



Advanced Orthopedic Specialists

Providing state of the art orthopedic care in a friendly environment

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Ten Steps to Healthy Joints Edward Loniewski, DO, FACOS, FAOAO

Please follow these simple steps toward healthier joints. Remember to check with your physician before starting any health program.



Your body is in a constant balancing act of destruction and repair just like this scale. When you are young and healthy, your body's ability to repair itself is at peak performance. Therefore, the destruction is constantly repaired and your body is in balance.

However, with continued insults, even if they are small, the destruction begins to build until the scales are tipped in its favor. Although your body is still attempting to repair itself, it is unable to keep up with the surmounting destruction. Thus, degenerative arthritis is the result of continual damage to the cartilage surface of your joint and your body's impaired ability to repair this damage.



This simple ten step program is focused on:

Reducing the continual damage to your joints and enhancing your body's ability to heal.

Step One- Goal Setting. Commit yourself to a plan for healthy joints!

These simple steps will help to determine your own personal and health related goals. Follow this simple pneumonic for better health.

Decide- that you want to get better.

Discard- your old habits and myths about yourself and disease.

Discover- your strengths and tools to reach your goals.

Recover- your mind body and spirit.

Rediscover- yourself.



Write these goals down NOW! Don't wait until tomorrow...do it NOW!

To help you identify your goals, we have developed a **goal setting exercise**

Please take about 20 minutes to complete this simple exercise. Not only will this help your arthritis, it may also help you identify other goals in your life. **DO THIS NOW!**

You should seriously consider using a **journal** daily. You can purchase a simple bound journal to be used specifically for this purpose. If you do not have a journal now, write down your goals on a 3 x 5 card and then tape it to the cover of your journal later. Spend 5 to 10 minutes per day writing down what you notice makes your joints feel better and what makes them feel worse. You can also mark the level of your discomfort in the corner of each page. Rate your discomfort on a scale of 1-10 with 1 standing for the least amount of pain and 10 indicating the highest level. You can then look for patterns in your daily life which decrease your joint pain and others which increase your pain. When you complete this exercise for at least two weeks, you will notice patterns of activities and decisions that affect your joints. If certain actions or activities decrease your pain, then, only do these actions. If certain actions cause pain, then these activities should be avoided.

If you know that you are unlikely to keep a written journal, but understand the importance of documentation, consider keeping a journal electronically. There are free tools such as TRACK + REACT a free day by day online arthritis wellness tool which can be used either online or on a mobile device. Please look online for more information: <http://www.arthritistoday.org/tools-and-resources/tools/track-and-react/track-and-react-modules.php> If you opt to utilize this tool, please skip down to the section titled Goal Setting Exercise.

Below is a simple checklist and example journal entry to help you get started in using your journal daily.

What time of day did you feel your pain?

- ☐ Upon waking in the morning
- ☐ Throughout the day
- ☐ At night
- ☐ All of the above
- ☐ Other: _____

What activities caused you to feel pain?

- ☐ Walking
- ☐ Going up or down the stairs
- ☐ Bending
- ☐ Other: _____

Where did you feel the pain?

- ☐ Knees
- ☐ Groin/Hip
- ☐ Buttock
- ☐ Back
- ☐ Other: _____

How would you rate your level of pain on a scale of 1 to 10? (1= least, 10= most) _____

How do you treat your pain?

- ☐ Rest
- ☐ Medication
- ☐ Avoidance
- ☐ Modification

Did this provide relief?

