

Osteoarthritis

What Is Osteoarthritis (OA)?

Osteoarthritis is a degenerative form of joint disease and is also referred to as degenerative arthritis. It occurs when a group of mechanical abnormalities develop that include the degradation of joints, articular cartilage, and also subchondral bone. Symptoms can include joint pain, tenderness, stiffness, locking, and even effusion.

What Causes Osteoarthritis?

Osteoarthritis may develop related to age, genetics, gender (more prevalent in women), sports injuries or trauma, weight, and wear and tear on the body. It can have a variety of causes—developmental, hereditary, metabolic, and also mechanical can have an effect and lead to loss of cartilage. When the bone then surfaces, the cartilage doesn't protect it as well, and the bone can become damaged or exposed as a result. Due to the decreased movements which are secondary to pain, the regional muscles can atrophy; as a result, the ligaments then become increasingly lax.

Arthritis of the Knee

There are three types of arthritis that can affect the knee joint in particular:

- 1. Osteoarthritis.** Osteoarthritis (OA) is one of the most common types of knee arthritis. It is slow and progressive as a degenerative disease, causing the joint cartilage to wear away gradually. It mostly affects people middle age and elderly.
- 2. Rheumatoid Arthritis.** Rheumatoid Arthritis is an inflammatory form of arthritis that destroys the joint cartilage and can occur at any age. Generally, it affects both knees.
- 3. Post-Traumatic Arthritis.** Post-traumatic arthritis develops after receiving a knee injury. This is very similar to osteoarthritis but can develop for years after a ligament injury, fracture, or meniscus tear.

Osteoarthritis FAQ

Q: Is Serrapeptase successful for very painful osteoarthritis of both shoulders?

A: Yes, usually. Try SerraPlus+ 2 x 3 times for the first few days and then reduce to 2 x 2. If it has not made a substantial improvement in 30 days, then the fail-safe solution is HealthPoint™.

.....

“I got off Celebrex two years ago after my twin sister died from a perforated bowel from taking Celebrex, and I have been taking Serrapeptase for two years now and need no other medication. I have no sore joints anymore from my Osteoarthritis, only a little stiffness first thing in the morning. I am 62 years old and still do everything I did at 40. I just wish my sister had known about Serrapeptase. This information needs to get out to the people who are treating people with arthritis because the drug companies will obviously be against it.”

- Joe V., Canada

.....

.....

“Hi Robert, I’m a MASSIVE fan of Serrapeptase!!! I have vulnerable knee joints (plus mild osteoarthritis) that injure easily. My knee gets so swollen that I have only a very, very small range of movement. I take 3 x 3 capsules of Serrapeptase daily for a 10 day period, but usually within a few days, most of the inflammation has gone. I take a maintenance dose of 3 capsules daily. I have also noticed a lessening of my carpal tunnel syndrome, gum disease, and other general aches and pains.”

- Sooze Hodgkin

.....

Follow the Health Plan as recommended for the best results:

OSTEOARTHRITIS HEALTH PLAN

This condition has lots of opinions as to what causes it and just as many snake oils that claim they give relief. Most people want more than relief - they want to get their joints healed up to avoid joint replacements at all costs. These are the craziest treatments around since they only last a short time and can leave you worse off.

In lay terms, osteoarthritis is due to wear and tear of the joint. The plan below has been developed over the past 20 years and as they say, "It works!"

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

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief. Take this to reduce the inflammation and ease the pain.
- **Sam-e Plus+** - Supports joint and ligament health. Take 2 vegetarian Delayed Release capsules daily to aid in recovery.
- **HealthPoint™** - Stimulates acupressure points and gives the fastest relief in the shortest possible amount of time. Use the acupressure points shown on the manual. **(See www.dovehealth.com for more information).**
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **The Krill Miracle** - Krill Oil capsules are better than fish oils in studies at supporting joint and ligament health and relieving pain. Take 1 capsule x 2 times daily.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.