

## NATURAL OSTEOARTHRITIS RELIEF

### THE NATURAL, SIDE EFFECT-FREE WAY TO COMBAT OSTEOARTHRITIS!



By Dr. Bo M. Nielsen

**Do you suffer from osteoarthritis? If so, you are not alone; this condition is the leading cause of disability in people over the age of 55 affecting approximately 8.5 million people in the UK and over 100 million people in Europe.**

During the colder winter months, many people find their osteoarthritis worsens. It's not that the cold causes osteoarthritis, but it can affect it. The cold causes the muscles to tense and contract, placing extra pressure on joints, which leads to increased pain.

If you, like many others, take arthritis medications such as non-steroidal anti-inflammatory drugs (NSAIDs) to no avail, there is a very good reason. NSAIDs really do not have any effect on relieving osteoarthritis! Who says this? A double-blind, placebo-controlled study! *Read about the study on page 2.* But other than not being very effective at relieving moderate to severe pain, NSAIDs can have terrible side effects such as: ulcers; stroke; heart attacks; internal bleeding; and death.

This is not surprising when you

take into mind that pharmaceutical drugs, even when correctly prescribed and taken, are the 4th largest killer after heart disease, cancer and stroke!

**“NSAIDs have no significant effect on moderate to severe osteoarthritis pain!”**

So, instead of breaking down your body, why not strengthen it with natural alternatives?

In this newsletter issue, discover natural, safe and effective ways to relieve your osteoarthritis symptoms!

*For information and tips about living with osteoarthritis, see back page.*

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#### This just in...

Allium vegetables, such as garlic, onions, leek and chives may lower the risk of osteoarthritis.

According to the latest research, a compound found in these vegetables called diallyl disulphide disables enzymes that are responsible for joint deterioration.

# DOCTOR'S NATURAL ANTI-INFLAMIN SUPER

If you are looking for a natural treatment which will effectively and safely relieve your osteoarthritis symptoms, you have come to the right place!

Thanks to many years of clinical experience and scientific studies, we have combined four ingredients (chondroitin, glucosamine, methylsulfonylmethane (MSM) and ginger root extract), which work together to help:

- Reduce inflammation in muscles, joints and bones
- Relieve osteoarthritis pain
- Stop the progression of osteoarthritis
- Improve the density of cartilage
- Reduce inflammation
- Strengthen ligaments, bones and joints



## Chondroitin and glucosamine combined are more effective than NSAIDs

Believe it or not, several studies show that the combination of chondroitin and glucosamine is more effective at easing osteoarthritis symptoms than NSAIDs!

A huge advantage is that these natural substances do not have any side effects unlike NSAIDs and their effect is long-term. Add to this MSM and ginger and you have one of the most effective osteoarthritis treatments on the market.

## Chondroitin thickens cartilage

Our body produces chondroitin

naturally and it can be found in connective tissue of cartilage and the cornea of our eyes. Chondroitin is responsible for building and maintaining our cartilage, keeping it elastic and giving us healthy joints.

The bad news: we start developing osteoarthritis when our body can no longer produce chondroitin in sufficient quantities, either because of aging or due to an excess wear and tear of our joints.

The good news: a recent study found that chondroitin thickens cartilage, rebuilds joints and alleviates chronic inflammation.

## Did you know...?

In the UK:

- 12,000 people are admitted to hospital each year because of an NSAID-associated emergency.
- Approximately 2,230 deaths a year are directly linked to NSAID use - correctly prescribed and taken.

## Don't miss out on our Double-Dose Anti-Inflamin Super offer this month!

Buy one Anti-Inflamin Super supplement and get 50% off the second supplement!

For more information call one of our health advisors on 0207 043 1256 or visit our website: [www.doctorsnatural.co.uk](http://www.doctorsnatural.co.uk)





## TO PREVENT OSTEOARTHRITIS, THINK

Green tea and broccoli have been known for centuries to have disease-preventive properties. From maintaining a strong cardiovascular system to preventing some types of cancer, **“Green tea and broccoli prevent cartilage damage!”** Green tea and broccoli are a great source for overall health. To add to the list of health benefits, a study has found they can prevent osteoarthritis too.

### Green tea prevents cartilage destruction

Green tea’s health benefits can be attributed to polyphenols – chemi-

cal substances which have potent antioxidant effects. Two specific polyphenols - epigallocatechin gallate (EGCG) and epicatechin gallate (ECG) - have been found in a study to prevent the breaking down of cartilage. As you know, osteoarthritis is characterised by the progressive deterioration of cartilage in the joints.

