



Joint Support

Improved Urinary Formula for Kidney and Bladder Problems

Joint Support is a formula that helps people suffering from arthritis. Designed by the famous nutritionist Paavo Airola, the combination works on arthritis in a variety of ways. The ingredients in Joint Support not only help to reduce inflammation, pain and swelling, they also work on some of the underlying causes of arthritis. They help the body detoxify and rebuild damaged joints.

Joint support relies on the following ingredients for its beneficial effects:

Hydrangea is a urinary herb that helps remove toxins from the body that irritate the joints. It also acts as a calcium solvent, helping to dissolve bones spurs and calcium deposits. It has traditionally been used to treat rheumatism and fluid retention.

Yucca contains saponins that have an anti-inflammatory action similar to the body's hormone cortisol. Corticosteroid drugs commonly used to treat arthritis also mimic the hormone cortisol, but with serious side effects. Yucca helps remove toxins from the blood, has an alkalizing effect on tissues and eases pain and inflammation.

Horsetail is an herb rich in the mineral silica, which is important for creating flexible strength in bones, joints and connective tissues. It has beneficial effects on the kidneys and on assisting in joint repair.

Celery Seed is most often used as a diuretic to clear toxins from the system. It is especially helpful when uric acid crystals collect in the joints in cases of gout and arthritis.

Alfalfa, rich in nearly all nutrients necessary for human life including trace minerals, is an excellent food for helping repair the structural system of the body. It also helps to thin the blood and reduce inflammation.

Black Cohosh contains salicylates, the forerunners of modern aspirin and has been traditionally used to reduce inflammation and ease pain in arthritis and rheumatism. It is also antispasmodic, so it relaxes muscle cramping and pain.

Bromelain is an enzyme found in pineapple. It aids digestion and nutrient assimilation and it also has an anti-inflammatory effect.

Catnip is a calming nervine and digestive aid. It has mild pain-relieving qualities.

Yarrow is an astringent, diuretic and blood purifier. Native Americans used it as a tonic for all rundown conditions. It helps improve blood flow and oxygen supply to damaged joints.

Capsicum contains capsaicin which is used externally to lessen arthritic pain. Internally, capsicum reduces pain by stimulating blood flow to all the tissues of the body. This helps deliver oxygen and nutrients to tissues which aids in their repair. Capsicum is also anti-inflammatory.

Valerian is best known for its nervine properties. It relaxes muscles and has some mild pain relieving qualities. Valerian is also one of the richest herbs in calcium, an important nutrient for healthy bones and joints.

White Willow also contains salicylic acid (like black cohosh), which gives it an anti-inflammatory and pain relieving effect similar to aspirin, but without the side effects. Willow bark has been used for thousands of years for arthritis.

Burdock is an excellent blood purifier, which means it helps the liver and kidneys remove toxins from the blood. This helps remove the irritants that are causing inflammation in the joints. Burdock is also a source of several minerals necessary for healthy joints.

Slippery Elm bark reduces inflammation in the digestive tract and contains nutrients that help with tissue repair.

Sarsaparilla, one of the principle flavors for "root beer," is an anti-inflammatory and blood purifying herb that eases inflammation and removes toxins from the blood.

Suggested Use: Take two capsules three times daily with meals. Joint Support is most effective when used as part of an overall program for arthritis that includes a more alkaline diet (less protein and grains and more fresh fruits and vegetables). It combines well with other remedies like Herbal CA or HSN-W for minerals and joint repair, Super GLA Oil or Flax Seed Oil for essential fatty acids, and Devil's Claw or Yucca for a greater anti-inflammatory and pain relieving effect. This is a formula designed to help those suffering from arthritis. To effectively relieve the symptoms of arthritis, this formula combines diuretic, anti-inflammatory, analgesic, digestant and alterative herbs.

Selected References

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- Healing Herbs, The* by Michael Castleman (Emmaus, Pennsylvania: Rodale Press, 1991).
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- Wild Rose Scientific Herbal* by Terry Willard (Calgary, Alberta: Wild Rose College of Natural Healing, 1991).

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