



## HEALTH & HEALING

# Why some joint formulas fail

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If your house were on fire whom would you phone first – a carpenter or the fire department? Of course, it would make sense to call the carpenter only after the fire's out. After all, a carpenter can't rebuild a house that's still on fire! Unfortunately, this is a common misstep



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many people make when trying to help their aching joints. For years, people have turned to supplements containing glucosamine and chondroitin for relief, often with mixed results. There are two main reasons for this. First, when selecting the best joint formula for you, it's critical to understand that glucosamine and chondroitin are like carpenters, helping to maintain and even rebuild joint tissue. Unfortunately, when a formula only contains these nutrients, it's asking a carpenter to work in a burning building! If your goal is to heal the joint and safely reduce pain, the formula you choose must include natural anti-inflammatories as well as proven joint builders.

The second key component of a good joint formula is...food! For the body to best utilize ingredients like glucosamine it

needs the right foods to drive the nutrients to the proper parts of the body. Unfortunately, too many products don't contain the right foods to deliver optimum effectiveness. To return to our house example, a joint formula without the proper food is like choosing a carpenter without references, your bound to get a mixed bag of results!

That's why I'm such a fan of Joint Strength™ by MegaFood. Joint Strength was formulated by a group of Clinical Nutritionists and includes natural anti-inflammatories like boswellia and bromelain as well as builders like glucosamine and chondroitin in a base of carefully selected whole foods. While for most, Joint Strength can take up to thirty days for results, I've talked with several people who said it made a major difference in as little as a two weeks!

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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