

## Joint Health

A shotgun approach to minimize joint inflammation and discomfort so you can do more which ultimately makes life more fun.

First off, Loose some freakin weight! Sorry, the truth can hurt. But very few people experience overuse and accelerated degenerative injuries when at their leanest. Aches and injuries normally happen when carrying around a few extra pounds. Let's be honest, most people's joints hurt because their frame cannot support their weight distribution. Taking a turmeric pill is not going to help that.



Somebody recently asked me why I prefer to be so lean and not carry more size and muscle? My answer has always been the same. My joints prefer a strong 180 lb. build. Every pound I go beyond this triggers inflammation that I can feel in my feet, Achilles, knees, and low back. But if I drop too far below that weight, I seem to lose the stabilization and structural muscles, what I call my 'suspension,' to keep me strong, functional, and stable. My sweet spot is 175 to 180 lbs. Everybody has a range that keeps their joints happy and healthy. **Find your sweet spot and figure out how to comfortably exist there.** As I am sure you have heard, every extra pound you carry equates to multiple pounds of pressure on your joints at impact. This extra weight will literally beat your joints to death in time.

**Beyond general weight loss, here are the quick and dirty tips on how to keep those joints in fighting shape or at the very least, minimize their age and use related deterioration.** You all have requested a basic blueprint without all of the science, so here you go.

*I am not a doctor nor play one on the internet and this information is not intended as a prescription or medical advice. Everybody is different and can experience different effects due to their specific genome.*

*If you have special conditions, contraindications, food sensitivities, allergies, or other limiting factors, this program may not be suitable to you. This particular plan is simply what I would do if I was looking to optimize my joint health and joint longevity, so I feel better and kick more ass every day.*

## **First off, minimize dumb sh!#! This in itself will eliminate the majority of your issues.**

1. **Don't do dumb sh!#! - Part 1.** Unless you are a young athlete, impact should be minimized and utilized individually for functional use. **Exercise and move like an educated adult!** Exercise should be strengthening and corrective around proper movement patterns on the right surfaces with the right shoes.

\* Sidenote, you spend over half of your life on shoes and mattresses, optimize them. I can't tell you how many people have chronic pain from bad gear - shoes and mattresses. Also, make sure your office chair and car seat are working for you too.

2. **Don't do dumb sh!#! - Part 2. Eat like an educated adult!** Food should nourish and heal. Identify your trigger foods and minimize. Processed foods will cause inflammation that you will feel in your joints. Gluten, dairy, processed vegetable oils, and beer, really set my body off. I become a bit of a swollen tick post consumption. But a few days without, and the inflammation washes out. It just isn't worth it to me much anymore...

## **Then add awesome sh!#! - The icing on the cake**

1. Proper exercise and movement. Outside of corrective exercise, just move a lot. Walking is great. Sitting is terrible. Figure out how to get a more positive walking to sitting ratio.

2. Proper bodywork. Preferably through a practitioner but solo works too. If time and money allow, hire a professional. A bodywork specialist is a total game changer. If this isn't in the books, 20 min a day of trigger point/fascial release therapy and stretching is necessary. Here are the two pieces I utilize daily.

Vibrating Foam Roller: [Amazon.com : TriggerPoint GRID VIBE PLUS Four-Speed Vibrating Foam Roller : Sports & Outdoors](https://www.amazon.com/TriggerPoint-GRID-VIBE-PLUS-Four-Speed-Vibrating-Foam-Roller-Sports-Outdoors/dp/B000000000)

Vibrating Ball: [Amazon.com: Hyperice Hypersphere Mini - Vibrating Massage Ball for Muscle Recovery, Myofascial Release and Soreness Relief - Portable Fitness Massager, Perfect for use at The Gym, or at Home: Health & Personal Care](https://www.amazon.com/Hyperice-Hypersphere-Mini-Vibrating-Massage-Ball-for-Muscle-Recovery-Myofascial-Release-and-Soreness-Relief-Portable-Fitness-Massager-Perfect-for-use-at-The-Gym-or-at-Home-Health-Personal-Care/dp/B000000000)

3. Proper nutrition. I am not going to delve into this today. Just minimize processed foods and maximize nutrient dense foods.

4. Proper hydration. Hydration is necessary for optimal joint health. Half your bodyweight in quality and mineralized water is a good start. Quinton is my favorite mineral formula but a pinch a Celtic Sea Salt per glass of water is a good alternative.

