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This is a sample of a letter I would send to you along with a Nutritional Therapy form for you to fill out in order for me to assist joint health.

Dear Paula,

Re: Nutritional Therapy to assist osteoarthritis,

Please find enclosed a detailed nutritional therapy form for you to fill in and return to me in the stamped addressed envelope enclosed as soon as you can.

Can you also enclose the results of any x-ray and/or blood tests if you can (or you can forward them on) and any supplements that your taking, please put the name and brand on the nutritional therapy form.

Assuring you of my cooperation with you at all times in the best and safe interests of your health.

Yours sincerely

Susan Boland DipIHS NTOI
Nutritional Therapist
Fitness Coach



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Osteoarthritis

Osteoarthritis is characterised by cartilage destruction followed by formation of osteophytes at joint margins and destruction of the gel like cartilage can result in one bone rubbing against another. Osteoarthritis is divided into two categories, primary and secondary:

Primary is usually the result of wear and tear and often occurs in the later stages of life.

Secondary is usually the result of some predisposing factor such as trauma, congenital abnormalities in joint structure or presence of previous inflammatory disease.

Possible Causes and Contributing Factors

Weight gain is a major risk factor, particularly for osteoarthritis (OA) of the weight bearing joints. Age-related changes in collagen matrix repair mechanisms.

Hormonal imbalances may increase the risk in developing OA since there is a positive association with OA and hormone deficiency.

Use of some medications has been associated with the increased progression of the disease.

Trauma such as bone fractures, surgery and other injuries to the joint can increase the risk of developing OA.

Also Hypermobility/joint instability/Altered biochemistry/Genetic predisposition/Inflammation/Fractures and Mechanical Damage/Inflammatory Joint Disease/Metabolism changes/Imbalance of Blood Sugars/Acromegaly

Dietary and Lifestyle Advice given following a Nutritional Therapy form that you fill out and return to me.

Foods to Include will be decided along with an exercise plan designed by a chartered physiotherapist

Foods to Avoid or Eat in Moderation will also play a major role for the body's systems to work at optimum level

Important Nutrients and Possible Supplements will also be decided according to the individual's needs.