



Barrhaven Chiropractic Health Centre

NEWSLETTER

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Treating Arthritis Naturally

Live long enough and you will experience some sort of arthritis. Although osteoarthritis and rheumatoid arthritis are the more commonly known types, there are in actuality over a hundred different types of arthritis.

Simply put, osteoarthritis means worn joints. A joint is the area where two bones come together for the purpose of moving that particular body part; e.g. the thigh bone (femur) comes together with your shin bone (tibia) to form the knee joint. Between most joints there is cartilage or connective tissue which acts as a shock absorber and allows for a smooth surface for the two bones to move. As we age, the articulations between these joints begin to degenerate. There are many different reasons for degeneration including; excessive weight, genetics, past injuries and everyday wear and tear. Why joints begin to wear as we get older is not completely understood, but researchers are beginning to discover that as we age the production of certain substances in the body required for the nourishment and continuous support of our joints begins to decline. As a result, the body is unable to keep up with the stresses we place on our joints, which results in joint degeneration.

One common substance being used by many individuals is glucosamine. Glucosamine is a natural substance produced in our bodies that acts as a building block for the production and repair of joint cartilage. As we age, the natural production of glucosamine begins to decline, increasing the likelihood of developing joint erosion and inflammation, resulting in osteoarthritis. Supplementation with glucosamine after the age of 40, (regardless if you have symptoms or not) may help to repair or stabilize joint damage. When purchasing glucosamine look at higher quality supplements which tend to eliminate the unnecessary "filler" found in lower grade products and use higher quality pharmaceutical grade glucosamine. Higher quality usually means higher price; however, these company's use better products and spend more money testing their products, which is an important factor to consider when deciding between the \$15.00 product and \$50.00 product. Lastly, glucosamine products containing natural anti-inflammatory agents, such as bromelain enzymes and MSM, can help provide relief of symptoms faster than glucosamine on its own.



BREAKING NEWS!!!

The Barrhaven Chiropractic Health Centre welcomes the newest member of our health care team, Felix Conyedo, Registered Massage Therapist. Felix has been a massage therapist since 2000 and brings with him extensive clinical experience and unparalleled, refined technique. Massage therapy has become an essential component in the treatment of musculoskeletal injuries and offering this service will allow us to better facilitate the use of massage therapy in conjunction with your chiropractic treatments, for maximum therapeutic benefit.

BOOK YOUR APPOINTMENT TODAY!

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As we have just mentioned, osteoarthritis can cause inflammation within the joint which can result in pain, swelling, stiffness and decreased range of motion. A common misconception is that totally suppressing the inflammatory process will fix the problem. Unfortunately, the body is a little more complicated than that. The process of inflammation allows the body to excrete unwanted waste, which if left in the joint can accumulate and create further damage. Therefore, modulating the inflammatory process is a lot more beneficial than stopping it completely. Products such as Zeel Compositum, a homeopathic preparation containing ingredients such as Arnica and Bittersweet, can help to modulate the inflammatory process, not only helping to reduce the intensity of pain but also to provide longer periods without painful episodes. The product has also shown to be beneficial in reducing the symptoms that most arthritis sufferers encounter with the change of weather or humidity, usually causing pain and stiffness. Zeel Comp. is a great product that can be safely used on its own or in conjunction with other natural or allopathic medications and is ideal for long-term treatment for patients of all ages.

Diet plays a key role in managing arthritis as well. There are several types of foods that can promote inflammation such as foods containing high quantities of sugars and saturated fats. An example would be processed meats which contain nitrites, which promote inflammation and chronic disease. Although the evidence is not consistent, some professionals recommend staying away from "nightshade" foods as well. Nightshade foods include tomatoes,

eggplant, white potatoes and bell peppers. It is reported that nightshades contain high levels of alkaloids which cause the bones to excrete calcium, other minerals, and trace elements from the body. Some individuals with arthritis report relief of symptoms with the elimination of these foods in their diets.

Exercise is also an important factor in managing arthritis. Muscles and the other tissues that hold joints together weaken when they aren't used, causing the joint to lose its shape and function. Strengthening and stretching exercises will help relieve pain and keep the muscles and tendons around the affected joint more flexible and strong. Exercises like swimming, walking, water aerobics and stationary bicycling can all reduce pain while maintaining strength and flexibility. Your chiropractor can prescribe exercises that will help to strengthen the affected areas without causing further damage. I always recommend individuals who have arthritis consult a health care professional who is knowledgeable in exercise training, before starting an exercise program.

Last but not least, Chiropractic as well as other conservative treatments such as massage therapy and acupuncture can help to alleviate pain and manage symptoms, so you can enjoy life pain free.

**An exercise everyone can use**

Regardless of age, many individuals spend a good portion of their day sitting. From computer and video gaming, to surfing the internet, to social networks, to everyday desk jobs, sitting has become an epidemic in today's society. Although a seemingly harmless activity, sitting contributes to a variety of musculoskeletal issues, such as; low back pain, neck and upper back pain, headaches and leg pain. Combined with typing, writing, or using a mouse, carpal tunnel (wrist pain and hand numbness) and lateral epicondylitis (elbow pain) are also common complaints. A simple exercise to help correct the stress placed on the body from prolonged sitting is the "Brugger" postural correction. This exercise is suitable for all ages and can easily be incorporated into your everyday life, without taking up too much time or even getting out of your chair.



Figure 5:
Brugger's relief position.

Sit at the edge of your chair with your feet spread apart and your toes pointing out slightly. Rest your weight on your feet; tilt your pelvis forward, with your chest out, exaggerating the curve in your low back. Turn your palms out while squeezing your shoulder blades together and hold for a count of 10sec. Repeat throughout the day.

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