- ☐ Yes
- ☐ No

Example Journal Entry

June 25, 2019

Dear Journal,

- 1. Today, I awoke with some morning stiffness in both knees.*
- 2. I did my stretching exercises in the morning for 10 minutes. I concentrated on stretching the muscles behind my knee and noticed that they felt much better throughout the day. I had less cramping.*
- 3. Each trip up the stairs was slightly more painful. Using the handrail helped me to feel much more confident when I climbed the stairs.*
- 4. I noticed that my knees felt much worse when I would squat down to pick up the laundry basket.*
- 5. I found out that when I carried over two bags of the groceries at a time my knees began to ache.*

Based upon these findings, I am going to do my stretching exercises each day. I am going to place a small basket at the bottom of the stairs for small items to help minimize the number to trips I will make per day. I am going to minimize the amount of squatting I do. I am also going to minimize the amount of weight I carry, and in the future will carry only one bag of groceries at a time.

My average pain level today: 4/10

No pain medication was taken

Goal Setting Exercise

Follow these simple steps to determine your own personal and health related goals.

First- Decide that you really want to get better.



This means you must first understand that you will receive great pleasure from following through with your decision and that there will be great physical, emotional and spiritual pain if you do not follow through.

To help you determine this, please make a list of at least 10 reasons you must follow through to get the pleasure of healthy joints. You need at least 10 to help you really commit.

Example: I must follow through on my commitment to healthier joints because I will receive the following pleasurable benefits:

- 1.) I will be able to walk to the mailbox without pain.
- 2.) I will be able to complete my entire shopping list.
- 3.) I will be able to bowl a complete game without pain.
- 4.) I will be able to travel to anywhere I want without having to worry if my joints will make it.
- 5.) I will be able to play with my grandchildren without telling them to stop.
- 6.) I will be able to sleep restfully throughout the night.
- 7.) I will be able to cut my own lawn instead of paying that neighbor boy too much.
- 8.) I will be able to park wherever I want without worrying about using a handicapped space.
- 9.) I will be able to go out and enjoy myself without wondering if I am going to be in pain.
- 10.) I will be happier with my current life and will look forward to tomorrow.

Now write down your own reasons why you must follow through on your commitment to healthier joints to receive the following pleasurable benefits:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Next, write down 10 reasons why you **must** follow through on your commitment to healthier joints to **avoid** the continual pain of arthritis.

Example:

- 1.) I will avoid the embarrassment of canceling a family visit because I know my joints will ache.
- 2.) I will avoid having to rely on others to transport me.
- 3.) I will not have to tell others to go on ahead while I sit and rest.
- 4.) I will avoid the pain at night that keeps me awake and tired.

- 5.) I will avoid hiding my embarrassing limp.
- 6.) I will avoid taking that awful medication that upsets my stomach.
- 7.) I will not have to struggle to get dressed.
- 8.) I will avoid feeling depressed and helpless.
- 9.) I will avoid the feeling of being left out because my joints ache.
- 10.) I will avoid being classified as being sick because I am truly healthy.

Now write down your own reasons why you must follow through on your commitment:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Now, in one sentence write down what you have decided to do about your health:

Example:

I have decided to avoid the embarrassment, pain and depression of arthritis and I have decided to take charge of my own health and enjoy the pleasure of being pain free with more independence, energy and happiness.

I have decided that:

Second- Discard your old beliefs about your arthritis

A belief is a conviction or opinion you may have about your arthritis. Some of these beliefs may be helpful but others may be harmful. First, we should identify some beliefs you may have that are **harmful** and then **eliminate** these. However, we should also identify some of your beliefs that can be beneficial.

First, you will need to identify some of your beliefs that may be harmful to your recovery. Beliefs are easy identified by starting the sentence with “I believe.”

Some examples of harmful beliefs include:

“I believe that my mother had bad joints thus I am doomed to have arthritis no matter what I do.”

Or “I believe that exercise is useless, and will hurt my joints.”

Harmful Beliefs:

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Look through the entire list and **think how you can eliminate each belief with a new and empowering healthy belief.**

For example:

For the harmful belief of “ I believe that my mother had bad joints, thus I am doomed to have arthritis” I will substitute “I believe and know that osteoarthritis is rarely inherited and there are new and improved methods to help me recover from my arthritis that my mother never had.”

