

# SUPPORT FOR JOINT STRUCTURE & FUNCTION

## *HT WELLNESS EDUCATIONAL SERIES*

Renee M. Schambre

---

Healthy joints rely on cartilage, synovial fluid, ligaments, muscles, and connective tissue.

### ***Supportive Lifestyle Practices***

**Healthy Body Weight:** Maintaining a healthy body weight reduces excess stress on weight-bearing joints.

**Strength Support:** Strong muscles stabilize joints and help distribute mechanical forces.

**Frequent Movement:** Gentle, regular movement helps circulate synovial fluid and nourish cartilage.

**Inflammation Management:** Lifestyle habits that reduce inflammation support joint comfort and function.

### ***Whole Food Nutritional Support***

Omega-3 foods, Collagen & protein, Mineral-rich foods, Blood sugar stability.

Protecting cartilage and supporting synovial fluid promotes long-term mobility.

Small, consistent lifestyle and nutritional choices create long-term impact.

### **Supplement Brands Mentioned**

#### **Standard Process**

- Glucosamine Synergy
- Betacol
- Manganese B12

#### **MediHerb**

- Boswellia Complex

#### **Premier Research Labs**

- D3K2

#### **Fullscript**

- BioSil