



# The Joint-Pain Report

**By: Adrian Ward & Lisa Hazelden**

**“Former International Basketball Star Reveals The Secrets, Strategies, And Methods To Reduce (Or Even Eliminate) Arthritis And Joint Pain...Permanently”**

Read this report and discover...

**“How A Breakthrough In Nutritional Science Is Changing The Lives Of People Formerly Doomed To A Life Of Creaky, Achy Joints”**

Dear Internet Friend,

Before we begin, let me ask you a very important question: **why did you order this report?** Hopefully for one of the following very honest reasons:

1. **You want the honest truth about joint pain.** You’ve had achy, creaky joints for quite some time (maybe even years), and you’re tired of just “living with the pain.”
2. **You want to solve the root problem, not the symptom.** You’ve come to the realize that taking a prescription medication is not going to solve the root issue, it just makes the pain more bearable.



3. **You want the honest facts about why you are having to deal with joint pain in the first place.** Maybe you've been given a complicated diagnosis such as rheumatoid arthritis or patella femoral pain syndrome. Whatever the issue, you want to know why that issue is even there.
4. **You're looking for a 'pain-free' blueprint,** an actual step-by-step guide that you can take and implement into your life to see some serious results...quickly.

This list could go on indefinitely. The bottom line is that you probably want to know and understand how to quickly and effectively get rid of the pain...forever. But to understand how to get better, we first have to understand how you even got here in the first place.

"I Laughed (**With Bitter Skepticism**) The First Time I Heard That I could Become **Pain-Free Naturally**...

...But When I Learned This Information And **Understood How To Begin Applying It**, I realized That Being Truly Healthy Has Very Little To Do With Medications And Prescriptions, And It All Began With My Free Report"

My name is Adrian Ward, and my colleagues are; Lisa Hazelden and I want to make this very clear: we don't blame you for being skeptical. You see, I spent years trying to figure out how to get rid of my joint pain. I'm going to talk about myself and reveal some more information about my experience in the health and wellness industry in just a bit, but first, I want to explain exactly what this report is all about,



and that is...YOU. This report is about you, and how you can begin to allow your body to do what it was designed to do, and that is to **heal itself**.

In this report, I'm going to reveal some information that you might find hard to believe, but I can assure you that it is the culmination of years of study and trial-and-error application. Let's go ahead and get into the meat of things with something that you have probably never heard before, and that is...

## **Pain-Fighting Fact # 1**

### ***Pain Is Actually Your Best Friend***

Now hold on, before you flush this report down the toilet, let me explain. Pain is actually the tool that your body uses to let it know that something is wrong. Pain serves as a warning to us, it is literally the way your body says "DANGER".

A good example is when you are driving in your automobile, and you see the "Check Engine" light comes on, you know that you need to check the engine for problems. That's your car's way of telling you that a problem is brewing, and you need to take the time to check it out. Well, you and I don't have Check Engine lights, BUT WE DO HAVE PAIN. Pain let's us know that something is wrong, and we need to take the time to correct the problem.

**But what happens if we ignore the warning?** Going back to our example, what if you were driving around, your Check Engine light started flashing, and instead of pulling over and looking under the hood, you simply reach over and grab some masking tape out of your glove box and put some tape over the blinking light. What happens then? Well, you certainly don't have to keep looking at the light, but has it really done anything to solve the problem? The answer is 'No, absolutely not'. **In fact, by ignoring the warning signs, you will actually make the problem worse!** Pain is not the enemy, it is the warning sign that something is wrong. It



shouldn't be avoided, it should be heeded and respected. That leads me my next critical fact...

## **Pain-Fighting Fact # 2**

### ***Trying To Just Make Pain 'Go Away' Is The Same As Putting Tape Over The Check-Engine Light***

If you are trying to simply stop the pain, you can do that easily with prescription medications or anti-inflammatory drugs. This might help the pain...temporarily. But remember, if pain is a warning sign, and we just put "tape over the light", what will eventually happen? Eventually, the car will break down, and the damage caused by ignoring the warning signs will be much greater than if you had just addressed the root-problem in the first place.

You see, I had never been taught to think of pain in these terms. I had always thought of pain as something to be feared and avoided. The difference came when I began to think of it like a math equation. If  $1 + 1 = 2$ , but I don't want 2 for my answer, I want 3, then, I need to change the input in order to change the output. Meaning, if I want to get 3 for my answer, I will need to change the first numbers, so it should be  $1 + 2 = 3$ . No matter how hard I try, I can't make  $1 + 1 = 3$  that just doesn't work. However, if you do change the input, you can absolutely change the result.

