

---

---

# EAT-RITE NEWS

---

---

November 2014

## Theracurmin First Form Of Curcumin To Be Shown Effective In Double-Blind Study In Osteoarthritis

Osteoarthritis, also referred to as degenerative joint disease, is a slow destructive process of the joints that affects millions of people worldwide. It is usually treated with analgesics and nonsteroidal anti-inflammatory drugs (NSAIDs), but these drugs sometimes cause serious gastrointestinal and cardiovascular adverse events, especially with long-term use. Furthermore, there is concern that these drugs may also impair cartilage formation, thereby leading to greater joint destruction.

Curcumin has been suggested as a natural approach to not only decrease joint pain, but also slow the progression of the condition. To test this hypothesis, researchers at Kyoto Medical Center enrolled 50 patients over 40 years old with knee osteoarthritis confirmed by X-ray. The patients took either Theracurmin providing 180 mg/day of curcumin or a placebo daily for 8 weeks. Blood biochemistry analyses were performed before and after 8 weeks of each intervention to evaluate safety. The patients' knee symptoms were evaluated at 0, 2, 4, 6, and 8 weeks by the knee scoring system of the Japanese Orthopedic Association and also the Japanese Knee Osteoarthritis Measure, the knee pain visual analog scale (VAS), and the need for nonsteroidal anti-inflammatory drugs.

Results showed that knee pain scores were significantly lower in the Theracurmin group than in the placebo group in those patients with moderate to severe symptoms. Theracurmin also lowered the use of celecoxib (Celebrex) much more significantly than placebo. While 60% of the placebo group still relied on Celebrex for adequate pain relief at the 8-week mark, only 32% of the Theracurmin group still needed the NSAID, and there was a definite strong trend for eventual discontinuation. No major side effects were observed in the patients taking Theracurmin.

These results show that Theracurmin may safely help many people with osteoarthritis improve symptoms and decrease need for NSAIDs.

Nakagawa Y, Mukai S, Yamada S, et al. Short-term effects of highly-bioavailable curcumin for treating knee osteoarthritis: a randomized, double-blind, placebo-controlled prospective study. *J Orthop Sci.* 2014 Oct 13.

## Natural Eggshell Membrane Produces Impressive Results In Relieving Arthritis Pain

A new study was conducted at six different clinical sites throughout Germany to evaluate the efficacy and tolerability of NEM® for the relief of the pain and discomfort associated with osteoarthritis of the knee and/or hip.

Forty-four patients were treated with a daily dosage of 500 mg of NEM®. Clinic visits were scheduled for subjects at study initiation and at 60 days following the onset of treatment. Statistical analysis revealed that supplementation with NEM® produced a significant pain relieving effect within 10 days. On average, nearly 1/4th of the subjects experienced a 30% improvement in pain-related questions within 10 days and almost 20% of the study population experienced a 50% improvement in pain-related questions by the end of the study (60 days). Significant improvement for stiffness was noted at 30 and 60 days after treatment.

An indication of the pain relieving effect of NEM was a drop in analgesic use. For the 30 days prior to study commencement, patients consumed on average 7 doses of acetaminophen. Analgesic use had dropped considerably to 2.43 doses per 30 days after 30 days of supplementation with NEM®. No side effects were noted with NEM®.

NEM® is a natural source of collagen, chondroitin, and hyaluronic acid, each of which is known to support joint health. Much of the benefit with NEM® is thought to be the result of its nutrients boosting the production of critical joint molecules. In addition, NEM® has also been shown to reduce the production of various inflammatory compounds including interleukin-1 beta and tumor necrosis factor alpha (TNF-a), two primary mediators of inflammation.

Danesch U, Seybold M, Rittinghausen R, Treibel W, Bitterlich N. NEM® Brand Eggshell Membrane Effective in the Treatment of Pain Associated with Knee and Hip Osteoarthritis Results from a Six Center, Open Label German Clinical Study. *J Arthritis* 2014;3:136. doi: 10.4172/2167-7921.1000136

## How to Build Your Immune System

Now is the time to start preparing for the season. School has started back and kids are in overcrowded class rooms with runny noses, sneezing, coughing, and overall great conditions for viruses, germs, and bacteria to flourish. Once your child is exposed, they bring it home for you to enjoy. Pretty soon the whole family has been exposed and depending on your immune system every one gets sick. Your **immune system** is the key to whether or not you get sick.

