

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Greetings [[firstname]],

Achy Joints May Mean Systemic Inflammation

Are falling temperatures, low barometric pressure, increased humidity and rainy conditions making you a little stiffer than usual? Are your joints getting good at predicting a storm?

Have you or someone you love become a human barometer? And, what exactly is happening, when a sailor says, "When your joints hurt, a storm is approaching"?

An Inflammation Refresher

It's all about pressure. Take a balloon, for example, and put it in a vacuum. As the pressure around that balloon is reduced, the balloon expands.

If you've already got some inflammation in your joints, as the pressure outside goes down, your tissue expands and your joints feel an increase in pain. Alas, this is the [inflammatory response](#).

The inflammatory response means white blood cells and other chemicals react, releasing cytokines.

Cytokines are cell messengers that mediate and control immune and inflammatory responses that protect you from infection, bacteria, and viruses.

Normally this response is only triggered under acute injury or illness. But, when your immune system is out of balance due to poor health practices, your body triggers a full-fledged inflammatory response all the time, making your joints and other pain points ache more.

The seeds of systemic inflammation take root in the gastrointestinal tract. Too much sugar and carbohydrates, the wrong ratio of fatty acids, and high levels of wheat, dairy and other allergens stack the deck in inflammation's favor.

Inflamed cells can't absorb nutrients or expel toxins properly, which can open the doors to mischief. Systemic inflammation is being studied in connection to illnesses from arthritis and Alzheimer's to diabetes and heart disease.

So, if an old sports injury is giving you trouble on damp low-pressure days, it's a good idea to take a look at reducing inflammation throughout your whole body.

Here are some proven things you can do to keep those joints moving, and decrease inflammation this season:

Get enough sleep. During sleep, the body regenerates, and the immune system calms down. Inflammatory cytokines are secreted less by those that get enough sleep.

Get your body moving. Weight management is an important aspect of maintaining a balanced immune system

Missing

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Top 10 Latest top sellers!

1. [Heart Plus](#)
2. [Vitamin D3](#)
3. [B Vitamin Trio](#) (sublingual)
4. [Alpha Lipoic Acid](#)
5. [Probiotics 16](#)
6. [Liquid Calcium w/mag., vit D3 & boron](#)
7. [B-100 Plus](#)
8. [Coenzyme Q-10](#) (softgels)
9. [Multi-Vites](#)
10. [Fish Oil](#) (large bottle)

Member Spotlight



Teri,

I am so thankful for you letting me know which of your supplements are gluten-free.

This is the first time in dealing with a company that someone actually took the time to write me back.



Please ["Tell a Friend"](#)

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^.^



Contact Us

Phone: 800-667-0781 Mon-Fri 10am-4pm EDT

Web: www.ourhealthcoop.com

and controlling inflammation. Fat cells secrete inflammatory histamines and cytokines, especially during weight gain.

Don't overeat. Overeating promotes the inflammatory response and suppresses the immune system, so try "push outs" and push yourself back from the table after one serving.

Decrease your intake of foods that cause inflammation:

- Cut down on eggs, beef, and dairy products. Avoid deep fried foods like french fries and overcooked foods like barbeque.
- Stay away from "hydrogenated" or "partially hydrogenated" oils -- "trans fats" -- they cause inflammation.
- Don't eat processed foods of any type.
- Exclude the nightshade family -- potatoes, peppers, tomatoes, and eggplant -- especially if you suffer from arthritis.
- Cut down on refined sugar, caffeine, smoking, and alcohol consumption.

Increase in your diet foods that reduce inflammation:

- Eat more vegetables (especially non-starchy varieties) and fruit.
- Try free-range chicken, and add more fish (rich in beneficial essential fatty acids) as an alternative to beef.
- Extra virgin olive oil is the safest oil you can find in your supermarket.
- Choose complex carbohydrates, like brown rice, and foods that are lower on the glycemic index to help balance blood sugar, lower insulin requirements, reduce blood pressure, and improve immune system function.

To supplement these efforts, and keep those bones and joints healthy:

First, because two thirds of your immune system is in your "gut", **you can begin addressing systemic inflammation with:**

[Probiotics 16](#) balances intestinal micro-flora, which strengthen the immune system, help your body resist allergens, and lower the systemic inflammation response.

[Fiber](#) supports digestion and elimination of toxins, as well as lowers C-reactive protein (a clinical inflammation marker). Strive for 30 grams of fiber per day.

