

SPECIAL REPORT

SAY GOODBYE TO

AGONIZING JOINT PAIN

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Say goodbye to your agonizing joint pain FAST—and kick start TRUE HEALING with these powerful holistic therapies

As I read the results of a recent osteoarthritis (OA) study in a major medical journal they sounded awfully familiar to me. The study focused on OA of the knee, and the findings mirror what I've been hearing from my own patients and readers for years. Before starting on holistic treatments, they were unable to get adequate pain relief.

The researchers found that up to a shocking 70 percent of the OA sufferers in the study had inadequate pain relief. They concluded, “pain treatments for knee OA (osteoarthritis) are not meeting the needs of the majority of patients.” Although participants were using a variety of common drugs such as ibuprofen, acetaminophen, and opioids (examples include morphine, Tramadol, hydrocodone, and oxycodone), they were still suffering.

Not only are these medications failing to do their job, even worse they come with a variety of—sometimes serious—potential side effects including heart disease, blood clots, liver and kidney damage, addiction and even death. They clearly *aren't* a good long-term approach to relieving pain.

The conventional medicine copout

Typically, in conventional medicine when you go in to see your doctor about pain in your knee your symptoms are recorded, a physical exam is performed and a diagnostic test of your knee joint...such as an x-ray or a magnetic resonance imaging (MRI)... may be ordered. And while you're both still waiting on the imaging results your doctor will prescribe one of the medications I mentioned earlier to provide you some pain relief.

When you fill your prescription along with the pills you should be given a handout with details on all the potential side effects of the drug. But if you're like most folks who are in pain—desperate for a little relief—you likely glance at the handout and then throw it out.

When the imaging results *finally* come back and your doctor concludes you likely don't need surgery you're left wondering why your knees are so darn painful even though the imaging revealed your case “wasn't too bad.” And your doctor's whole plan is to have

you continue to take the pain medication as needed, and possibly consider physical therapy depending on what your insurance will cover.

There IS a better path to pain relief

When that inadequate plan falls flat and you find your STILL suffering it's easy to see how you can start to feel hopeless. Thankfully there's a MUCH better way to effectively conquer your pain, and to do it naturally without the laundry list of potential side effects you get with pharmaceuticals. Even better, the holistic approach I propose to my own patients doesn't just set out to mask the pain. Instead it targets and treats the underlying inflammation and continued degeneration that's occurring in your knee joints.

The first thing I do with patients is to get their pain under control. Diet and exercise play a central role. I encourage gentle movement, losing weight to take pressure off the knees and reducing inflammation-inducing food such as meat and sugar. And eating more inflammation fighters such as cold-water fish, seeds, fruits and vegetables can work wonders.

Topical treatments can tackle the pain

Topical treatments can help relieve pain and stiffness quickly. DMSO and essential oils have been shown to speed relief to affected joints. One excellent product I've told you about before—Soothanol® from my friends and associates at NorthStar Nutritionals—combines these soothing ingredients into one powerful topical formula. There are also topical homeopathic pain-relieving formulas that work quite well including Traumeel® and GMI Pain Med®.

Getting relief from the inside out

Then to help tackle the pain from the inside out I like to have patients take 1000 to 2000 mg. of MSM (methylsulfonylmethane) two to three times a day. A number of studies have shown that MSM relieves osteoarthritis pain well. MSM is quite safe so simply adjust the dose until you get pain relief. For most people, it will take 3000 mg. a day or higher. For a small percentage of users, higher dosages of MSM can cause minor digestive upset. But this can normally be resolved simply by lowering the dose again.

Turmeric is another great natural pain reliever. One study found that taking 500 mg. of turmeric four times a day was just as effective at reducing osteoarthritis knee pain as taking 400 mg of ibuprofen twice a day. Another study demonstrated that 500 mg of a

specific turmeric extract taken twice a day reduced pain and improved mobility within two to three months of beginning the treatment. Volunteers taking the extract were able to significantly reduce their use of pain medications.

You've likely heard of that glucosamine and chondroitin supplements before. And just as likely, you've probably heard from the mainstream media... or even your own doctor...that they've now been shown to be ineffective for osteoarthritis. But the truth is anyone who bothers to take the time to look into the subject will soon find that there's a healthy little stack of positive studies showing that these natural agents can, in fact, be quite effective for those suffering with middle to moderately severe osteoarthritis pain. And that the evidence for the two nutrients being *beneficial* far outweighs any evidence that they're not.

Glucosamine and chondroitin combo slashed pain by 50%!

Now a new study will hopefully put the controversy to rest once and for all. The study, conducted at different sites in multiple countries, compared the effects of the common pain medication Celebrex (200 mg. daily) to a glucosamine (1500 mg.) and chondroitin (1200 mg.) combo. The volunteers all had knee osteoarthritis with moderate to severe pain. After six months of treatment the results between the two groups were comparable. Pain had been slashed by 50 percent in both groups. Those taking the combo supplement had a 46.9 percent reduction in stiffness compared to 49.2 percent with Celebrex. And both groups had similar reductions in joint swelling.

Pain relief was better in the first four months for those taking Celebrex, but by month six the pain reduction for both groups was equal. And, of course, the combo supplement came without any of the drug side effects which can include blood clots, cardiovascular disease and digestive problems such as ulcers.

And unlike the drug approaches, glucosamine and chondroitin don't just mask pain. The nutrients are used by the body to repair cartilage and connective tissue. Pain medications, on the other hand, can do more harm than good actually accelerating the degeneration of cartilage.

Collagen conquers stiffness and pain

But, as impressive as glucosamine and chondroitin are, there's an even better supplement for osteoarthritis of the knees (and other joints). It's called collagen and research has shown that it's effective against both osteo and rheumatoid arthritis pain. And now a new study has shown it improves joint comfort in healthy individuals who

experience discomfort with exercise. When researchers compared glucosamine and chondroitin and a placebo to undenatured type II collagen, UC-II® was found to be more effective at reducing stiffness and pain.

It's believed that collagen works by helping to reduce the inflammatory response in the joints and by supporting cartilage production since it is a natural component of your joint cushioning cartilage.

Digging up the root cause

In holistic medicine, we look for the root causes of your arthritis. All too often arthritis sufferers are pumped full of pain meds... or even opt for supplements... without addressing the *structural* components of their joint inflammation and damage. And without addressing those root structural issues you're only masking symptoms.

For example, a misalignment of your jaw, neck, back, hips, or a foot arch problem can all lead to your knee joints becoming damaged. A chiropractor, osteopathic doctor, or naturopathic doctor can help you identify structural misalignments and correct them.

Powerful therapies deliver pain relief

Last but not least are external therapies. We have had good success with low level laser therapy for reducing pain and inflammation. Also, non-steroidal injections such as prolotherapy, prolozone, plasma rich platelets, and stem cells can provide powerful results. We offer a variety of non-steroidal injections at our clinic.

Ditch the dangerous drugs and get on board with the natural approaches I have described in this article. You CAN live a life without pain and stiffness using a combination of these non-toxic holistic therapies. They won't only help to relieve the pain, but they can address the root causes of your arthritis too.

Article Citations:

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