just 100 mg a day in four human clinical trials. It supports joint function and comfort while also supporting the action of Peptizyme SP EN™.<sup>†</sup>

The Boswellia serrata tree is more familiarly called the frankincense tree. Its gum resin extract has been shown to support healthy pain management and joint mobility safely.<sup>14,†</sup>

### Mobilee®

Mobilee® is a patented extract that contains hyaluronic acid (HA), mucopolysaccharides, and collagen. These naturally occurring ingredients synergistically support normal joint comfort, and muscle growth and strength.<sup>†</sup>

HA is a humectant that binds with water to retain water and keep our joints lubricated. The highest amounts are found in synovial fluid, surrounding and cushioning joints. Studies show that those experiencing osteoarthritis symptoms have lower levels of HA in their joints.<sup>12,†</sup>

### Exclzyme EN™

Exclzyme EN™ is an enzyme blend that supports healthy joints, blood flow, and inflammatory responses.<sup>†</sup>

Enzymes have been shown to be particularly effective in supporting knee, hip, and even jaw joint health.<sup>13,†</sup>



# Ingredients Continued

## Ginfort®

Ginfort® delivers the highest concentration of gingerol available. Gingerol is the main bioactive compound found in ginger and is responsible for many of its health-supporting properties. This includes supporting a healthy inflammatory response and blood flow. A clinical trial using 200 mg of Ginfort® twice daily supports its effectiveness.†

Ginger contains numerous antioxidant properties and bioactive compounds like gingerol. It supports healthy cell function, detoxification, inflammatory responses, and blood flow.<sup>15,†</sup>

## Collavant n2®

Collavant n2® contains type II collagen, the main structural protein in cartilage. In some individuals, immune responses against this type of collagen can lead to joint problems. Collavant n2® was found to support a healthy immune response and collagen levels in the joints in four human trials.†

In addition to supporting healthy cartilage, the connective tissue that cushions joints, collagen may also support healthy inflammatory responses.<sup>17,†</sup>

## Quercetin

Quercetin is a flavonoid present in many fruits and vegetables. Its strong antioxidant properties support healthy levels of histamine and a healthy inflammatory response.†

One way quercetin works is by modulating inflammation that may be caused by carrageenan—also known as vegetable gelatin—a thickening compound found in foods— and a high-fat diet.<sup>19,†</sup>

## Boron

Boron is a trace mineral essential for supporting bone growth and maintenance, as well as healthy levels of calcium and vitamin D through its effect on their metabolism. Boron also supports a healthy inflammatory response.†

Boron helps support bone health—vital to joint health—by supporting magnesium and vitamin D absorption, healthy cytokine levels, and cell health.<sup>21,†</sup>

## LifePQQ™

LifePQQ™ is an antioxidant-like compound 100-1000 times more effective than vitamin C. Oxidative stress is implicated in joint destruction and associated pain. PQQ helps to support healthy levels of oxidative stress and joint comfort.†

Compounds with antioxidant properties support healthy inflammatory responses by supporting the healthy suppression of pro-inflammatory cytokines, small proteins involved in cell signaling.<sup>16,†</sup>

## Peptizyme SP EN™

Peptizyme SP EN™ contains the enzyme serratiopeptidase, also known as serrapeptase. It breaks down inflammatory immune compounds. This helps to support a healthy inflammatory response and joint function.†

Serratiopeptidase works by supporting healthy regulation of cytokines, which in turn supports healthy inflammatory responses. It's particularly effective when used with zinc and manganese.<sup>18,†</sup>

## TamaFlex®

TamaFlex® is a plant-based blend of tamarind seed and turmeric root. It has been shown by three human clinical trials to support a healthy inflammatory response to support normal joint comfort, flexibility, and function at just 250 mg a day.†

Curcumin—the main compound in turmeric—has been used for years in Chinese and Indian health practices, such as Ayurveda. In addition to supporting healthy inflammatory responses, It's been found to be effective in supporting healthy pain management and maintaining cell health.<sup>20,†</sup>



# How To Include Joint Nutrients In Your Daily Supplement Routine

Take two capsules in the morning or night after being away from food for one hour. Alternatively, take one capsule upon waking in the morning and one capsule before bed at night.



## Here are other ways people take their two capsules of Joint Nutrients:

- Take one upon waking and one before bed
- Take two upon waking
- Take two before bed

Use as directed by your healthcare professional.

## More Seeking Health Supplements To Support Joint Health†

### Vitamin D3 + K2 Capsules

**Healthy joints rely on the healthy bones surrounding them.** Our Vitamin D3 + K2 capsules support bone health with high potency levels of these two essential vitamins. At 5,000 IU per small capsule, vitamin D3 in this amount supports a healthy immune system, mood, calcium absorption and metabolism, and cardiovascular system. When vitamin K2 is in the form of MK7, it acts longer in the body. The MK-7 form of K2 lasts in your body for 72 hours compared to the 1-2 hours of MK-4. Vitamin K2 helps direct calcium out of the blood vessels and into bones.†

### Histamine Digest

**High histamine levels can trigger inflammation, which can cause joint pain.** We created Histamine Digest to support healthy histamine levels in the small intestines, colon, uterus, bladder, prostate, and breast milk. It contains a patented form of diamine oxidase called DAOgest® derived from porcine (pork) kidney extract. It supports the healthy breakdown of histamine in many areas of your body - especially the small intestine, colon, placenta, kidney, appendix, testis, and prostate.†

### Optimal Electrolyte

**Your joints also rely on hydration to stay healthy.** Your body needs hydration to keep your joints lubricated and mobile and flush toxins from your body that can cause inflammation. Inadequate hydration levels can result in joint pain as they become stiff and inflamed.†

**With its proprietary hydration blend, Optimal Electrolyte deeply hydrates you throughout your body to support joint mobility and health.** We developed Optimal Electrolyte using sodium as real Himalayan pink salt and potassium to support healthy hydration and potassium levels, which go hand in hand.†

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†These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.



# Appendix

1. <https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>
2. <https://www.healthyagingpoll.org/reports-more/report/arthritis-and-joint-pain>
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## Joint Nutrients Is Now Available!

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