What researchers found was that these compounds protected cartilage by blocking the enzyme responsible for deteriorating it. EGCG and ECG were also found to

decrease joint inflammation and pain.

### Broccoli also protects cartilage

Green is in fashion this season. Well, at least if you want to prevent osteoarthritis it is!

Like green tea, broccoli has been found to protect against osteoarthritis by blocking the enzyme that causes cartilage deterioration. Who are we to thank for this? Little compounds in broccoli and other cruciferous vegetables called sulforaphanes. Sulforaphanes have long been known to have antimicrobial anti-cancer and anti-diabetic properties.

## Getting your daily dose of green tea and broccoli

Okay, so how many of us are really going to drink and/or eat large amounts of green tea and broccoli every day? Not many. But, there is a perfect alternative to still get your daily dose of polyphenols and sulforaphanes: natural supplements.

Even better, we have a supplement called Phyto-Synergy which contains caffeine-free green tea extract AND broccoli extract in addition to other health promoting antioxidant nutrients such as lycopene, quercetin and calcium d-glucarate!



For more information call one of our health advisors on 0207 043 1256 or visit our website: [www.doctorsnatural.co.uk](http://www.doctorsnatural.co.uk)

## PAIN AND STIFFNESS RELIEVED WITH GRAPE SEED EXTRACT

If you suffer from knee osteoarthritis you won’t want to miss this piece of news: grape seed extract reduces pain and stiffness by 40%, says a new study. **“Grape seed extract reduces pain and stiffness by 40%!”**

After only two to three months of daily supplementation with grape seed extract, physical function of the affected knee also improved by 52%.

### Grape seed supplements reduce the need for osteoarthritis medications

Yes, grape seed is so effective that study participants taking the supplements significantly reduced their intake of osteoarthritis medications, such as NSAIDs and COX-2 inhibitors!

Researchers attribute the effects of grape seed to its antioxidant and anti-inflammatory properties. Grape seeds contain more than 300 different natural substances. Some of the best known are oligomeric proanthocyanidins (OPCs) of which resveratrol is a name that you have no doubt have heard a lot.

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Thanks to studies like this one, we are truly discovering the many beneficial properties grape seed has. Countless studies have already linked this wonder nutrient to heart and circulatory health, asthma and allergies, diabetes and menopause.

Ease your arthritis pain and stiffness with Doctor's Natural Grapavin. Check out our Double-Dose Grapavin special offer this month!

Buy one Grapavin supplement and get 50% off the second supplement!

For more information call one of our health advisors on 0207 043 1256 or visit our website: [www.doctorsnatural.com](http://www.doctorsnatural.com)



## LIVING WITH OSTEOARTHRITIS

Osteoarthritis develops over years due to the gradual wearing down of cartilage between joints. Any joint can typically fall prey to arthritis although it most frequently affects the joints of the hands, spine, hips, knees and feet. The wear and tear of joints happens naturally all throughout our life and when we are young and healthy the rebuilding of cartilage surpasses deterioration. However, as we age and our ability to absorb sufficient quantities of nutrients decreases, the regeneration of cartilage cannot keep up with the deterioration.

### Tips for living with osteoarthritis

Whether you have mild, moderate or severe osteoarthritis, there are various things you can do to manage symptoms and enhance your quality of life:

- **Exercise:** Under the supervision of your medical professional, light and regular exercise like walking or swimming will strengthen your muscles and improve your mood.
- **Maintain a healthy weight:** If you are overweight, consider losing weight to reduce the stress on your joints.
- **Nutrition:** Eating a healthy, balanced diet is always recommended; however, in reality very few of us even come close to the Daily Recommended Allowances (RDA) of vitamins and minerals. In order to ensure sufficient amounts of antioxidant and anti-inflammatory nutrients as well as vitamins and minerals are being ingested, a healthy diet should be complemented with high quality nutritional supplements.
- **Hot and cold treatments:** Combining heat and cold, such as with hot pads/baths and ice packs, can help with joint pain, stiffness and inflammation.
- **Assistive devices:** Assisted devices, such as canes or shower seats, can help you avoid putting excess stress on joints.
- **Rearranging furniture:** Rearranging your cupboards, wardrobes and drawers will reduce the strain on joints from reaching and bending.



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