



Joint Support

Anti-inflammatory combination for arthritis and related conditions

Joint Support formula was designed to help those suffering from arthritis, but is also useful as a general anti-inflammatory and pain reliever. It has proven beneficial for conditions like bursitis, gout, lupus, neuritis and uric acid retention. It may also help fibrosis, damaged cartilage and calcifications.

The fifteen herbs it contains provide synergistic actions which reduce inflammation, aid elimination through the kidneys, ease minor pain, stimulate digestion, remove toxins from the blood, and help dissolve calcium deposits. The formula is anti-inflammatory, mildly diuretic and analgesic, alterative and lithotriptic, which benefits the blood, liver, lymphatic system, immune system, and, of course, the joints.

Also known as JNT-A, Joint Support contains the following ingredients:

Hydrangea is a diuretic and stone solvent. It helps dissolve kidney stones and calcium deposits in the body. It is an anti-inflammatory and cleanses the liver. Hydrangea has traditionally been used to treat rheumatism, osteoarthritis, bone spurs, kidney stones and edema.

Yucca's most common usage is in the treatment of arthritis. Its anti-arthritic action is attributed to saponins, which have a cortisone-like effect in reducing inflammation. It also contains salicylic acid the herbal "aspirin" compound that reduces pain and inflammation.

Horsetail is a silica-rich herb that has been used for all types of structural system conditions. It is also rich in gold, which was a traditional Chinese cure for arthritis. Horsetail helps give flexible strength to joints and connective tissues.

Celery Seed is used as a diuretic. It helps to clear toxins from the system and is especially helpful when uric acid crystals collect in the joints, as in cases of gout and arthritis.

Alfalfa is rich in nearly all nutrients necessary for human life, especially trace minerals. This property makes it useful as a structural system remedy. It is also a good anti-inflammatory.

Black Cohosh is best known as a female remedy and an anti-spasmodic, but the root has strong anti-inflammatory properties. It also contains salicylates or natural "aspirin" compounds. It has also been used historically in treating arthritis.

Bromelain is an enzyme found in pineapple. It aids digestion and nutrient assimilation and is a powerful anti-inflammatory. It has been used for sinusitis and ulcer prevention.

Catnip, a member of the mint family, is a calming nervine and digestive aid. It has been used to treat anemia and is a general relaxant.

Yarrow is an astringent, diuretic and blood purifier. Native Americans used it as a tonic for all rundown conditions. It has been used for colds, menstrual problems and hemorrhoids.

Capsicum contains capsaicin which is used externally to lessen pain. Capsicum also acts as a catalyst for other herbs, stimulating digestion and circulation. It has been used to treat arthritis, gas and cold limbs.

Valerian is best known for its nervine properties, but it is also a rich source of calcium and provides support for bones. Valerian has been used for anxiety, insomnia and spasms.

White Willow contains salicylic acid, the herbal precursor to aspirin, which gives white willow its pain relieving qualities. It is commonly used for headaches, back pain and arthritis.

Burdock is an excellent blood purifier. It is also a source of iron, zinc, manganese and copper, as well as numerous other necessary minerals.

Slippery Elm is a tree whose bark is used to aid all the membranes of the body, including the digestive system. Slippery elm has also helped colitis and bronchitis.

Sarsaparilla, the herb traditionally used to flavor root beer, is also known for its beneficial effect on the genitourinary system. In addition to relieving inflammation, it has been used in cases of impotence, gout and prostatitis.

Dosage: Take two capsules/tablets three times daily with meals. Also, be aware that an herbal remedy like Joint Support will not generally act as rapidly as pharmaceuticals to eliminate pain and inflammation, but usually takes effect over a period of 1-2 weeks. In some people unaccustomed to taking it, Joint Support can have a mild laxative effect at first.

Sources:

Complete Medicinal Herbal by Penelope Ody
A Hand Book of Native American Herbs by Alma R. Hutchings
The Healing Herbs by Michael Castleman
Nutritional Herbiology by Mark Pederson

For Educational Purposes Only

Seek appropriate professional assistance for all serious health problems. Handout prepared by Tree of Light Publishing
P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
©2005 May be reproduced provided it is not altered in any way.

Distributed by: