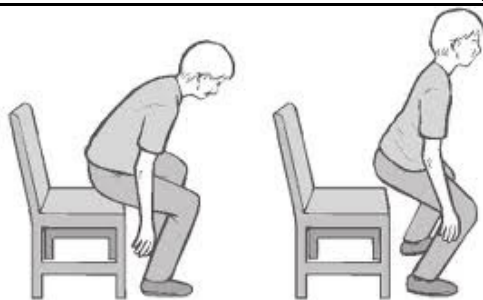


# Stiffness - old age? or low Manganese

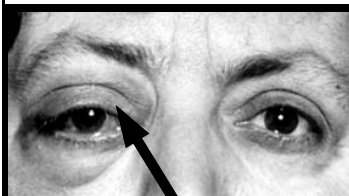
by Tessa Jupp RN



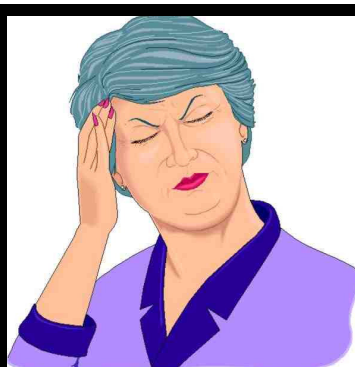
I often say a picture speaks a thousand words - and with manganese deficiency I think that is true. Are you stiff when you first get up - after sitting for a while - at the table, watching TV, a drive in the car? People say to me - "But that's just old age. You've got to expect that at my age!" And I say "NO! We don't have to be like that."

Stiffness is just a sure-fire sign that we could do with a bit more manganese in our systems. Stiffness happens when tendons are loosing their stretch and flexibility. Tendons are like strong elastic bands. When they get old, they become lax, floppy, hard, stiff, likely to snap under pressure. Tendons and

ligaments are the same. To nourish them we need No 1 - manganese, but also gelatine, Vit C, Vit E, zinc. Another good way of getting these extras is to boil up your own soup with soup bones, vinegar and vegetables. Plus extra manganese.



**Droopy eyelids** are a give-away sign that you need manganese. The tendons struggle to open the eyes. The more droopy the more manganese you need.

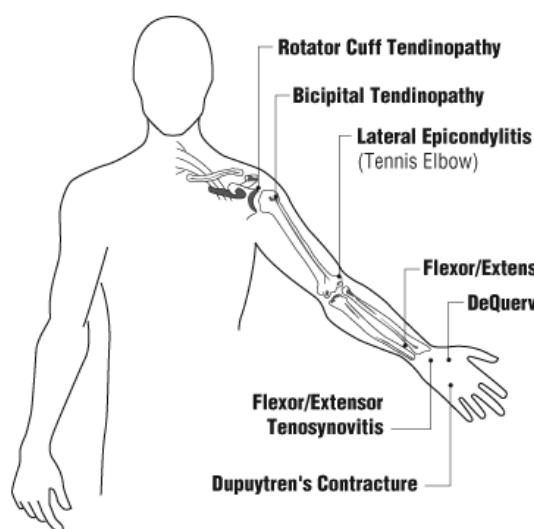


**Tinnitus** (ringing in ears) a problem? Try 4 manganese chelate 200mg a day. If newish problem can fix altogether. If long term can improve but may have some permanent damage.



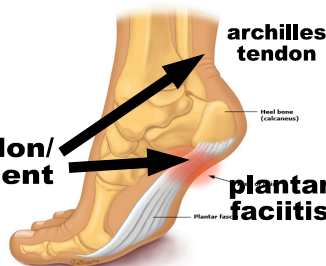
Backache can be tight muscles (need magnesium to relax) or tight tendons Twinges on movement and stiffness - then try manganese. Extra calcium in dairy foods can also cause stiff back. Try cutting out dairy for 2 weeks.

## Upper & lower limb problems

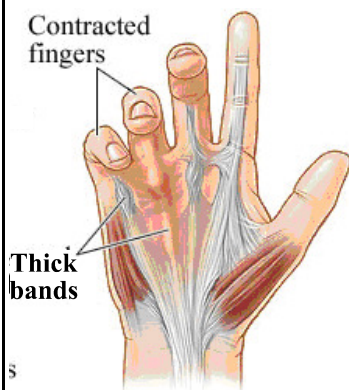


Shoulder (rotator cuff) arm, elbow, carpal tunnel, thumb, foot, ankle injury? Tendons join muscles to bone. Ligaments join bone to bone. Either way more manganese gelatine, Vit C, B6 are needed. B12 injections for spurs, bursitis.

**torn tendon/ligament**

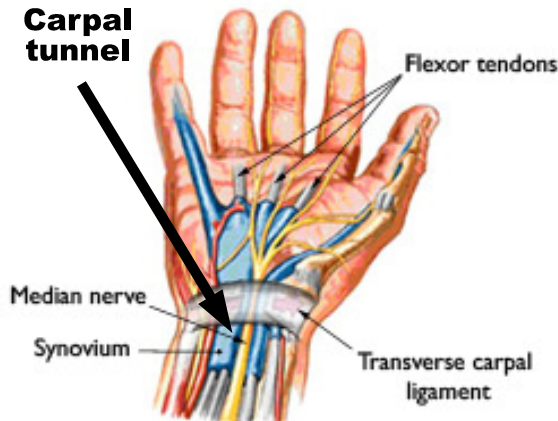


**Twinges around joints, neck pain** when we turn, or lift an arm? Slept on your shoulder the wrong way? Wry neck? Try 2-3 manganese 200mg twice daily



Tendons thicken & knot. If early enough manganese, gelatine & Vit C plus exercise can resolve.

## Carpal tunnel



Carpal tunnel caused by pressure from carpal ligament causing swelling of the flexor tendons. Manganese reduces the swelling. Need B6 as well if pain, tingling or loss of sensation indicate nerve being pinched too.

## Clumsy?

When our manganese is low we lose our sense of where we are in space and balance. We bump into furniture, doorways, misplace objects so they fall. 4 x Manganese chelate 200mg daily will fix.

