

Wellness News

TIPS FOR ACHIEVING OPTIMAL BONE AND JOINT HEALTH

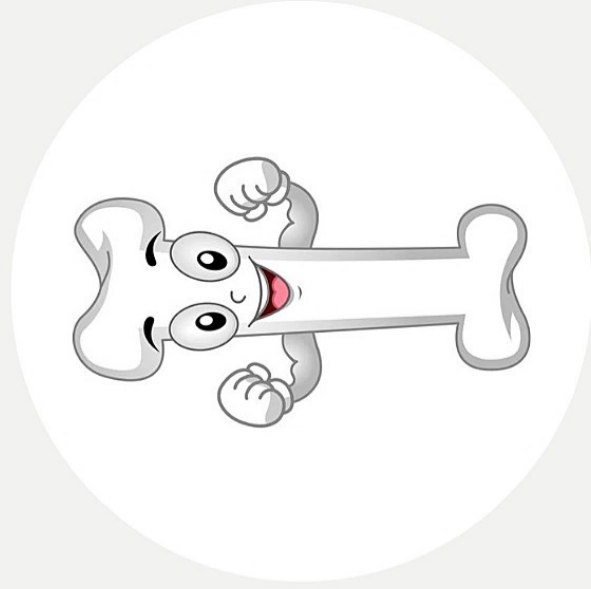
Healthy joints matter! A joint is where two or more bones are joined together. Healthy joints will allow you to run, walk, jump, play sports, and do the other things you like to do.

Physical activity, a balanced diet, avoiding injuries, and getting plenty of sleep will help you stay healthy and keep your joints healthy too.



WHAT'S IN THIS MONTH'S ISSUE:

- Tips On Bone and Joint Health
- Recommended Supplements
- Recipe to Support Bone and Joint Health



5 TIPS FOR BONE AND JOINT HEALTH

- Exercise

Increases circulation in your joints, which helps speed up repair and recovery.

- Strength Training

Can ease joint pain or even prevent it. Provide extra support to a hurting back or sore knee.

- Balanced Diet

A framework of collagen and the mineral calcium phosphate make up our bones. The nutrients in dairy products, eggs, vegetables, and fish improve bone health.

- Ice for joint pain & Soreness

Sometimes joints can get inflamed and sore, especially if you do a lot more activity than usual. Cool your painful joints with an ice pack or frozen vegetables to bring down the inflammation.

- Talk to Dr. Brad or Dr. Riley if pain persists.



Supplement Highlights



BONE SUPPORT EXTRA STRENGTH

Supplement Facts & Information

Formulated with the optimal form of calcium for the body, from MCHC and dicalcium phosphate.

Contains more calcium than any other organ in the human body.

The intercellular matrix of the bone contains large amounts of calcium salts, the most important of which is calcium phosphate.

The MCHC in Bone Support Extra Strength has been studied rather extensively over the past three decades, with findings showing that it can help support healthy calcium status and bone tissue health.

MCHC not only contains the optimal calcium for bones, but also bone growth factors and peptides, such as collagen. In turn, it is suggested that MCHC helps support osteoblasts (cells that promote bone growth) and osteocytes (bone cells).

Honorable Mention:



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Recipe of the Month



BAKED MAHI MAHI TACOS

Recipe & Ingredients

Baked Mahi-Mahi Tacos that are easy to make and SO delicious! Mahi-mahi drizzled with lime and sprinkled with the best seasoning, then baked to perfection in the oven. Top your favorite whole wheat flour or corn tortillas with cabbage, cilantro, avocado, baked mahi-mahi, and a flavorful cream sauce for an easy fish taco recipe that the entire family will love!

This recipe features Tuna and Avocados, which are both rich in nutrients that support Bone and Joint Health!

Seafood

- 1 lb Mahi-mahi
- ### Produce
- 1 Avocado, medium
 - 1 cup Cabbage
 - 1 cup Cilantro, leaves
 - 1 tsp Garlic powder
 - 1 Lime, medium
 - 1/2 tsp Onion powder
 - 1 cup Red cabbage
- ### Baking & Spices
- 2 tsp Chili powder
 - 1 1/4 tsp Paprika, smoked
 - 1/2 tsp Pepper
 - 2 tsp Red pepper
 - 1 tsp Salt
- ### Nuts & Seeds
- 1 tsp Cumin, ground
- ### Bread & Baked Goods
- 8 Tortillas, medium whole wheat
- ### Dairy
- 1/4 cup Yogurt, plain
- ### Liquids
- 2 tbsp Water



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