

PLANET HEALTH NEWSLETTER

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THE TOP 3 SUPPLEMENTS FOR OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis and a leading cause of disability in people over 65, and it is usually treated with NSAIDs (non-steroidal anti-inflammatory drugs).

NSAIDs have many potentially serious side effects, and they actually make the condition worse because they inhibit cartilage repair and accelerate cartilage destruction. Fortunately, there are lots of natural solutions. In this quarter's newsletter, we will be reviewing the top 3.

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GLUCOSAMINE SULFATE

Glucosamine Sulfate (GLS) stimulates the manufacture of molecules known as glycosaminoglycans (GACs) in the joints. GACs are key components of cartilage. GLS is able to stimulate the production of cartilage and actually repairs joints. GLS isn't a pain killer; it kills pain by actually stopping the disease's destruction of cartilage.

In a well-designed long-term study, people with osteoarthritis were given 1,500 mg of GLS a day or placebo for three years. In the placebo group, symptoms increased by 10% and X-rays showed that the disease continued to increase significantly. But in the GLS group, symptoms decreased by 24% and here's the important part: X-rays revealed no deterioration at all!

This study shows that GLS not only kills pain, but actually prevents further joint damage - the opposite of NSAIDs which contribute to it. This study also showed that GLS is safe to take long-term and that you can take all 1,500 mg at once, which is more convenient.

A second study confirmed these amazing results. People were given GLS or placebo for three years in a double-blind study. Measurements of joint space revealed continued disease progression on placebo, but no progression on GLS. Symptoms also improved significantly more on GLS. Again, this study showed that GLS doesn't just relieve symptoms, but stops progression of the arthritis.

An important addition to this research is a study that found that people who supplemented GLS were 57% less likely to have a total knee replacement than people who had received a placebo.

Another important supplement for osteoarthritis is MSM. MSM is a powerful way of increasing sulfur: important for osteoarthritis. It also reduces pain and inflammation. When people with osteoarthritis were given either 500 mg of GLS, 500 mg of MSM, or a combination of both or placebo three times a day, GLS and MSM both significantly improved pain and swelling - no surprise. But, the combination of the two improved pain and swelling even more.

CURCUMIN

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It's better than ibuprofen. About 80.4% of people with osteoarthritis are satisfied with ibuprofen, but the number soars to 91% with Curcumin. And Curcumin is not only better, but also safer.

When you swap NSAIDs, the result is the same. An unblinded study included 139 people with osteoarthritis in their knees. For four weeks, they were given either 50 mg of Diclofenac twice a day or 500 mg of Curcumin three times a day. At two weeks, both pain and improvement of the Knee Injury and Osteoarthritis Outcome Score were the same in both groups - the Curcumin was as effective as the drug.

But because of the safety of Curcumin, it was actually superior. While 38% of the Diclofenac group suffered adverse effects, a significantly fewer 13% of the Curcumin group did. Because NSAIDs cause GI (gastrointestinal) bleeding and ulcers, 28% of the Diclofenac group required H2 blocker antacid medication. No one in the Curcumin group needed it. In fact, the Curcumin demonstrated a significant anti-ulcer effect.

BOSWELLIA

Boswellia is a powerful anti-inflammatory herb that prevents decreases in cartilage production. A number of double-blinded studies have shown that Boswellia helps osteoarthritis. What's more, an important study showed that Boswellia not only improves pain, stiffness and function, it also reduces an enzyme that degrades cartilage by 46.3%.

Does that mean that, like GLS, Boswellia can actually stop progression of the disease? It does. A recent study again showed that Boswellia extract significantly improved symptoms, function and inflammation. But more remarkably, it actually reversed the osteoarthritis. X-ray imaging showed an increase in the space between the knee joints and a decrease in spurs. And a just-published systematic review and meta-analysis of seven controlled studies confirmed that Boswellia safely and significantly improves pain, stiffness, function, maximum walking distance and activities of daily living.



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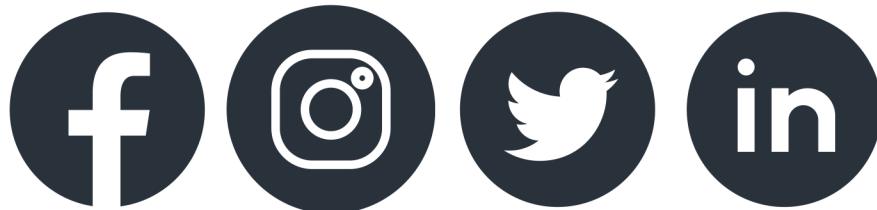


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