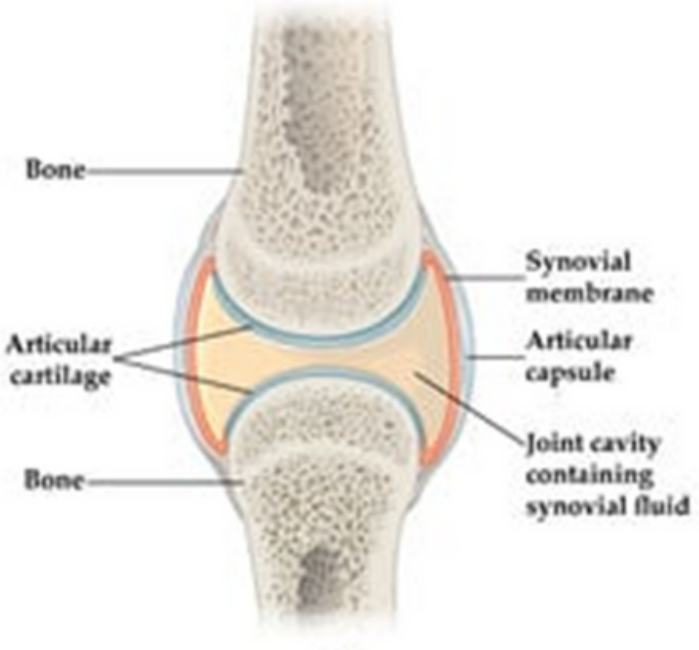
Understanding Arthritis: Part 1 of 4

Want more? Get a 30 minute webinar on **Joint Pain: Causes and Cures** here.

Joint Anatomy

"JOINTS" are made of many things, and all need to be monitored and nourished!



Components of a joint

1. Bones
2. Cartilage
3. Synovial Membrane
4. Synovial Fluid
5. Bursa
6. Tendons
7. Ligaments

Factors That Can Affect Joint Health

An Encompassing Issue

Movement
Muscle Imbalance/Improper Form
Bad Posture
Bad Shoes/Gear
Nutrient Status
Gut Health and Inflammation
Medication
Posture and Alignment
Genetics
Medications
Toxic Burden
and more

by Kate Cline, RDN

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