Joint pain is a relatively simple thing to understand. Let's look at it a bit more closely, to really understand the problems:

The word '**Arthritis**' literally means 'joint inflammation'. Nearly all joint pain will be the result of 1 of 2 things: inflammation, or alignment. First, let's talk about inflammation.



There are many different forms of arthritis, each of which has a different cause. Rheumatoid arthritis and psoriatic arthritis are autoimmune diseases in which the body is attacking itself. Septic arthritis is caused by joint infection. Gouty arthritis is caused by deposition of uric acid crystals in the joint that results in inflammation. Additionally, there is a less common form of gout that is caused by the formation of rhomboidal shaped crystals of calcium pyrophosphate. This form of gout is known as pseudo gout. The most common form of arthritis, osteoarthritis is also known as degenerative joint disease and occurs following trauma to the joint, following an infection of the joint or simply as a result of consistent abuse through aging.

The 2<sup>nd</sup> form of joint pain is due to a mis-alignment. Mis-alignment can occur through repetitive, incorrect motions. For example, if you play high-impact sports, and you are consistently putting your joints in a compromised position.

No matter which form you experience, the result is the same. We find the real enemy in this story:

### **Pain-Fighting Fact # 3**

#### ***Oxidative Stress Is The Root Cause Of Nearly All Joint Pain or Arthritis***

Studies appearing in medical journals like the *New England Journal of Medicine*, *Journal of the American Medical Association*, *British Lancet*, and *Annals of Internal*



Medicine report that beyond any doubt the "root" cause of well over 70 chronic degenerative diseases including Arthritis is "oxidative stress."

**You might be asking yourself a very important question right now, and that is: "what is 'oxidative stress'?"**

I'll give you the best illustration I have to explain the process of oxidation. Imagine yourself in front of a crackling fireplace and the fire burns safely and provides comfort...**most of the time**. However, on occasion, out pops a hot cinder that lands on your carpet and burns a little hole in it. One cinder by itself doesn't pose much of a threat; but if this sparking and popping continues month after month, year after year, you will have a pretty "ratty" carpet in front of your fire place. The fireplace represents the furnace of the cell (the mitochondria), the cinder is the charged "free radical," and the carpet is your body. Whichever part of your body receives the most free radical damage will be the first to wear out and potentially cause one of these degenerative diseases. If it's your arteries, you could develop a heart attack or stroke. If it is your brain, you could develop Alzheimer's dementia or Parkinson's disease. **If it's your joints, you could develop arthritis.**

Within every cell of the body is a furnace called the *mitochondria*. As oxygen is utilized within the furnace of the cell to create energy and life itself, occasionally a charged oxygen molecule is created, called a "free radical." This free radical has at least one unpaired electron in its outer orbit essentially giving it an electrical charge. If this free radical is not readily neutralized by an antioxidant it can go on to create



more volatile free radicals, damage the cell wall, vessel wall, proteins, fats, and even the DNA nucleus of our cells. Chemically this reaction has been shown to be so volatile that it actually causes bursts of light within our bodies!

Through biochemical research we're learning that we are not defenseless against this attack on our body by free radicals. Antioxidants are like the glass doors or fine-wire mesh we place in front of our fireplace. The sparks are still going to fly but our carpet will then be protected. As you begin to imagine the war that is taking place within every cell in your body, you can envision the two opposing forces: the enemy—free radicals; and your allies—antioxidants and their supporting nutrients.

**Numerous medical studies conclude that oxidative stress is the root cause of arthritis.** When our defense system is overwhelmed, this oxidative stress within the joint causes damage to the surrounding cartilage. The immune response to this damage leads to even more inflammation. Inflammatory products like cytokines, proteases, and phagocytes from neutrophils create even more free radicals. In an attempt to heal the damage caused by the oxidative stress, the immune system can actually cause more damage. It is this vicious low-grade, inflammatory response that leads to the destruction of our joints. Joints are also commonly subjected to trauma, infection, excessive body weight, and overuse. No wonder osteoarthritis is such a common disease!

**Whew!** We just covered a ton of ground, so at this point, you might be wondering who I really am, and how I discovered this information. Well, I currently reside in



beautiful Auckland, New Zealand, and I have lived here for years with my beautiful wife Leslie. I've always had a true passion for basketball, I played in high-school, University and then represented New Zealand internationally. Afterwards, I still coached men's and women's basketball in NZ for many years.

