

LIFEGUARD

MN 4797

## Here comes winter — I can feel it in my bones....

### What is Arthritis?

Arthritis is often referred to as a single disease. In fact, it is a term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet.

Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage and surrounding structures. This can result in joint weakness, instability and deformities that can interfere with the most basic daily tasks.

**Arthritis is the major cause of disability and chronic pain in Australia**, with 3.85million Australians affected each year.

### Does it only affect the elderly?

Most people believe that arthritis is just a consequence of growing old. But it is not a natural part of ageing. In fact 2.4 million of all people suffering from the disease are of working age.

As the population ages, the number of people with arthritis is growing. According to leading researchers, current trends suggest that, by 2050, 7 million Australians will suffer from some form of arthritis.

### Can it be prevented?

Research suggests that early intervention can delay the onset of the disease and may reduce the number of cases of osteoarthritis.

While there are about 100 forms of arthritis, the three most significant - **osteoarthritis, rheumatoid arthritis and gout** - account for more than 95 per cent of cases in Australia.

### Can fish oils help?

Fish oils are beneficial in reducing the inflammation caused by arthritis.

Our bodies cannot produce Omega 3 fats so we need to get these from the foods we eat. Oily fish like tuna, salmon are rich in Omega 3's, or you can opt to take this in tablet form. Current evidence suggests that fish oil can help rheumatoid arthritis, and spondylitis. Another benefit of fish oils is that they reduce the risk of heart disease and heart attack.

### What about Natural Therapies?

Arthritis Australia support natural therapies including massage and acupuncture for the treatment of pain in arthritis. In studies undertaken by Arthritis Australia, it has been shown that Acupuncture can assist with long term pain.

### Acupuncture

There is little doubt that acupuncture is an excellent therapy for people suffering from arthritis. Acupuncture works through the nervous system and energy channels in the body. Treatment has been shown to release endorphins as well as boost the immune system and calm the nervous system.



**Massage** can be helpful in relaxing the body and releasing endorphins which are the body's natural pain killers. Massage increases circulation, warming the body and stimulates blood flow to the joints. It also releases synovial fluid a lubricating liquid within the joints.

**Musculoskeletal Therapy** – works similarly to massage, releasing the joints with subtle movements and rotations and stretching. It focuses

on bringing the body back into its natural alignment. With the use of exercise and releasing techniques relief can be obtained.



### Movement and exercise

Exercise is one of the most important treatments for Osteoarthritis of the hip and knee. It helps to reduce pain and maintain your general health. To protect your sore joints, try low-impact activities, where there is less weight going through your hips and knees. Examples of low-impact activities include cycling, walking and tai chi. You could also try water exercise, the buoyancy of the water takes the pressure off your hips and knees. Strengthening exercises – ask your therapist for knee and hip strengthening exercises to reduce pain.

There is currently no cure for most forms of arthritis. Be wary of people or products promising a "miracle cure". Work with your pharmacist or health care professional in finding the right treatment for your pain. Incorporate some gentle exercise, eat well, try some natural therapies or products that suit you and your symptoms can be greatly reduced.

See over for products available from Assiram for pain relief.

### References:

Arthritisaustralia.com.au  
Australian Traditional Medicine Society. (ATMS)

**Wheat bags** snuggle up and ease away any aches and pains with a warmed wheat bag. All our wheat bags are Australian made, they mould easily into your body's contours and are designed to be heated in the microwave. We have a variety of styles and colours in our clinic and what we don't have we can order in for you! Ask to see a brochure.

*Ways to keep well and warm this winter with Assiram...*



**Zen Therapeutic Tincture**

- Also Australian made by a Queensland Naturopath this product is rushing off our shelves. **Australia wide, Zen has made a big impact breaking through pain barriers especially for sufferers of arthritis, joint and muscle pain.** Zen is a combination of traditional Chinese and Western herbs used for centuries for the relief of joint and muscle pain and the treatment of traumatic injuries. The herbs are specially prepared with essential oils to enhance the analgesic action. It is non oily, pure and volatile. It penetrates quickly with no rubbing needed. The herbs in ZEN are traditionally used in the treatment of muscular skeletal injuries to nourish the underlying damaged bone, sinew and muscle promoting repair as well as relieving pain.

**Traumeel**

**This product is currently the number one anti-inflammatory in Europe.**

Traumeel, distributed by Brauer pharmaceuticals is a homeopathic remedy which can soothe aching joints, treat soft tissue trauma and overworked muscles. **One of the added bonuses is that it is safe and effective to use during pregnancy.** Traumeel is available in a topical cream or tablet version from our clinic.



**Ki Immune Defence**

Strengthen your immune system this winter with Ki Immune defence and vitality formula. Ki Immune Defence and Vitality Formula is formulated to enhance the immune system and at the same time boost the body's energy reserves. The plant extracts help increase the number of white blood cells and enhance the activity of the body's natural killer cells to help promote a healthy immune system. Traditionally used to assist:



- ◆ Immune system
- ◆ Energy and stamina
- ◆ Reduce risk of colds
- ◆ Fatigue
- ◆ Whole body tonic
- ◆ Recovery during convalescence
- ◆ Antioxidant & cardiovascular support
- ◆ Promote healthy digestion
- ◆ Assists optimal & healthy aging

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