Quinton: [Amazon.com: Original Quinton Isotonic - Liquid Mineral Electrolyte + Trace Mineral Replenishment, Raw Unheated Ocean Minerals Hydration Drink to Support Detox, Relaxation - Keto \(30 Single Serving Vials\): Health & Personal Care](https://www.amazon.com/Original-Quinton-Isotonic-Liquid-Mineral-Electrolyte-Trace-Mineral-Replenishment-Raw-Unheated-Ocean-Minerals-Hydration-Drink-to-Support-Detox-Relaxation-Keto-30-Single-Serving-Vials-Health-Personal-Care/dp/B000000000)

5. Proper supplementation. Non negotiables are Collagen, Essential Amino Acids (EAA's), Carbon 60, vitamin C, and Fish oil. Honorable mentions are Glucosamine, Chondroitin, MSM, Turmeric, Boswellia, Hyaluronic Acid, Molecular Hydrogen, and digestive enzymes.

\* I do recommend experimenting a bit with these to see what works best for you

\* You can take 'shotgun' formulas to get all of these guys into your system, but I prefer to utilize throughout the day. Do whatever is most convenient for you because **consistency matters!**

\* I like to take these prior to exercise to drive the nutrients into the targeted areas. You may get some relief from just taking supplements, but there is some promising research that shows them reaching the specific area more effectively with targeted blood flow.

Broth: [Amazon.com: Beef Bone Broth Soup by Kettle and Fire, 2 Pack: Grocery & Gourmet Food](#)

Carbon 60: [Amazon.com: Carbon60 plus regular strength. Has 20mg more Carbon 60 per 100ml than most competitors. carbon 60, cold pressed extra virgin olive oil, c60: Industrial & Scientific](#)

Collagen: [Amazon.com: Great Lakes Gelatin, Collagen Hydrolysate, Unflavored Beef Protein, Kosher, 16 Oz Can: Cooking And Baking Gelatin Mixes: Grocery & Gourmet Food](#)

Essential Amino Acids: [Amazon.com: Kion Aminos Essential Amino Acids Powder Supplement | The Building Blocks for Muscle Recovery, Reduced Cravings, Better Cognition, Immunity, and More | 30 Servings: Health & Personal Care](#)

Vitamin C: [Amazon.com: Jigsaw Health - Pureway-C Plus with L-Lysine and Quercetin - to Further Support a Healthy Immune System, Healthy Aging, and Healthy Stress Response.\\* - 120 Count: Health & Personal Care](#)

Fish oil: [Amazon.com: Jarrow Formulas Krill Oil, Supports Brain, Memory, Energy, Cardiovascular Health, 600 Mg, 60 Softgels: Health & Personal Care](#)

Glucosamine/Chondroitin/MSM: [Amazon.com: Jarrow Formulas Glucosamine and Chondroitin and MSM, Supports Joint Health, 240 Caps: Health & Personal Care](#)

Glucosamine, MSM, Boswellia, Turmeric, Hyaluronic Acid : [Amazon.com: Jarrow Formulas Ultra Joint Builder, Supports Joint Mobility and Integrity,90 Easy-Solv Tabs: Health & Personal Care](#)

Masszymes: [Amazon.com: MassZymes - Digestive Enzyme Supplement - with Proteolytic Enzymes - Provides Bloating, Constipation, and Gas Relief - Contains Lipase, Amylase, and Bromelain \(250 Capsules\): Health & Personal Care](#)

Molecular Hydrogen: [Amazon.com: Quicksilver Scientific H2 Elite Tablets - High Dose Molecular Hydrogen Water Additive for Energy Support, Perfect for Open Containers - Antioxidant Hydrating Drink \(60 Dissolving Tablets\): Health & Personal Care](#)

Boswellia: [Amazon.com: Plant Therapy Frankincense Serrata Essential Oils 100% Pure, Undiluted, Natural Aromatherapy, Therapeutic Grade 10 mL \(1/3 oz\): Beauty](#)

Magnesium Lotion: [Amazon.com: Ancient Minerals Magnesium Lotion of Pure Genuine Zechstein Magnesium Chloride - Best used for Topical Skin Application on Sensitive Skin \(5oz\): Beauty](#)

6. Proper recovery. The gold standard for recovery is sleep. Optimize it!

Two tools worth mentioning for recovery are an inversion table and an electric muscle stimulator device. Both have shown great results for optimizing recovery. Bottom line is that circulation heals! Sometime joints get compressed and inflamed and circulation is compromised. These devices can open up tight areas and drive blood into the joints to promote healing.

