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ARTHRITIS
ARTHRO -Joints
ITIS -Inflammation
TYPES

1. Arthritis - most common, caused by Hereditary or INJURY
2. Gouty Arthritis - caused by increased uric acid level in the body; forming uric crystal that accumulates in between the JOINTS
3. Rheumatoid Arthritis - auto-immune disorder

Factors That Cause ARTHRITIS:

1. Hereditary
 2. Injury
 3. Diet (High Salty Foods)
 4. Alcoholism / Softdrinks
- Sign and Symptoms:
1. PAIN in the affected area
 2. Immobilization (di maigalaw)
 3. Swelling
 4. Stiffness
 5. Mass Formation (gouty arthritis)

HEALTH TEACHINGS:

1. Low Salty/Sodium Diet
2. Avoid ALCOHOLISM
3. Avoid Lifting
4. Avoid Prolonged Standing
5. Have rest in between activities
6. Avoid Red Meats and Shellfish

PRODUCTS RECOMMENDATIONS

1. ESSENTIALS
2. PROCOSA

Glucosamone Sulfate repairs the ff:

- Damage Joints
- Damage Catilage
- Strengthen the Synovial Membrane

(Synovial membrane, eto po ung capsule na nag cocontain ng FLUID in between the Joints)

Turmeric Extract

- Anti Inflammatory
- Pain Reliever

3. BIOMEGA

Fish Oil (Omega 3 Fatty Acid)

- Anti Inflammatory Action
- Lubrication Effect
- Decrystalizes uric acid crystals

4. ACTIVE CALCIUM

- To Strengthen the Bone Density
- Delay Joint damage especially in Rheumatoid Arthritis
- Prevent Fractures

5. HEPASIL

- Given for Gouty Arthritis
- Promote Uric Acid Excretion (pagtapon excess uric acid sa katawan)



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ESSENTIALS	ACTIVE CALCIUM	BIOMEGA	PROFLAVANOL C	PROCOSA

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