

UNDER AGE 65 - HEADED FOR A KNEE REPLACEMENT BUT CAN'T LOSE THE WEIGHT?

Lose 30 Pounds in 180 Days **By Turning Down Whole Body Inflammation and Jump-Start Your Weight Loss.**

NEW RESEARCH DEMONSTRATES THAT LOW LEVEL INFLAMMATION PLAYS A KEY ROLE IN OSTEOARTHRITIS PROGRESSION. FOLLOW STEPS 1-6 TO TURN DOWN WHOLE BODY INFLAMMATION

1

GET AN OIL CHANGE

Reduce Omega 6:
Omega 3 Ratio To 1:1
from 50:1 Std. US Diet

Omega 6's

Sunflower
Soybean
Corn
Cottonseed

Omega 3's

Coconut
Olive
Lard/butterfat
Safflower
Oily fish

2

DIET

Eat a Whole Food Diet

Inflammatory Foods

Most vegetable oils and
any food fried in them
Margarine and most salad
dressings
Baked goods
Most packaged foods
Fast food meals
Most restaurant food
Sugared beverages.

Anti-inflammatory Foods

Olive Oil
Fish, particularly cold
water species
Fresh vegetables
Low-sugar fruits
Free-range beef and
chicken and game
Mineral water.

3

LIFESTYLE

Unrelieved stress
creates metabolic
changes in your body
that lead to chronic
low-grade inflammation.
Making lifestyle changes
can improve knee pain.

Lifestyle Changes

Reduce Chronic / Work
/ Relational Stress
Quit smoking
Get 8-10 hours of
Quality Sleep
Carve out downtime
Make fun a priority

4

SUPPLEMENTS

Ninety percent of
“healthy” Americans
are deficient in at
least some key
nutrients. If you have
a chronic health issues
like osteoarthritis
expect even more
deficiencies.

Stop Chasing:

The ONE miracle
arthrits supplement.
Start taking a high
quality vitamin and
mineral supplement.
(Don't be cheap)

5

TAKE THE TRASH OUT

The body stores toxins
in fat. Mobilize your
elimination systems
early so that toxins
liberated by weight
loss can be removed
quickly without
increasing joint pain.

Trash Removers

Hot bath/Saunas
Sunshine
Sweating
Regular BM
Coffee Enema

6

EXERCISE

Do steps 1-5 before
restarting exercise.
Just get moving with
walking or in water. Make
sure your time or distance
goal is easily achievable.

Mechanical Benefits of Weight Loss

Weight loss of 15
pounds has been shown
to reduce knee pain by
50% in overweight
individuals with arthritis.

Remember if your knee is “aging” before its time, it's likely your body is aging prematurely as well.
Let that sink in. **Now is the time to make those changes!**