



NATRX Health News

Quick guide to Joint Health

Anti-Inflammatory Diet



Fish

Arthritis experts recommend eating more than three to four 90 – 120 grams of fish twice a week for optimum joint health. Supplementing is a suitable alternative to eating fish. Studies show that taking between 600 to 1,000 mg fish oil supplements daily - or superior option like krill oil supplements - aids in easing joint swelling and pain, duration of morning stiffness and disease activity among people with rheumatoid arthritis (RA).



Nuts & Seeds

Eating 40 grams (a little more than a handful) of nuts, especially walnuts, pine nuts, pistachios and almonds, daily will add inflammation-combating monounsaturated fat, fibre and protein to your diet.



Fruit & Veggies

Aim to include nine or more servings in your daily diet and choose a variety of different colours like blueberries, blackberries, cherries, strawberries, spinach, kale and broccoli. Fruit and vegetables are rich in antioxidants that boost the body's natural defence system and fights inflammation by counteracting damaging free radicals.



Olive Oil

Include two to three tablespoons of extra virgin olive oil to your daily diet. Olive oil is packed with anti-inflammatory, heart-healthy and tasty monounsaturated fat and has been linked with a reduced risk of a variety of chronic diseases.



Beans

Adding a cup or more of beans, twice a week, can play an important role in the arthritis-friendly diet. Beans are loaded with fibre which helps to reduce inflammation as well as a host of other antioxidant and anti-inflammatory compounds.



Avoid Nightshades

These vegetables, including eggplant, tomatoes, red bell peppers and potatoes, also contain solanine, a chemical linked to arthritis pain. Many people report significant symptom relief when these are excluded from their diet, although there is no scientific evidence to support that nightshades trigger arthritis episodes.

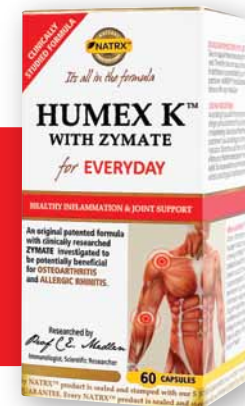
DISCLAIMER: These products are not intended to diagnose, treat, cure, contradict, replace or supersede advice given or medication prescribed by a healthcare practitioner. Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare practitioner.

Tried too many supplements for JOINT PAIN?

HUMEX K™

is not just another "joint supplement!"

- Clinically studied and patented
- Published human clinical trial
- Supports healthy joint inflammation
- Helps relieve and comfort joints
- No worrying long-term side effects
- Safe to use with other chronic medication



Chronic inflammation in the body has been linked to many health ailments. HUMEX K™ is the product of a scientific breakthrough, based on sound clinical research. Its active ingredient, ZYMATE, has been known to promote healthy inflammatory responses, without long-term side effects – making it an effective and non-habit forming strategy for those looking to naturally address inflammation and joint health.

BENEFICIAL TO ASSIST IN:

Inflammation • Osteoarthritis • Immune Modulation • Reducing CRP levels • Allergic Rhinitis

WHERE TO BUY:

Online, CLICKS, DIS-CHEM, MEDIRITE and leading pharmacies nationwide.

Did you know?



- One in seven South Africans' has some form of arthritis according to Arthritis Foundation of South Africa.
- The most common form of arthritis, osteoarthritis, is no longer considered as just age related 'wear-and-tear' but is a complex INFLAMMATORY CONDITION.
- Anti-inflammatory drugs are associated with serious long-term side effects!
- HUMEX K™ is a natural, safe, non-habit forming supplement clinically proven by Immunologist, Prof. Connie Meden to help improve your joint health by reducing inflammation, relieving pain and stiffness with NO WORRYING LONG-TERM SIDE EFFECTS.