



ARTHRITIS



ARTHRITIS EXPLAINED:

Arthritis refers to inflammation of a joint. It can effect only parts of the joint or all of the joint including the lining (synovium), cartilage, bone and/or the supporting structures like ligaments and tendons.

Symptoms include pain, swelling, stiffness of the joint.

There are many kinds of arthritis some worse than others. The type that is auto immune is more difficult to treat. The more common kind is osteoarthritis (non-inflammatory) which some people refer to as "Uncle Arthur". I have had many geriatric patients tell me "Uncle Arthur moved in and won't get out!"

Causes of Arthritis:

Normal wear and tear, aging, injury , infections can cause arthritis to occur in the joint.

Symptoms of Arthritis:

Pain that is aggravated by movement and weightbearing but is relieved by rest and affects one or both sides of the body is the topic of discussion in this newsletter.

Disclaimer:

this is an informational only newsletter. The product recommendations are not intended to diagnose, cure or treat as the essential oils are not FDA approved. Always consult your medical provider



Diagnosing Arthritis:

Usually a medical history, physical exam and in some cases, laboratory evaluation will help with diagnosing arthritis. The purpose of that is to determine if it is an auto-immune form like Rheumatoid arthritis. The most common form of diagnosing is imaging, usually x-rays but in some cases MRI is needed.



Now for the fun part! Alternative treatment options!!

Because the cushion that lives between the joint surfaces breaks down, it can result in the bones of the joint rubbing together. This results in the pain, and stiffness associated with arthritis. Aside from surgery or the traditional forms of treatment, there are some other natural solutions to consider.

Essential Oils

German Chamomile
Wintergreen
Nutmeg
Idaho Balsam Fir
Clove
Panaway
Cool Azul
Deep Relief

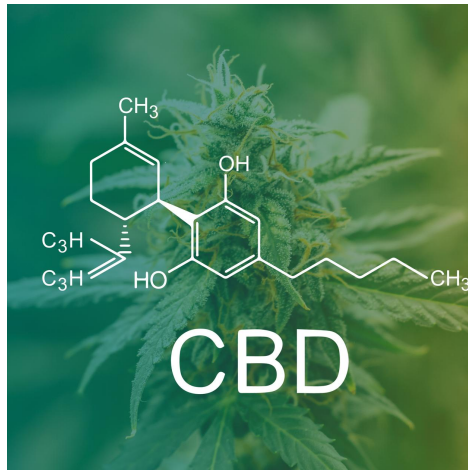
Massage Oils:

Ortho Sport Massage Oil
Ortho Ease Massage Oil



Supplements

BLM powder
Agilease
Alkalime
CBD Joint & Muscle Balm
Master Formula
Sulfurzyme
Super Cal Plus



Supplements and oils contain certain elements that, because of the chemical structure, helps reduce inflammation and swelling thus resulting in decreased stiffness and pain. Glucosamine/chondroitin is found in BLM. Methyl salicylate which is similar to the active agent in aspirin is found in Wintergreen and Panaway. The oils can be applied topically with a carrier oil like coconut oil. Some can be ingested. Always check the bottle to be sure it is safe to ingest. The vitality line of oils are all safe to ingest.

for a great reference book about YL supplements I suggest you snag this book:

<https://www.amazon.com/Supplements-Desk-Reference-Jen-O'Sullivan/dp/B07Y4HY4ZT>