Now, for each harmful belief that you wrote down, **substitute it with a new empowering and healthy belief:**

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Third: Discover Your Strengths and Tools to Reach Your Goals.

Everyone has strengths within themselves and it is helpful to clearly identify these. It is human nature to call only upon the strengths you need to keep you at your status quo. However, everyone can recall a time in their life when they suddenly discovered some talents or strengths that you never thought you had. The purpose of this section is to call upon these strengths to recover from your arthritis.

To find your strengths it is always wise to call upon your own stories of success in your life and learn from them.

Thus, write down a short story on how you used your own strengths and tools to solve a problem and turn a hopeless situation into a success story.

For example:

I was the worst swimmer in the pool. I would always come in last place for years until I decided that I must avoid the embarrassment of continually losing out on the pleasure of winning and doing my best. I thought I didn't have the skills or the strength to succeed but I eliminated these old beliefs and substituted my new empowering beliefs. I developed a written plan in my journal on how I would improve myself each day. I worked on specific skills each day to improve my swimming. I read everything I could on swimming and applied my knowledge and skills with

determination to improve each day. With this plan, I could make measurable improvements and set school and pools records within just two years.

Now write down your own success story:

Fourth: Recover your Mind, Body and Spirit:

Review this story and look for your specific strengths and tools you used to solve your problem. Write down some of your strengths found in this story:

Fifth: Rediscover Yourself: Now that you have a firm grip on your plan to recover from arthritis, **write down a simple sentence of how you now feel.** Refer to this section often to rediscover how you feel when you have a clear vision of your healthy state of mind, body and spirit.

Step Two- Reduce Your Weight

One extra pound means over 4,000,000 pounds on your joints each year!

Reminder- Did you complete step #1? – If not, go back now. We will wait for you.



Use some simple techniques to control your metabolism are listed below. Read through them, and check each one of them off one at a time while you are implementing your health program. Use your journal to help you keep track of your progress:

≤ **Reduce your simple sugar intake** with such items as soda, white flour, and sweets. Choose fresh fruits and whole grains. A good rule of thumb is to avoid any food that can be purchased in a convenience store. Remember this simple phrase:
“If it is sold at a gas and go, then get up and away from it.”

- ☐ **Eat full breakfasts** while eliminating late night snacks. Don’t stuff yourself after dinner. Keep the late-night snacks out of your recovery plan and remember to eat a sensible breakfast each day.
- ☐ **Increase your pure water intake.** Drinking caffeinated beverages such as cola, tea, and coffee may dehydrate you. Always choose pure clean water, and you can’t go wrong.
- ☐ **Increase your intake of fresh fruits and vegetables.** If you have a choice, always choose the fruits and vegetables. Don’t overcook them and try to eat them as close to their natural state as possible. Not only will this help with weight control, but will also help provide an excellent source of antioxidant vitamins (A, C and E) necessary for healthy joints.
- ☐ **Choose foods high in Omega-3** oils such as cold water fish (salmon, sardines, and halibut) and avoid foods with partially hydrogenated oils such as snack foods, margarine, and corn oil. The omega-3 oils help reduce inflammation while the partially hydrogenated oils can cause inflammation. We suggest using the proven Mediterranean diet. This is very simple to follow even in a restaurant. More information is at:

<https://www.healthline.com/nutrition/mediterranean-diet-meal-plan>

- **Consider trying a behavioral modification program** (i.e. Weight Watchers or sparkpeople.com). Many of our weight problems are due to poor choices. This may require that you change the way you think about these choices. Behavioral modification programs can help you make the right choices. Most of these simple programs have been proven to be highly effective.
- **Check out the information on healthy weight loss** from the federal government at: <https://www.nutrition.gov/healthy-weight/strategies-success>

Step Three- Use Proper Regular Daily Exercise to Reduce Joint Pain... Move them...or lose them!



