



EX5

Bones, Muscles and Joints

Millions of people currently suffer aches and pains throughout their bodies, specifically associated with bones and joints. Often, consumers feel it is just a simple outcome of aging – but many are now turning to natural ingredients and nutraceuticals to help reduce symptoms and allow for better management of bone and tissue health in hopes of strengthening these areas for the future.

The human body is a complicated assembly of bones, muscles, and joints. Chronic pain and stiffness can make even the most enjoyable activities unbearable. It's time to strengthen the body from the inside out through diet and nutrition.

It is common to experience pain that feels like it originates in the bones and joints, and many different conditions can cause these symptoms. In many cases, the pain does not actually originate within the bone, but comes from surrounding soft tissues, such as pain that may occur with a sprained ankle or strained muscle. Some conditions that present with bone and joint pain may be serious or even life-threatening. Most causes of these symptoms are simple and will go away on their own, but any persistent or progressing pain should be diagnosed.

Most common bone and joint pain:

Lupus

Systemic lupus erythematosus is a chronic condition that can affect any part of the body and commonly causes painful and swollen joints, fatigue, headaches, and many other symptoms.

Rheumatoid Arthritis

Rheumatoid arthritis is a form of arthritis that is a chronic inflammatory condition. The term arthritis literally means "joint inflammation," and patients with RA suffer with joint pain and eventual bone distortion. RA causes inflammation of the synovial lining of the joints, which is the covering at the ends of bones. Initially, the joints swell and become painful and warm. As the condition progresses, the synovial lining and the bone are digested and broken down. RA patients suffer with flare-ups of joint pain and stiffness.

Osteoporosis

Osteoporosis is a progressive bone disease that weakens bones and makes them susceptible to bone fractures. Osteoporosis literally means "porous bone."

Joints form the connections between bones. They provide support and help you move. Any damage to the joints from disease or injury can interfere with your movement and cause a lot of pain.

Many different conditions can lead to painful joints, including osteoarthritis, rheumatoid arthritis, bursitis, gout, strains, sprains, and other injuries. Joint pain is extremely common. In one national survey, about one-third of adults reported having joint pain within the past 30 days. Knee pain was the most common complaint, followed by shoulder and hip pain, but joint pain can affect any part of your body, from your ankles to your shoulders. As you get older, painful joints become increasingly more common.

Collagen supplements are dietary supplements, usually in capsule form, taken to reduce the symptoms of arthritis and bone pain, to promote healing, or to improve the appearance of the skin. Collagen is the most abundant protein in mammals, including humans, and makes up the bulk of the connective tissue, including the skin, bone, teeth, tendons, cartilage, and organs. It supports the softer tissues of the body and aids in healing. Healthy people generally do not need to take collagen supplements, but many people choose to take them to manage bone and joint pain, or to promote a youthful appearance.