

You mean my gut and my stiff knees are connected?

Over 30 million Americans suffer from age-related osteoarthritis. You might think you're too young to think about this...

But you don't have to be very old to start feeling the wear and tear of time on your joints, especially if you are athletic, run, or hike a lot.

How about *you*?

At the root of this condition is an overall low level of inflammation. People with osteoarthritis usually have high levels of lipopolysaccharides (LPS) in their blood.

Lipopolysaccharides (LPS) are bacterial toxins that may enter the blood if you have an infection or "leaky gut." This leads to joint pain and cartilage degradation.

Gluten intolerance is sometimes another factor for inflammation. Also, lectins found in certain foods can be an inflammatory trigger for some people.

Wanna be proactive?

Here are a few simple suggestions for preventing osteoarthritis:

- Eat lots of fiber
- Eat more veggies (non-GMO)
- Eat fermented foods
- Eat organic meats and eggs
- Take in prebiotics (fiber) to feed your good bacteria
- Try going without the following lectin foods and see how you do: beans, peas, lentils, peanuts, nightshades (tomatoes, eggplant, garlic, peppers), and grains
- Don't eat sugar, including artificial sugars

We carry many supplements that nourish your body correctly to reduce pain and improve health.

Ask me about them next time you are in the office!