Research shows that exercise is one of the best treatments for arthritis. Through exercise you can improve mood and outlook, decrease pain, increase range of motion, maintain weight, and promote general physical fitness. Exercise is inexpensive, and when done correctly has few negative side effects.

There are three facts about exercise and degenerative arthritis:

- Fact #1-** Controlled motion of your joints heals cartilage damage
- Fact #2-** Joints with arthritis which do not move get worse
- Fact #3-** People who exercise with arthritis feel better.

Thus, people with arthritis will improve their overall outcome if they have **proper** exercise performed on a **regular** basis.

But you may ask...What is proper exercise? Well, we have the answer to this question outlined in an easy to understand format. We used the old movie title of “The Good, The Bad and The Ugly” to help you remember these categories.

Exercises that are **GOOD** for your joints include ones which provide controlled motion with little increased impact to your healing cartilage. The GOOD exercises also provide an even pressure across your joints. Uneven pressure can cause your newly formed cartilage cells to become dislodged. Some examples of the GOOD exercises are:

- Swimming

- ☐ Water aerobics
- ☐ Walking on flat surfaces
- ☐ Yoga or Tai Chi
- ☐ Riding a recumbent bike

Exercises that are **BAD** may injure your joints through excessive pressure across your delicate healing cartilage. Some examples of BAD exercises include:

- ☐ Walking on uneven surfaces (i.e. gravel road)
- ☐ High impact aerobics

At all costs avoid the **UGLY** exercises including stop and go sports that cause a shearing force across your healing joints. Some examples of these UGLY Exercises include:

- ☐ Racquetball
- ☐ Tennis
- ☐ Basketball

Here is a list of resources which provide additional information:

<https://www.nia.nih.gov/health/exercise-physical-activity>

Always check with your doctor before beginning any exercise program.

Step Four- Wear Proper Shoes

You can reduce the pressure across your joints by up to 800% by wearing proper shoes.

Every time you take a step, you cause a force to be transmitted up and through your joints. This is called a “joint reactive force.” Proper shoes can help reduce the velocity of this joint reactive force. Wearing a pair of shoes that protect your joints will allow them to heal. However, wearing a pair of improperly constructed joints can be worse than going barefoot.

Shoes that are properly constructed help reduce joint reactive forces which cause shearing and pounding to your joints. The simple **Push, Squeeze and Twist test** will quickly identify if a shoe will hurt or help your joints.

Shock Absorbing Heel and Sole – **PUSH** and your finger should sink in.



Stabilizing Heel Cup- **SQUEEZE** and the two ends should **not** touch.



Strong Shank- **TWIST** and the shoe should resist twisting.



Each shoe must pass **all three** tests. If it fails just one test, it must be rejected. Examples of manufactures with these characteristics include Rockport, SAS, Mephisto, Doc Martens, and New Balance. However, each manufacturer produces shoes that pass all three of these tests and others that do not. Please test each shoe individually.

Another good tip to ensure that you wear only proper shoes to protect your joints during their healing process is to separate all your shoes into two boxes or bags. Mark one box GOOD and mark the other box BAD. Perform all three tests and remember that each shoe must pass all three tests before it can go into the GOOD box.

Step Five- Use a Brace or Shoe Wedge to Stabilize and Align Your Joints

Arthritis can cause your joints to bend and bow. Using a simple removable wedge in your shoe can correct this, and provide even pressure across your joints. This is often prescribed during your visit to the office. If your arthritis is primarily on the inside of your knee (medial compartment or bow-legged) we would recommend a wedge which is thicker on the outside of the shoe (lateral), and conversely if the arthritis is primarily on the outside of your knee (lateral compartment or knock-kneed) we would recommend a wedge which is thicker on the inside of the shoe (medial). Mechanical realignment of the lower extremity decreases compressive loads on the degenerative compartment and therefore reduces pain. You must see your physician and have standing x-rays to determine the angle of your joints to determine which type of wedge you may need.

