

Kent Brown Fitness Newsletter

kentbrownfitness.com

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Joint Pain

This is the most often heard complaint from my clients. There can be many causes:

- Exercise
- Arthritis
- Inflammation
- Injury
- Gout
- Cartilage
- All the above

It is challenging to effectively live daily when constantly in pain. First it is important to realize that joint pain and exercise don't mix. Exercise usually causes more inflammation which just makes the pain worse. Pain medications bring temporary relief but do little to reduce the inflammation.

The first thing you should do is to pamper yourself by submerging your body in a hot Epsom Salt bath (two pounds of Epsom salt and one pound of baking soda) for an hour. This is a very effective way to help alkalize your body to reduce inflammation. You will feel immediate relief from this magnesium infusion.

Fish oils such as Krill and Shark Liver are also good for joint inflammation.

There is also an excellent product called Osteo-Endurance which shows good results dealing with the joint pain issue.

The key is to reduce inflammation and to alkalize your body. The pain indicates that your body is acidic and your joints are on fire. There is also the possibility that your joint cartilage is weak. A Shark Cartilage supplement can assist with that. Contact me if you want more info.

Saturday Morning Abs Class

I host this total body workout class weekly 8:30 am at

The Center
4321 Wisconsin Avenue NW
Washington DC

Visit my website for details.

