

# Joint Pain

## What Is Joint Pain?

Joint pain can range from being mildly irritating to completely debilitating. Arthritis is known as inflammation of the joints, while bursitis is caused by swelling and irritation of a bursa. A bursa is a fluid-filled sac that cushions muscles, joints, and tendons.

## What Causes Joint Pain?

Joint pain is often caused by joints swelling, as a result of becoming inflamed.

## Joint Pain FAQ

**Q: Hi, love Serrapeptase - my joints and back problems feel better when I use it, also my Interstitial Cystitis. I have only had one bad flare up with my back in 2 years from over lifting - usually get way more. I take it a half hour before eating in the morning with a full glass of water, also in evening 2 hours after eating. I was told recently that I should take it 1 hour before eating to get the full benefits - is this true?**

**Thanks for the miracle.**

A: 30 minutes before eating is fine. Keep up the good work.

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**“Hi Robert, Just wanted to let you know that probably because of the Serrapeptase, the food I am eating and the juices that I’ve had, my recent blood tests came back great. I have no swelling anywhere and all my joints are great. No inflammation. Thank you so much for the information you have given me and for your support.”**

**-Adam P.**

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**“After one year and five different doctors all with different opinions for treating what they think is Polymyalgia, I was running out of steam and needed to do something for myself. With a daily cocktail of painkillers and Presidone... Well, nothing really cut through the muscle pain, headaches, sleeplessness, and fatigue. I read about Serrapeptase and ordered my first pack. Within days of taking, I’m moving around better. Not taking painkillers. Sleeping better. And best of all, my daughter says I seem happier. Fingers crossed that the benefits continue because from where I’m standing, I can now see light at the end of the tunnel.”**

**- Amanda**

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**- Heather**

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*Follow the Health Plan as recommended for the best results:*

## JOINT PAIN HEALTH PLAN

Cartilage can regenerate with stimulation, supplying the correct nutrients, and consuming a really healthy diet.

This is the fastest and most successful plan for joints available. HealthPoint™ will last you a lifetime, and I still have users coming back for a HealthPoint™ service 21 years after I first launched it. Supplements will help to speed up the healing, and these are the essentials.

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

- **HealthPoint™** - This will stop the pain and restart the regeneration of the cartilage. Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Joint & Skin Matrix** - Take 2 capsules x 2 times per day. Contains collagen, the main structural protein of various connective tissues. Supports skin and joint collagen, strengthening blood vessels and giving skin its elasticity and strength.
- **Ancient Minerals Magnesium Oil Ultra** - Massage into the joints, leg muscles and arms daily. Restores cellular magnesium levels and can relieve aches and pains.