A brace acts to help provide a feeling of stability and confidence to an aching joint. A brace or splint helps to compress tiny nerve endings under your skin to provide you with this feeling of stability. This is the same nerve fibers you compress when you strike your thumb with a hammer but choose to grab this same thumb and squeeze it even harder. The compression of these nerve fibers provides you with some pain relief. A brace can also be used to “unload” the degenerative compartment. We can help to determine if a brace would be beneficial for you and recommend a brace specific to your needs.

If you have a painful hip or knee, you may also obtain relief by using a cane. You can reduce up to 40% of the weight across your joints by using a cane in the **opposite** hand.

If you are considering a brace or splint, you should talk this over with your doctor first.

Step Six- Use the Proper Types and Amounts of Pain Medications.



Make a written list of which pain medications you take and why you take them.

Review this list with your doctor to **SIMPLIFY** your pain medications as much as possible. Remember that simple pain medications such as Tylenol™ are just as effective for osteoarthritis as expensive harmful prescription medications. All medications must be taken as directed on the bottle.

Simple over the counter analgesics creams such as Aspercream™ or Traumeel™ are also effective in reducing joint pain. Heating the joint safely may also help reduce your pain effectively.

Use our simple medication inventory sheet to start your own record of current pain medications. With the use of this inventory form and your journal you may notice patterns when require pain medication. You may want to anticipate these patterns and take some pain medication in advance to avoid any increase in your pain. ***Please do not change any prescribed medications without discussing this with your physician first.***

Medication	Dosage	Frequency	Reason You Take This
_____	_____	_____	_____
_____	_____	_____	_____

Example:

Mary Smith is a 45-year-old very active lady who was recently diagnosed with degenerative arthritis of her right knee by her orthopedic surgeon. She was asked to fill out the medication inventory sheet by her doctor. She also used her journal regularly to look for patterns within her normal day when her pain was increasing. She then analyzed why she would have this increase in her pain and try to avoid those actions. If some of these actions or conditions could not be avoided such as grocery shopping, she would anticipate the potential pain and take her pain medication before this activity. She would write down her thoughts and share this with her doctor on a regular basis.

Here is an excerpt from her journal:

"Today it dawned on me that I would always have an increase in my pain after my weekly trip to the grocery store each Wednesday. I would return home grumpy and in a bad mood because my knee would be bothering me. I then noticed that if I took two regular strength Tylenol™ about one hour before shopping I would return in a better mood with less pain and more energy. I found out that I did not need to continually take my Tylenol™ throughout the day and I only needed it before my shopping and at night time. I love this because I just hate taking pills all day long and I worry about the side effects."

Step Seven- Talk to Your Physician about Chondroprotective Agents



Chondroprotective agents are medications, supplements or injections that protect your joints from further destruction and/or stimulate your cartilage cells to be more productive. You should only choose agents with a proven benefit and a standardized formula. The agents that have some proven benefit include:

Glucosamine Sulfate is technically a food supplement, but it really is a stimulator of your cartilage cells. Studies have shown these products that are available over the counter without a prescription can significantly reduce your pain and slow the progression of your arthritis. There are other forms of glucosamine such as glucosamine hydrochloride (HCL) or N-acetyl-glucosamine (NAG) however; these forms have little evidence that **they are as effective as Glucosamine Sulfate.**

Glucosamine Sulfate stimulates the production of glycosaminoglycan which is the key structural component of your cartilage. Using glucosamine sulfate on a regular basis has been shown to provide mild to moderate reduction of pain in osteoarthritis of the knee. The use of Chondroitin Sulfate along with Glucosamine and the addition of MSM (Methylsulfonylmethane) in combination with glucosamine has shown to have a synergistic effect. This means that combining the three supplements together seems to work better than using them alone. ([Usha PR](#), [Naidu MU](#). Randomised, Double-Blind, Parallel, Placebo-Controlled Study of Oral Glucosamine, Methylsulfonylmethane and their Combination in Osteoarthritis. [Clin Drug Investig](#). 2004;24(6):353-63.) The FDA does not approve these substances, and the statements above. Thus, unfortunately, they are not covered by most insurance.