Next, keep those joints moving with:

[Evening Primrose Oil](#) helps the body produce natural, anti-inflammatory substances called prostaglandins. Evening primrose oil contains gamma-linolenic acid, which helps reduce joint tenderness and has shown to improve symptoms of rheumatoid arthritis.

[Fish Oil](#) helps the body regulate and balance inflammatory response, and is well know for reducing painful symptoms of arthritis, cystitis, bursitis, sinusitis, tendonitis, prostatitis, dermatitis, and other "itises."

[SAM-e](#) helps to protect cartilage from wearing down in the aging process. SAM-e is known for increasing joint mobility, reducing swelling (anti-inflammatory), and improving liver function by production of glutathione -- a very powerful antioxidant. It doesn't hurt, as the holiday season approaches, that SAM-e is known for promoting positive moods too.

[Joint Complex](#) (comprised of the following ingredients) is a Co-op favorite for joint comfort, both the humans and their canine friends.

[Glucosamine](#) is a key building block of joint cartilage and joint fluid. Glucosamine stimulates the synthesis of [proteoglycans](#), resulting in tissue that holds water to give cartilage thickness and its cushioning effect. This is especially important when you age, as cartilage degradation can occur.

Chondroitin relieves joint pain and increases mobility by drawing nutrients and tissue fluid into cartilage. Tissue fluid acts as a “shock absorber,” protecting the cartilage from being worn away by the bones. Chondroitin also shows anti-inflammatory properties, inhibits enzymes that break down cartilage, and stimulates production of new cartilage.

[MSM](#) (methylsulfonylmethane) relieves pain and inflammation, and may inhibit the formation of scar tissue around joints. MSM also slows down degradation of cartilage and aids in general immune function.

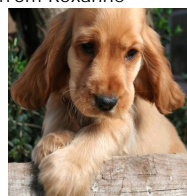
Collagen supports joints in gradually building up a new layers of cartilage, thus improving joint mobility and flexibility.

[Stock](#) up on your favorite joint products today.

Dog Rescuers Appreciate Joint Help, Too!

This kat received a note last week from Roxanne Godsey, board member of the [DFW Cocker Spaniel Rescue](#).

DWF Rescue saves cocker spaniels of all ages from kill-shelters and provides vet care, shelter and food until a permanent loving home can be found. They find homes for around 175 dogs each year!



This kat called Roxanne to find out more.

OHC: How did you get into Cocker Spaniel rescuing?

Roxanne: My husband was in the Air Force for 21 years, and I warned him that when we retired, I wanted a dog. First I had one, then two, now I have four! At one point I was fostering up to 13, but I promised my husband I would take it easy for a few years.

OHC: How does your organization operate?

Roxanne: We run 100% on donations. I volunteer about 60 hours/week, but most of our volunteers have other part-time and full-time jobs. We have about 20 to 30 foster homes at any given time, and the other volunteers take dogs to the vet, transport them from shelters, and staff “meet and greet” events.

When a dog comes into our care, it is examined by a veterinarian, spayed or neutered, treated for any possible diseases, and sent to a foster home until a permanent, loving home can be found.

OHC: How did you find out about Our Health Co-op?

Roxanne: I think I was living in Alaska at the time and someone told me about your site. I can't remember for sure but it's been years!

I am a strong proponent of your company and share the word with everyone I can. You have no idea how many magazine corners or crumpled up receipts I've written your web site on for people -- doctors offices, vet offices, you name it!

Your prices and customer service are phenomenal! The fact that you are an animal-friendly company is simply icing on the cake!

OHC: When did you start giving your dogs glucosamine?

Roxanne: Someone in the rescue organization recommended glucosamine to me when my older dogs began getting stiff and achy during the winter. I started comparing your glucosamine to joint products I would find in pet stores or veterinarians and the price difference was phenomenal.

Now, every morning all four of my dogs line up for their "peanut butter and pills." Only the two older dogs actually get the glucosamine, but I can't deprive the young ones of their peanut butter!

OHC: What would you like folks to know about pet rescue efforts?

Roxanne: We, and every other rescue organization, are always in need of foster homes and donations. If you, or someone you know, might be interested, please contact your local rescue organization.

Also, I like to remind everyone to please remember heartworm prevention and vaccinations for your furry friends, even through the winter!

Fair members, don't be shy about contacting your local rescue organization to lend a hand. They always need your help. ^..^

'Til next time, fair members!

Still purringly yours,

Guido

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Together

Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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