

# Pain? Ask Amber



**Q:** *My doctor says that osteoarthritis is the cause of my joint pain, and that if I don't keep moving it will get worse. How can I keep moving when I'm in so much pain?*

**A:** The pain associated with arthritis can often leave people dangerously inactive, which can lead to muscle atrophy, adding to the problem. Although the degeneration from osteoarthritis cannot be reversed, pain levels may be significantly reduced in many cases. The following tips may be helpful:

- Swimming and aquafit are ideal for arthritics - water provides extra support and soothing relief!
- Alkalize your body - eat plenty of alkaline foods, and try an ionspa footbath!
- Drink 1.5 litres of alkaline water per day
- Consider taking a glucosamine or chondroitin supplement
- Soak in epsom salts regularly
- Try the Bowen technique at Let it Heal to relieve pain

There are more detailed tip sheets on our website, [www.letitheal.com](http://www.letitheal.com). We have been successfully helping arthritics find relief using the ionic detox footspa and Bowen technique treatments for many years. Call us today to find out how we can help you feel better and get active again!

# Let it Heal

[www.letitheal.com](http://www.letitheal.com)

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