If you are considering taking Glucosamine Sulfate, be patient and have faith. This supplement does not work like a normal pain relieving pill. It takes a minimum of **two months** before people start to notice a difference. It is usually suggested that you continue taking the glucosamine for at least three months before you make a judgment on its efficacy. It is also important for you to keep a journal while taking glucosamine to closely monitor your pain relief. This type of therapy works slowly and thus you may only notice your progress by reviewing your journal.

Sodium Hyaluronate is a gel that can be injected into your joints. Some trade names of these injections include Orthovisc™, Monovisc™ or Supartz™. This is another chondroprotective supplement that helps restore the fluid in your knee to its normal natural state. When you develop osteoarthritis, the fluid in your knee becomes very thin. When the fluid is thinned, it does not allow the cartilage to receive its natural nutrition through fluid motion and this can accelerate the degeneration of the cartilage. In addition, the thin fluid provides decreased shock absorbing properties, which can also accelerate the wear of your cartilage.

Hyaluronate is a naturally occurring substance in your joint fluid that is depleted when someone has osteoarthritis. The lack of hyaluronate causes your fluid to become thin. Fortunately, modern science has been able to reproduce hyaluronate from the plume of roosters (*thus, if you are allergic to poultry or eggs, you should not take these injections.*). This can be injected into your knee over a three to five-week period to help reduce pain and restore function. This treatment has been used extensively in Europe and Canada with good results. Only specific patients are candidates for this treatment, and your doctor will help determine this through x-rays and exams.

Platelet Rich Plasma- Specific cells within your own blood provide a healing potential through the release of specific growth factors which act as a “fertilizer” for your joint, tendon, ligament or muscle. The specific growth factors are found within cells which look like a plate under a microscope and thus were named “platelets.” These same platelets are what help form a scab over a wound as they slowly release healing growth factors to repair a cut, scrape or wound naturally. Platelet rich plasma has been used for decades to help heal surgical wounds in cardiovascular, orthopedic and even podiatric surgical procedures. Numerous studies have evaluated the use of platelet rich plasma otherwise known as PRP for osteoarthritis of the knee with very good positive results. Details of these studies are located on our web site:

<https://www.cellularhealing.net/services/platelet-rich-plasma>. One study evaluated over 551 studies in what is called a meta-analysis and the conclusion of the study stated ““This study suggests that PRP injection is more efficacious than HA injection and placebo in reducing symptoms and improving function and quality of life. It has the potential to be the treatment of choice in patients with mild-to-moderate OA of the knee who have not responded to conventional treatment.”

([Kanchanatawan W¹](#), [Ariachakaran A²](#), [Chaijenkij K³](#), [Prasathaporn N⁴](#), [Boonard M⁵](#), [Piyapittayanun P²](#), [Kongtharvonskul J⁶](#). **Short-term outcomes of platelet-rich plasma injection for treatment of osteoarthritis of the knee.** [Knee Surg Sports Traumatol Arthrosc.](#) 2016 May;24(5):1665-77. doi: 10.1007/s00167-015-3784-4. Epub 2015 Sep 19.) Not only can PRP treat osteoarthritis, but it can also help reduce the symptoms of common orthopedic conditions such as tendonitis, bursitis, and common elbow, shoulder and hip conditions. Thus, it is a very versatile treatment for patients suffering from multiple orthopedic maladies. Platelet Rich Plasma is easy to

administer in just one simple office setting within 30 minutes and you can resume your normal activities the next day. For most patients, only one injection is required and the results normally last for just about 12 months. The risks are low because this is a therapy that comes right from your own blood and there are no known side effects other than some soreness at the injection site.

