www.Aalwyn.co.za nuusbrief 04/2024

JOINT SUPPORT

Daar is meer as 200 soorte rumatiese siektes, wat nie net bejaardes beïnvloed nie.

Statistiek toon dat rumatiese siektes een van die grootste faktore is wat lei tot werksafwesigheid, voortydige aftrede, en fisiese gestremdheid onder mense van werkende ouderdom. Hierdie pynlike toestand verwys na alle rumatiese siektes wat ontsteking en pyn in die gewrigte, bene, kraakbeen, ligamente en bindweefsel veroorsaak, terwyl artritis spesifiek dui op gewrigspyn, gewrigstyfheid, gewrigsontsteking en gewrigskade. Artritis kan die funksie van gewrigte ernstig benadeel – pyn, swelling, warmte en rooiheid is gewoonlik van die eerste simptome wat ervaar word. Dis ’n toestand wat meer algemeen onder vroue as mans voorkom. Faktore wat hiertoe kan bydra, is oorerwing, slytasie van gewrigte, outoimmuunsiektes, en infeksies wat spesifiek gewrigte aantas. ’n Geskeurde meniskus in die knie, verstuite enkel, besering van ligamente, en bursitis (beskadiging van vloeistof-gevulde kussings/sakkies in die gewrigte) is voorbeelde van beserings wat bydra tot hierdie pynlike toestand.

Osteoartritis (mees algemene rumatiese toestand), word veroorsaak deur meganiese slytasie van die gewrigte. Dit gebeur wanneer die beskermende kraakbeen op die punte van bene mettertyd “verslyt”. Dit kom meestal voor in die gewrigte van die hande, knieë, heupe en ruggraat, veral vanaf die middeljare. Faktore wat veral bydra tot dié slytasie is oorgewig, oorerwing, toenemende ouderdom, en vorige gewrigsbeserings.

JOINT SUPPORT bevat 4 belangrike bestanddele wat verligting bring in die stryd teen rumatiese toestande:

- Glukosamien, wat die noodsaaklike boublokke is vir die onderhoud van gewrigte, en help om kraakbeen in gewrigte te herstel en te herbou namate die natuurlike glukosamienvlakke daal. Dit verbeter gewrigsmering, beskerm teen verdere skade, en verbeter beweeglikheid en die algemene funksie van die aangetaste dele.
- Navorsing toon dat Devil’s Claw osteoartritis-verwante pyn help verminder. Devil’s Claw is ook waardevol in die ondersteunende behandeling van enige degeneratiewe, pynlike toestand soos pyn in die knieë, heupe en rug.
- Koper en mangaan is albei behulpsaam met die vorming van nuwe been en bindweefsel.

Begin met 1 kapsule per dag vir die eerste week, saam met etes.

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JOINT SUPPORT

There are more than 200 rheumatic disorders, which affect not only the elderly.

Statistics have shown that rheumatic disorders are the leading cause of absenteeism, premature retirement, and physical disability among people of working age. This painful condition refers to any disease that causes inflammation and pain in the joints, bones, cartilage, ligaments, connective tissue, or tendons, while arthritis refers to joint pain, joint stiffness, joint inflammation, and joint damage. Such a condition can severely impair joint function – pain, swelling, warmth and redness are usually the first symptoms experienced. It’s a condition that occurs more in women than in men. Factors that may contribute to this include heredity, joint wear and tear, autoimmune diseases, and infections that specifically affect the joints. A torn meniscus in the knee, a sprained ankle, tendon injuries, and bursitis (when the small fluid-filled sacs that support the joints, rupture) are examples of injuries that contribute to this painful condition.

Osteoarthritis, one of the most common rheumatic diseases, is caused by mechanical wear and tear of the joints. This occurs when the protective cartilage on the ends of bones wears down over time. It usually occurs in the joints of the hands, knees, hips, and spine, especially from middle age onwards. Factors that particularly contribute to this wear and tear include overweight, heredity, increasing age, and previous joint injuries.

JOINT SUPPORT contains 4 important ingredients that provide relief in the fight against rheumatic conditions:

- Glucosamine is the essential building blocks for the maintenance of joints, and helps to repair and rebuild cartilage in joints as natural glucosamine levels decrease. It improves joint lubrication, protects against further damage, and improves mobility and the overall function of the affected parts.
- Research shows that Devil’s Claw reduces osteoarthritis-related pain. Devil’s Claw is also valuable in the supportive treatment of any degenerative, painful condition such as knee, hip, and back pain.
- Copper and manganese are both helpful in the formation of new bone and connective tissue.

Start by taking 1 capsule per day for the first week, with meals.

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SUPER ALOE GEL & BITTER ALOE GEL

#87
2024-04

ENGLISH

Marinda is an Aloe Ferox distributor in Durbanville. She shared this wonderful testimony of one of her beauty salon clients. Marie Fuchs, a 79-year-old diabetic, suffered from diabetic sores on her legs.

“I recommended *SUPER ALOE GEL* and *BITTER ALOE GEL* to Marie, and after only 3 months the improvement and healing are clearly visible on her legs! Marie is more than happy with the results!”

AFRIKAANS

Marinda is ’n Aloe Ferox-verspreider in Durbanville. Sy het hierdie wonderlike getuienis rakende een van haar skoonheidsalon-kliënte ingestuur. Marie Fuchs, ’n 79-jarige dame, sukkel met diabetiese sere op haar bene.

“Ek het vir Marie *SUPER ALOE GEL* en *BITTER ALOE GEL* aanbeveel, en na slegs 3 maande is die verbetering en genesing aan haar bene duidelik sigbaar! Marie is meer as tevrede met die resultate!”

Specials
MAY 2024

R73	R82	R253
SAVE R15	SAVE R15	SAVE R50
MUSCLE GEL	*WINTER FIGHTER*	Lift
75 ml	30 Capsules	20 ml