

# Bursitis

## What Is Bursitis?

Bursitis occurs when one or more small sacs of synovial fluid (bursae) become inflamed. The bursae are found at the internal functionaries like muscles and tendons and rest at the points where these slide across the bone. Healthy bursae will create a smooth and frictionless, as well as functional, gliding surface, making normal movement painless.

Bursitis makes movement painful as the inflamed bursa make it difficult to move the tendons and muscles. The result is inflammation, and this perpetuates the problem and stiffens muscles.

## What Causes Bursitis?

The most common cause is excessive pressure and repetitive movement. The shoulders, knees, and elbows are most commonly affected; any inflamed bursae can aggravate conditions such as gout and rheumatoid arthritis. More infrequently, scoliosis can be the cause of bursitis of the shoulders, but it is more commonly brought about by overusing the shoulder joint and its related muscles.

Another major cause is traumatic injury. Inflammation can irritate the bursa so that it no longer fits into the original small area between the bone and the functionary muscle or the tendon. When the bone increases the level of pressure on the bursa, the result is bursitis. Sometimes there is no known reason for why bursitis occurs, but it can be associated with certain chronic systemic diseases.

## Bursitis FAQ

**Q: Hi, I've only been taking these (Natures Aid, high potency 80.000iu) for 3 days now after they were recommended by a friend who told me her osteopath recommended them to her. We are both fitness instructors. My doctor diagnosed me with 'bursitis' a few weeks ago and prescribed anti-inflammatories and rest. My friend had exactly the same symptoms in the same places as me, e.g. painful swollen knees, pains in the feet, Achilles tendons, backs of heels, bottom of heels, across the width of feet, etc., due to over use (many, many exercise classes over many, many years!). I'm not sure what dosage to take. The label says 1-2 each day. Is that enough? Should I increase?**

A: My recommendation is something much more powerful: Take Serranol 2 caps x 3 times per day, 30 minutes before eating a meal, with a 500ml glass of water. Also, cut out the carbs (highly inflammatory) and replace with Quinoa.

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**“Robert, Thanks for the info. Just an update on my condition. Last night was the first pain-free continuous sleep I have had in 4 weeks. I will continue with the Serrapeptase therapy (3X3 per day) for now. Thank you.”**

**- Jerry, Canada**  
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*Follow the Health Plan as recommended for the best results:*

## BURSITIS RELIEF HEALTH PLAN

The plan to help your lungs includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support pain relief - in order of priority:*

- **SerraEnzyme 250,000IU** - SerraEnzyme Serrapeptase 250,000IU is needed to get this very difficult condition under control. Take 2 capsules x 4 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief.
- **Ancient Minerals Magnesium Oil Ultra** - Supports muscle, joint and ligament health. Massage to the muscles next to the bursitis as well as the leg, neck and shoulder muscles daily after a shower.
- **HealthPoint™** - Essential to use a couple of times daily on acupressure points shown for the bursitis area for effective results. Stimulates acupressure points, heals problem and restores muscle function. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**
- **SAM-e Plus+** - Take 2 vegetarian Delayed Release capsules daily. Supports joint and ligament health.