Recent studies conducted on the combination of hyaluronic acid and platelet rich plasma together in the same joint has provided some promise as simple, cost effective and safe treatment for osteoarthritis. Researchers conducted a double blinded, placebo controlled study over a 52 week period. Patients either received a placebo, hyaluronic acid, PRP or a combination of PRP and Hyaluronic Acid injection. At the end of the study, the patients receiving the hyaluronic acid injections alone had an average increase in function and a decrease in pain by 10.9 points. The PRP patients had an increase of 15.9 points, but the combination of hyaluronic acid and PRP had an amazing increase of 23.7 points! Thus, combining the two may provide superior relief for over a year period. (Yu W, Xu P, Huang G, Liu L. Clinical therapy of hyaluronic acid combined with platelet-rich plasma for the treatment of knee osteoarthritis. *Exp Ther Med*. 2018;16(3):2119-2125.)

Step Eight- Proper Nutrition for Healthy Joints?

"You are what you eat" many mothers would say when nutrition was much easier to understand. In the past, your mother or grandmother was the only expert and final word on nutrition. Today we have so many options and opinions from many so-called experts who claim to have the latest, most outrageous secret to success. Many of these claims would make your mother laugh. Our goal is to make your life easy, and return to a simpler time where common sense and simple rules guide you back to health.

We have developed a very simple nutritional program which we feel has good scientific evidence to help reduce joint pain and stimulate new cell function and it is easy as One, Two, Three!

One- Stick with one simple diet at home and away- We recommend the Mediterranean diet which is easy to follow at home or almost any restaurant. This is a diet using whole grains, vegetables, olive oil and cold water fish. As far as evidence, the Mediterranean diet has more evidence than any other diet to help with some of our most common health conditions such as arthritis and heart disease. If you want more information on this diet, visit : [Mediterranean Diet 101](#)

Two- Have Your Nitric Oxide Level Tested - Nitric Oxide is very important to almost all the important biochemical pathways involved in keeping our bodies healthy. As we age, we become deficient in an enzyme which helps convert Nitric Oxide from the food we eat. Replacement of this key component allows most of our biochemical pathways including stem cell pathways to work in an efficient manner. We provide free nitric oxide testing to ensure you are truly deficient as well as monitoring your progress. If you want to learn more about the importance of Nitric Oxide, see our web page: <https://www.cellularhealing.net/services/nitric-oxide>

Three- Take our triple joint builder supplement - This takes all the guesswork on what types of supplements you should take. This is a combination supplement of glucosamine sulfate,

chondroitin sulfate and MSM to reduce pain and provide the basic building blocks for joints recovering from injury and disease. There are proven benefits of taking these three together as the combination seems to improve results in controlled, blinded studies (see below)

Glucosamine with MSM- [Usha PR¹](#), [Naidu MU](#). Randomised, Double-Blind, Parallel, Placebo-Controlled Study of Oral Glucosamine, Methylsulfonylmethane and their Combination in Osteoarthritis. [Clin Drug Investig](#). 2004;24(6):353-63.



Step Nine- Reflect on Your Success and Talk This Over with Others

Recent studies have shown the benefits of using a progress **journal** to help reduce the intensity and frequency of their painful joints. In addition, meditation has shown some promise in the same manner. Patients that meet with each other and discuss their progress also experience added benefits in their recovery. It may be beneficial for you to keep a written journal of your progress and share this with others including your treating physician.

Step Ten- Follow-up with Your Physician on a Regular Basis

Meeting with your physician on a regular basis has added benefits other than catching up on some outdated magazine articles in his/her lobby. Agree to meet with your physician on a regular basis to form a trusting relationship. Your progress can be monitored easily and your treatment can be custom tailored to your needs.

For more information, contact: Edward Loniewski, D.O. (810) 299-8550. Visit us on the WEB at: <http://advancedortho.net/>