

The JOINT Challenge:

Change your diet

For 21 days remove these items from your diet:

1. Night shades
2. Dairy
3. Wheat
4. Sugar
5. Red meat and chicken
6. Fried foods

Supplement

Add one or two joint enhancing supplements daily. There are some great ones out there including homeopathic remedies.

Stretch!

Start a daily yoga or stretch routine. Use your imagination to open achy joints over time, see and affirm every day: I just keep opening to more and more!