

Arthritis is a condition of pain and stiffness in any joint in the body. The two most common are osteoarthritic and rheumatoid arthritis.

## **OSTEOARTHRITIS**

Osteoarthritis is the gradual loss of the soft smooth covering on the ends of bone (called cartilage) where two bones come together at the joint. It is caused by wear and tear on the joints.

Risk Factors for Developing Osteoarthritis

Other family members with osteoarthritis.

Excess weight.

Repeated overuse of joints.

Weak quadriceps (upper front of thigh) muscles.

Health conditions such as diabetes, gout or bleeding disorders.

### **Symptoms**

At least 2 weeks of pain in the joint while moving around that is usually relieved by rest, or stiffness when the joint is not being used that improves once the joint is moving again.

### **Managing your Osteoarthritis**

Increase physical activity but limit high impact sports

If you are overweight, lose weight

Use hot and cold therapy

Use relaxation techniques

Pain relievers such as Anti-inflammatory medications (ibuprofen). Herbs:

**Kripps Boswellia** 1 capsule 3 x day, **Kripps Turmeric** 1 capsule 3 x day, **Kripps Devil's Claw** 1 capsule 3 x day.

**Glucosamine HCL Chondroitin Sulphate** and **MSM** 1 capsule of each 3 x day

**Kripps Joint Cream/Kripps Vitamin D3 Cream**. These creams can be rubbed onto the skin to reduce pain in affected joints.

**Kripps Fishol E.C.** - 2 capsules 3 x day