In addition to my basketball career, I also involved myself in Health Education and the Health Sciences, and have routinely lectured at the University Of Auckland. Now, I don't say these things to toot my horn or brag, that's not the point at all. The fact is, even with my background in the Health Sciences, it still took a tremendous amount of time, effort, and energy to put all the pieces together. For years after my basketball career, I found it very difficult to squat or lunge at all. It was very difficult, going from being active and in great shape to gradually losing mobility and range of motion. That's why I've decided to make this information available, because I know what it means to look into the future and see a landscape of aching and creaking that gradually saps the joy out of life. I know what it means to be looking for true answers, and looking for the hope that life can improve. Let me be the first to tell you – **there is hope, and the gold (if you can see it) is looking you straight in the eye!**

I know there are many people out there that are suffering from joint pain, and that leads me to my next tidbit:

### **Pain-Fighting Fact # 4**



## ***The Easiest Way To Fight Oxidative Stress Is...With Your Mouth!***

I know that sounds funny, so let me explain. Do you remember the math equation that we did earlier? We wanted to get the answer 3, so we needed to change the input, so that we make  $1 + 2 = 3$ . Well, if you have joint pain of any kind, then right now your equation looks like this:

$$\text{Oxidative Stress} + \text{Time} = \text{Joint Pain}$$

But we don't want joint pain! We want to be pain free. So in order to change the output, we have to change the input.

The bad news is that we **simply cannot change time**. Time is going to pass no matter what.

However...

**The good news is that we can absolutely change oxidative stress.** As we covered earlier, oxidative stress can be directly impacted by our diet. So if we can change what goes into our mouths, then we can change the amount of oxidative stress that our bodies undergo.

**CAUTION:** I am not recommending that you change your entire diet. That's not necessary at all. In fact, I discovered some very powerful and efficient ways where a person can DRAMATICALLY REDUCE OXIDATIVE STRESS WITHOUT DRAMATICALLY CHANGING THEIR DIET. However, what you need to maintain your optimal health may not be the same thing that I need to maintain my optimal health. Just like we were made with different personalities, we each have our own unique situation, which means that we each have our own unique needs. With my experience and



expertise, I now provide people from all over the world with a comprehensive needs analysis briefing. In fact....

**“If You Email Lisa Within 48 Hours We’re Going To Give You A 30 Minute Consultation To Discuss Your Ailments And What To Do About Them – For Free”**

If you respond and send Lisa an email within 48 hours of the time you received this report we will schedule you a one on one **Needs Assessment** to discuss the ailments or disease that caused you to request this information in the first place. There are no strings attached and there is no charge. we do this because we’re passionate about helping others and we truly love doing what we do...changing lives.

Before you get back with Lisa there are 3 things that are required on your part.

There schedule is very busy helping others just like yourself from all parts of the world, discovering exactly what you’re about to discover. Unfortunately, there are only 24 hours in a day. We have to prioritize our time by spending it with those that are committed and serious about their health and wellness.

Before emailing Lisa to schedule a **free analysis** here are the 3 things that must take place on your part:

- 1) You must have a **true need and desire** to get better, feel better and to live the quality of life that you’ve been dreaming of.



- 2) You must be **open minded** to different concepts and different, yet proven, ways of thinking when it comes to optimizing your health and literally adding years to your life.
  
- 3) Regardless of the ailments or diseases that are plaguing you I want you to understand that there are **truly and honestly better ways of remedying them**. Although I don't believe in miracle solutions or lotions and potions, there are tried and proven ways of addressing ailments that work amazingly well...but you won't be reading about them on the back of a Tylenol bottle.

I sincerely hope you've found this information beneficial and helpful. Our first and primary focus has been, and continues to be, helping others. It's in our blood. That's what we're passionate about, and that's what drives us. There's no greater feeling for us than when someone calls us back a few weeks later and tells us how they are no longer having to live with debilitating pain...or even minor pain.

We truly look forward to speaking with you soon. To schedule your one on one **Needs Assessment** please feel free to email Lisa Hazelden directly at: [lisahazelden@hotmail.com](mailto:lisahazelden@hotmail.com) or call Lisa Hazelden in Gisborne New Zealand directly at **Country Code 64, Area Code 6 the number is 8679980**. Again, our schedule fills up extremely quickly. When you email, please allow up to 24-48 hours for a response to see when you and Lisa can get together over the telephone. Please include in your email the best number to reach you at and the best time to call.



Yours In Health And Happiness,

Adrian Ward & Lisa Hazelden

Joint Wellness Specialists

**P.S.** Again these slots fill up extremely quickly for your '**Needs Assessment**'. I would highly recommend emailing Lisa Hazelden for availability now at [lisahazelden@hotmail.com](mailto:lisahazelden@hotmail.com) to schedule an appointment.

**P.P.S.** We can certainly understand if you're still a bit skeptical at this point. We need to be frank and completely honest; this is not some miracle solution where you'll wake up tomorrow feeling like you were a teenager all over again. We can promise you this though...this same information that we've shared with you today has already helped overcome countless diseases and ailments for tens of thousands of others who were once in your exact spot. If you are truly serious about being pain free, then we would recommend taking action now.