

5 SIMPLE WAYS TO CARE FOR YOUR

Bones, Muscles, & Joints

1.

Be active.

2.

Eat anti-inflammatory, mineral-rich foods.

3.

Reduce your stress.

4.

Implement epsom salt soaks.

5.

Consume quality supplements.

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1. Be active.

Inactivity can lead to stiff, tense muscles, which can worsen things like arthritis and cause unnecessary stress on joints. Consider starting with low-impact exercises like swimming, yoga, or cycling and go from there.



2. Eat anti-inflammatory, mineral-rich foods.

Vegetables containing sulfate:

- broccoli
- cauliflower
- garlic
- cabbage
- onions

Helps build cartilage!



Fruits and vegetables containing bioflavonoids:

- blueberries
- blackberries
- cherries
- cinnamon
- acai
- red cabbage
- onions

Strengthens connective tissue and encourages collagen production!



Did you know Young Living's Ningxia Red contains several of these fruits?



Bone broth:

rich with collagen; contains joint-healthy ingredients like glucosamine and chondroitin as well as calcium, magnesium, phosphorus, silicon, and sulfur

Foods containing omega-3 fatty acids:

- chia seeds
- flaxseeds
- beans
- chickpeas
- eggs
- avocado oil
- ghee

Foods high in phosphorus:

- fish
- poultry
- beef
- eggs
- milk products
- lentils
- peanuts
- pumpkin seeds

Helps maintain healthy bones and teeth!

Foods high in zinc:

- lamb
- grass-fed beef
- oysters
- sesame seeds
- pumpkin seeds

Helps with the production of connective tissue!

Foods high in copper:

- avocado
- cacao
- sesame seeds
- sunflower seeds
- cashews

Helps your natural collagen mature!



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3. Reduce your stress.

Stress can trigger inflammation and accelerate the aging process.



- Go on walks
 - Take up yoga
 - Limit phone use and screen time
 - Take a hot bath
 - Reduce your caffeine intake
 - Set healthy boundaries with your schedule
 - Spend time in nature
 - Practice deep breathing
 - Use essential oils to encourage relaxation
- > **Stress Away, Peace & Calming, Tranquil Roll-On, and Valor**

4. Implement epsom salt soaks.

When you add epsom salt to the mix, you're adding in magnesium and sulfates, which are easily absorbed by the skin. Many people use this to help reduce inflammation and ease the body's aches and pains.



Bath Soak

- 1-2 cups epsom salt
- 3-10 drops essential oil of choice

Add essential oil(s) to epsom salt; mix well.
Add to hot bath and soak for 20-30 minutes.

Essential Oil Suggestions:

- Lavender
- Frankincense
- PanAway
- Wintergreen
- Peppermint
- Copaiba
- Eucalyptus Radiata
- combination of these



5. Consume quality supplements.

- **Super Cal Plus** - calcium, magnesium, vitamins D and K, and other trace minerals
- **Golden Turmeric** - supports joint health & mobility
- **AminoWise** - enhances muscle performance & reduces fatigue
- **BLM** - support for bones, ligaments, and muscles; contains type II collagen
- **AgilEase** - supports healthy cartilage, flexibility and mobility, & the body's response to inflammation
- **Green Omega 3™** - essential fatty acids from algal oil instead of fish oil to support your heart, brain, eyes, and immune system

