

JOINT PAIN

Joint pain refers to discomfort, aches, and soreness in any of the body's joints. Inflammation is at the core of joint pain which is immune generated and can be mediated by many possible factors.

POSSIBLE CONTRIBUTING FACTORS



- Gut dysbiosis (imbalance in the normal gut microbes and/or overgrowths)
- Persistent viral infection
- Food sensitivities, especially dairy, gluten & nightshade vegetables
- Histamine overload due to low DAO enzyme synthesis (B6 is important for this)
- Low cortisol from chronic stress
- Toxicity (heavy metals, mold & mycotoxins, pesticides, etc)
- Overuse, injury, or surgery of the joint itself
- Low muscle mass/sedentary lifestyle
- Insufficient protein intake and/or low stomach acid (poor digestion & absorption)
- Nutrient insufficiencies: B6, B12, vitamin C, omega-3, 6, 9, magnesium

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Increase anti-inflammatory foods: ginger, garlic, turmeric, broccoli sprouts, walnuts, blueberries
- Reduce refined carbs (anything made from flour) and fried foods
- Consider an elimination diet removing the common offenders like gluten, dairy and nightshade vegetables for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, peas.
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C rich foods
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Meriva curcumin
- Essential fatty acids (high dose EPA/DHA & some GLA)
- Boswellia
- DAO enzyme for histamine breakdown
- Proteolytic enzymes (away from food)
- Adrenal adaptogens or glandular
- Immune support formula (vit D3/K2, zinc, vit A, vit C, magnesium)
- Broad spectrum probiotic