

# Osteoarthritis

## Symptoms

- Joint pain
- Morning stiffness
- Loss of mobility

Osteoarthritis is the most common form of arthritis. It is a consequence of progressive cartilage wear and tear accompanied with chronic, more or less severe joint pain, stiffness and swelling to the affected joint. Osteoarthritis generally affects joints that support most of the body weight, such as knees and hips.

## Recommended products



## Glucosamine Collagen

Glucosamine and collagen are major components of cartilage that repair damaged cartilages and help decrease pain in the long term.

[learn more >](#)

## other Glucosamine other

Glucosamine has shown its benefits on joint pain in many studies. Various combination products are available in the AG line that may advantageously be taken in alternation to supply joints with all the necessary elements for the building and maintenance of healthy cartilages.

[learn more >](#)

## Inflamed

Inflamed contains plants with anti-inflammatory properties that help reduce inflammation and acute pain but do not contribute to joint cartilage repair in the long term.

[learn more >](#)

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# Osteoarthritis Health Recommendations

## Diet

The diet of osteoarthritis patients should include foods rich in minerals and good fats. Foods containing omega-3s, calcium, magnesium, boron and phosphorus should be privileged. This type of diet will contribute to reducing bone loss and inflammation. Here is a list of foods that are good sources of those nutrients:

### **Omega-3 fatty acids:**

- Coldwater fish (mackerel, sardine, anchovy, salmon, tuna) and flax seed oil.

Watch out for omega-6 fatty acids overconsumption, which reduces the ability of omega-3 fatty acids to reduce inflammation. Omega-6 are found in nuts, their oils as well as in a vast array of prepared foods made from these oils.

### **Calcium :**

- Dairy foods, almonds, sesame, tofu, cruciferous vegetables (Brussels sprouts, kale, broccoli etc), seaweed and sardines (with fishbone).

### **Boron :**

- Fruits (plums, grapes), vegetables (avocado, carrots), whole grain cereals, nuts and legumes.

### **Magnesium :**

- whole grain products, legumes, dark chocolate and green leafy vegetables.

### **Phosphorus :**

- Protein-rich foods (meat, poultry, fish and dairy products).

Beware of the phosphorus contained in sodas: an overconsumption of these beverages may have an adverse effect, that is, creating a deficiency in calcium.

The addition of ginger and turmeric to the diet will also be beneficial since these spices have anti-inflammatory properties and help with blood circulation.

Antioxidants are also very important. They are found mostly in colourful fruits and vegetables.

## Physical Exercise

Keep practicing regular, gentle to moderate exercises to maintain mobility and flexibility of the joints. Through yoga, Tai Chi or other techniques, keeping the joints in motion will help slow the progression of arthritis problems.

## Basic Advice

To avoid further damages to the cartilages, keep a healthy body weight, avoid lifting heavy objects and do not perform repetitive movements.



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