In order to strengthen your immune system, you need to know a little about how it works. Your body supplies you with great built in defense mechanisms such as skin, mucus membranes, fever, white blood cells, and good bacteria in the gut. Your skin is your first line of defense against invading bacteria. It serves as a barrier against germs. Your mucus membrane is your next barrier against infection. The mucus in your nose catches germs and prevents them from entering your body. In the case that a germ sneaks through these first two barriers, you have white blood cells that are activated and organized to start an attack. Part of the attack causes fever, and joint pain. This is normal and part of the process of the immune response. The thymus gland is responsible for many immune system functions including the production of T lymphocytes, a type of white blood cell responsible for "cell-mediated immunity." Cell-mediated immunity refers to immune mechanisms not controlled or mediated by antibodies.

Cell-mediated immunity is extremely important in the resistance to infection from mold-like bacteria, yeast, fungi, parasites, and viruses. If an individual is suffering from an infection from these organisms, it is a good indication that their cell-mediated immunity is not functioning up to par. Cell-mediated immunity is also critical in protecting against the development of cancer, autoimmune disorders like rheumatoid arthritis, and allergies.

The **thymus gland** also releases several hormones such as thymosin, thymopoetin, and serum thymic factor, which regulate many immune functions. Low levels of these hormones in the blood are associated with depressed immunity and an increased susceptibility to infection. Typically, thymic hormone levels will be very low in the elderly, individuals prone to infection, cancer and AIDS patients, and when an individual is exposed to undue stress.

The thymus gland can be supported through proper nutrition. The most important factor in supporting the thymus gland is breast-feeding. Studies have shown that children who are breast-fed have a larger thymus gland throughout life, leading to better immunity. Taking a thymus supplement can also support the thymus gland.

**Echinacea** is an herb, which stimulates the production of macrophages and white blood cells. Macrophages attack invading bacteria and eat them. By stimulating the production of white blood cells and macrophages your body is able to fight off infections before you realize you are sick. Your body can build up a resistance to echinacea, therefore; it should only be used during the first symptoms of an illness.

Garlic is another herb that helps to stimulate the **immune system**. The good thing about garlic is that it can be used every day for the rest of your life. Make sure that the garlic you use is aged. This helps prevent you from smelling like garlic. Kyolic makes the only aged garlic extract. Garlic works like a natural antibiotic. It has been shown to kill bacteria and fungus on contact in a petri dish.

Any time you are sick, your body is under stress. A good stress **B Complex with vitamin C** is a must for anyone who is sick. The B vitamins are responsible for the Krebs cycle, which is what supplies you with cellular energy. Cellular energy is what gives your immune system the energy to work.

Vitamin C and electrolytes play a crucial role in the immune system. Studies by the late Lineus Pauling show that megadoses of vitamin C can help prevent and stop the common cold. A product by Alacer corp. called Emergen-C gives you a good dose of Vitamin C and the electrolytes your body loses through illness. The wonderful thing about Emergen-C is that it contains the right ratio of sodium and potassium.

Probably the most important aspect of building your **immune system** is your diet. Eliminating sugar and refined carbohydrates is a great way to boost the immune system. Bacteria and yeast require sugar to thrive. If you take the sugar away, the infection cannot thrive. The antibodies your body produces require protein and amino acids to be made. So a diet higher in protein and lower in carbohydrates helps build the immune system. A diet rich in whole foods is also helpful. Eat plenty of vegetables, preferably organic due to their higher nutritional content, eat your protein, get good quality sleep, exercise, and take your supplements. This is a great way to keep your immune system working at its optimal level.

A good protocol for strengthening you immune system.

1. Multistart Multivitamin
2. Stress B complex
3. Thym-Adren
4. Emergen C
5. Garlic
6. Beta-carotene
7. Echinamide (remember to use this only during the time of the infection).
8. I-Flora Probiotic

If you have further questions please ask one of our knowledgeable staff here at **Eat-Rite**. Remember to always check with your doctor before beginning any nutritional program.