



Natural Solutions for Tendonitis

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Tendonitis is an inflammation or irritation of a tendon any one of the thick fibrous cords that attach muscles to bones. The condition, which causes pain and tenderness just outside a joint, can occur in any of your body's tendons. Tendonitis is common around your shoulders, elbows, wrists and heels.

Inflammation means there will be pain, swelling and tenderness

Once a condition of inflammation occurs it takes some diligent effort to calm it down again, so make sure to rest the injured area regularly.

The most common cause of tendonitis is injury due to overuse. You may need to change your exercise program or the way you use a muscle at your job in order for the tendon to heal.

Tendons normally weaken with age, lose their elasticity and become more susceptible to injury.

When you use the muscles connecting with the injured tendon, this increases the pain. It is very important for both prevention and recovery that you incorporate gentle stretching techniques before and after exercise. Household chores like gardening or raking can stress a weakened tendon, so make sure to stretch before or after such activities. See your chiropractor or physical therapist for proper instruction on stretching the muscles and tendons in the weakened area.

It is important to have the injury evaluated by a physician in order to know the extent of the injury. Most tendonitis will heal on its own, but sometimes they tear quite a bit and may require surgery.

For treatment, your doctor may inject a corticosteroid medication around a tendon to relieve tendonitis. Injections of cortisone reduce inflammation and can help ease pain; however, there are potential side effects. For example, repeated injections may weaken a tendon, increasing your risk of rupturing the tendon. Steroids also deplete many important nutrients that are needed to heal the body's structural system; this in turn weakens the condition over time.

Natural solutions to healing

Natural formulas can be used to reduce inflammation, reduce pain and promote healing in place of corticosteroid medication. Let your doctor know you would like to try a natural substance before using a prescription medication. These formulas contain vitamins, minerals and other nutrients needed by the body to heal and repair an injury.

Collatrim Plus Powder (#3062-0) This is a great product for **healing muscles, joints, tendons and ligaments**. Collatrim provides a form of *hydrolyzed* protein which means it is in predigested form and readily absorbed by the body. This protein provides amino acids which are the building blocks of the structural system. Collagen is the most abundant protein in the body and is essential to maintaining the health of the connective tissue such as ligaments, cartilage and tendons. Because so many people have problems digesting their food properly they often don't absorb enough protein to repair their injuries. That is why this form of protein is so helpful for healing the body. Collatrim is **also helpful for keeping muscles flexible and toned** when used in conjunction with exercise. It helps prevent sagging of muscles due to age and improves the skin strength, flexibility and smoothness. Collatrim is also

well known as an aid to weight loss. Along with building and toning lean muscle, Collatrim helps to increase the body's fat-burning process. Collatrim increases the glucagon stores to help burn calories while decreasing levels of the fat-storing hormone, insulin.

For repairing injuries take 1/3 scoop Collatrim powder in 4oz. of water 3 times daily. Note: previously liquid Collatrim products tasted very bad; this new product has solved the taste bud issues, so it tastes very good! **For weight loss** take 1 scoop in 4oz. of water at bedtime on an empty stomach.

IF Relief (#1175-4) this is a great product to help **reduce inflammation and pain** in the body. Inflammation and oxidative stress is a result of overuse and injuries to muscles, ligaments and tendons. This results in the injury of the connective tissue resulting in such conditions as tendonitis. The Collatrim mentioned above will help the tendons and stressed muscles to heal. IF Relief combines several herbs such as turmeric root extract and Mangosteen extract which have potent antioxidant, anti-inflammatory and nerve protecting properties. Andrographis paniculata, boswellia and white willow help with both pain and inflammation. This is a great formula for sore and aching muscles after exercise. In addition to helping reduce inflammation and pain in the tendon, it will help you be less sore after your exercise or physical therapy sessions. This formula would also be useful for headaches, backaches, and even sinus inflammation.

Take 3 capsules every 3-4 times daily for a few days, then 3 twice daily for a couple weeks. The dose on the bottle recommends 1 capsule 3 times daily as a **maintenance** dose to help with sore muscles resulting from normal exercise.

MSM (#40594) MSM is a naturally occurring organic mineral. It can be found in every cell of the body, it is used in the formation and repair of connective tissue such as tendons. High amounts are found in the joints, skin and hair. A deficiency of MSM will cause protein structures, such as tendons, to become weak. MSM is easily destroyed by processing, cooking and storing food so it is easy to see why people would become deficient in it. MSM **promotes healthy flexible** cells which is very important for healthy tendons. It has natural **anti-inflammatory** and **pain relieving** properties and **improves circulation** to the injury site. MSM is very good for balancing stomach acid production. If you suffer from acid indigestion or heartburn frequently, you may find this condition improves while on the MSM.

Take 1 tablet 3 times daily if used in conjunction with the IF-Relief; if used alone, then take 2 tablets 3 times daily for 2 weeks then 1 tablet 3 times daily. Once your condition has improved and healed, you can maintain on 1 tablet daily.

Skeletal Strength (#1806-7) is a key product for the structural system. It contains vitamins, minerals and herbs needed by the body to maintain healthy joints, muscles, ligaments and tendons. This would be a good choice as a base product to provide a wide array of nutrients to help heal your tendon. It provides 400 mg. of both calcium and magnesium in a very easy to absorb form, so adjust the amount of other calcium and magnesium you are already taking while on this formula. Take 2-4 per day

Healing AC Cream (#8723-1) has been a miracle healing cream for healing injuries for years. It is a homeopathic remedy of arnica and calendula. Applied to injuries, it quickly helps to reduce pain and swelling. It has natural anti-inflammatory and pain-relieving properties. It also accelerates your rate of healing by improving blood supply to the injury site. If you apply AC cream to a bump or bruise it will quickly stop the pain and reduce swelling. Mothers have preferred using this, to holding ice on a crying child's head. If you are prone to bruises, AC Healing Cream can really help minimize them and help them heal faster. For the tendonitis, I would apply frequently for the first few hours (every 30 minutes); the pain should reduce, and then apply 2-3 times daily as needed.

So in summary when taking a natural approach to healing tendonitis remember these points:

- 1.) Reduce inflammation and pain naturally (Healing AC cream, MSM, IF-Relief)
- 2.) Provide nutrients to heal and repair the tendons and muscles (Collatrim, Skeletal Strength, and MSM)
- 3.) Provide nutrients that help improve elasticity of the tendons (Collatrim, MSM)
- 4.) Use mild exercise and stretching to improve circulation and flexibility

I hope this information has been helpful to you, please pass it on to others that you feel could benefit from it as well.

Health and Blessings to you and yours,
Valerie Greguire, Natural Health Consultant, CH

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Disclaimer: The products and information contained herein are not intended to diagnose, treat, cure, any diseases or, medical problems. It is not intended to replace your doctor's recommendations. The supplements are suggested solely for nourishing and strengthening the natural function of the various body organs and systems so that they will have a greater capacity to heal themselves. The above information is designed to be used in conjunction with your nutritionally oriented health professional to help you design your nutritional support program.

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