Compression can also help compartmentalize a joint and increase circulation. I find Incrediwear wraps to be a game changer when it comes to performance and general joint health.

Marc Pro Electric Muscle Stimulator: [Amazon.com: Marc Pro Plus: Sports & Outdoors](#)

Teeter Inversion Table: [Amazon.com : Teeter EP-560 Ltd. Inversion Table for Back Pain, FDA-Registered : Inversion Equipment : Clothing](#)

Incrediwear Compression Gear: [Amazon.com: \(PK of 2\) Incrediwear Knee Sleeve - Radical Pain Relief for Aches & Injuries \(XL\): Health & Personal Care](#)

**So, let me summarize this.**

**Lose weight!, - even a pound can make a difference**

**Minimize dumb sh!#**

**Add awesome sh!#**

**Give it some time**

**Then maybe go see a doc when these boxes have all been checked.**

This is the routine I have anecdotally come up with to optimize my joint health: The highlighted supplements are ONLY used when grinding, which is typically spring and summer. This is when my activities such as tennis and volleyball are much more frequent which requires a bit more attention to my joints.

5am- Wake up and have 12 oz of purified water with **molecular hydrogen**.

5:30am- 2 eggs simmered in 1 cup of bone broth with added turmeric in cast iron. I take 500mg of Jigsaw vitamin C (which helps to assimilate the collagen,) Jigsaw Magnesium SRT, and **Jarrow Bone up**.

6am- 1 cup of Four Sigmatic Mushroom coffee with 1 tbsp. C360 Health, - Carbon 60.

6:30am – Boswellia (Frankincense) applied to legs after showering

I Either bike to work at this point or do some type of movement protocol to shuttle these nutrients into my targeted joints which are currently my knees.

7am- Large Pellegrino

8am- Quinton

9am- 1 cup of Four Sigmatic Mushroom Coffee with 1 tbsp of Thrive Market collagen and 500mg of Jigsaw Vitamin C.

12pm- 'Pre-workout' 10 grams of essential amino acids with Beet Elite Neo 40. I like to shuttle these nutrients into my joints which is why again, I take prior to exercise

Neo 40: [Amazon.com: Human Neo40 Daily Heart and Circulation Support Nitric Oxide Boosting Supplement \(30 Tablets\): Health & Personal Care](#)

12pm- Myofascial release, targeted pre-workout stretching, and effective exercise

1pm- Post Workout Meal: Sardines for the fish oil, collagen, and calcium, with possibly some green tea and berries for antioxidant support without hermetic blunting effects.

Sardines: [Amazon.com : Wild Planet Wild Sardines in Extra Virgin Olive Oil, Lightly Smoked, Keto and Paleo, 4.4 Ounce, Pack of 12 : Sardines Seafood : Grocery & Gourmet Food](#)

Dinner tends to be the time I include certain trigger/pleasure foods such as nuts, beans, and wine. My supplement protocol at night is more mitigation rather than prevention. I take Kion colostrum before consuming these foods to patch up the gut a bit. And always try to soak and sprout your nuts, seeds, beans, etc. to minimize the inflammatory effects of them.

Colostrum: [Amazon.com: Kion Colostrum | Grass-Fed Bovine | Gut Health and Immune Support | 30 Servings: Health & Personal Care](#)

After a walk and a shower, I use Ancient Minerals topical magnesium to targeted areas. If my joints are overly inflamed, I use the Marc Pro on targeted areas as I read prior to bed.

- I use a cyclical ketogenic diet. The majority of my carb load is consumed in the early evening. This allows me to stay ketogenic during the day which is very anti-inflammatory and the surge of insulin at night helps to quell my cortisol which is necessary for optimal sleep
- I consume water throughout the afternoon based on my activity level.
- I use an inversion table when my back gets cranky, but luckily it has been a while

*Here are just two of the many references that I could site that I found very interesting.*

- *One of the best joint health books targeted to the knee 'The Knee Pain Bible' states 'Rubbing Ease Magnesium spray into fibrotic muscle tissue will help erode any calcium deposits that have formed on or around the muscle tissue.'*
- *Science Daily just released a study that 'Glucosamine may reduce overall death rates as effectively as regular exercise.'* <https://www.sciencedaily.com/releases/2020/12/201201171726.htm>

