

UNDERSTAND THE RESTORATIVE POWER OF THE BODY WITH NUTRITION AND JOINT HEALTH

Guest Speaker - Hari Cheedella

Feel Awesome Again!

QC Kinētitix[®]

**Regenerative Medicine:
Your Body's Revitalize Button**



Trina J. Hill
Lic Registered Dietitian



Hari Cheedella
Owner QC Kinetix



Calcium-Rich Foods

Calcium is essential for building and maintaining strong bones. It combines with other minerals to form calcium salts that harden and strengthen bones; also aids in muscle contraction and relaxation; helps blood vessel expansion and integrity.



Omega Advantage

Omega-3 fatty acids reduce inflammation to help relieve joint pain and stiffness, shield and support cartilage, and helps maintain synovial fluid, the natural lubricant that nourishes the joints.



Vitamin D3-Rich Foods

Vitamin D3 is the form of Vit-D naturally produced by the body when exposed to sunlight which makes it easier to absorb to better benefit joint health by reducing inflammation and boosting immune function to fight infections.



Call Us



Event Location



Visit Our Website