

Relief from Pain of Arthritis?

Glucosamine and Chondroitin may be the answer

There are two main forms of arthritis: osteoarthritis and rheumatoid arthritis. Both affect the basic material of which joints are made, cartilage and the joint lubricating fluid, synovial fluid. In osteoarthritis the cartilage stops maintaining and repairing itself leading to breakdown, resulting in pain and stiffness. Rheumatoid arthritis involves an autoimmune attack on the linings of the joints, resulting in pain, inflammation, joint disfigurement, and loss of joint function.

Anti-Arthritic Supplements

Dr. Jason Theodosakis author of the recent US best selling book on arthritis 'The Arthritis Cure' declares 'Four decades of medical research from around the world have shown that two nutritional supplements - glucosamine and chondroitin sulphate can halt or reverse osteoarthritis.'

Improved 71%

It provides the raw material needed to regenerate cartilage. According to Dr. Theodosakis 'Glucosamine can increase the production of collagen'. In nine European studies, glucosamine produced major reductions in joint pain, joint tenderness and joint swelling. One double-blind study

involved 30 patients with chronic arthritis who were divided into two groups. One group received 500mg of glucosamine sulphate per day for 14 days while the other group received a placebo. Total symptom scores including pain, swelling, tenderness and loss of function improved by 71% in the glucosamine group but were little changed in the placebo group. Another similar study confirmed these spectacular results. Glucosamine salts exhibit no toxicity, and are easily absorbed.

Reduce Joint Pain

Originally found in shark cartilage, chondroitin sulphate has been tested extensively on humans with outstanding success.

According to Dr. Theodosakis, chondroitin sulphate inhibits enzymes that degrade joint cartilage and collagen. It also helps to reduce joint pain and mobilise lipids and cholesterol deposits in blood vessels in surrounding joints.

Essential fatty acids

The essential fatty acids GLA, EPA and DHA (gamma Linoleic Acid) are precursors of prostaglan-dins, such as PGE1, PGE2, and PGI2, which have known anti-inflammatory and anti-autoimmune effects. GLA is found in evening primrose oil, borage oil, and black currant seed oil. Fish oils are rich in EPA and DHA. In double-blind clinical trials fish oils and seed oils have been found to produce substantial improvements greater than placebo in both osteo and rheumatoid arthritis.

Are you starving your body?

You may think you are eating well and including your daily quota of protein foods. (Protein foods make up the solid tissues (muscles) and cells in your body). Yet your body is not as firm as you would like it to be. You lack energy, feel a little run down, don't look as well as you should. Even though you are taking vitamins you still feel something is lacking. Some of you may have concluded you are just getting older. But here is something you should just check out, regardless of what condition you are in. You may be lacking protein.

You may be eating enough protein but in the cooking some of the amino acids may be damaged. (Amino acids are what protein is made from). If these amino acids are not replaced, it's as if your body is being starved. This may well be happening to most people. We have a product, called **Amino Energise**, that supplies the missing amino acids in their pure form. Try it and see. You may just find that it makes the vital difference.

FREE RADICALS AND AGEING

Free radicals are produced in the body from the fats that we eat, excessive sunlight, radiation (from computers, sunbeds, photocopiers) and air pollution (e.g. cigarette smoke, car exhaust fumes and ozone).

Free radicals are molecules that can damage your cells. They hasten ageing and contribute to causing heart disease, cancer, lung disease, cataracts and a variety of other illnesses. They impair the function of your immune system. When you reduce free radical formation you may age more slowly and decrease your chances of many illnesses. Antioxidants (as found in **Tony Quinn's Life Extension Mix**) are the magic bullet that can kill off free radicals in the body. For further information see back page.



Free Radicals attack healthy cells making us more vulnerable to illness and ageing

Is this the happy vitamin?

Research indicates that a particular nutrient which is part of the B-complex range may have a surprising effect on our moods and stress levels.

Many nutritionists feel that this vitamin, taken as a supplement could be very useful to produce more energy and drive in anyone who feels that they should have more get up and go. If you feel under pressure and require more zest, drive and energy this vitamin may be the answer.

UNIVERSITY RESEARCH

At the State University of Iowa, volunteers were given a diet adequate in all nutrients except this vitamin. They became easily upset, discontented, depressed, irritable

and quarrelsome. They also developed fatigue, headaches, rapid heartbeat, muscle cramps and continuous colds. Though sleepy they even suffered from insomnia.

ANTI-STRESS VITAMIN

Research has shown that this vitamin protects the body in many ways during stressful situations, including maintaining blood sugar levels and preventing blood pressure from dropping. During any stress, illness, injury or trauma, when more anti-stress hormones are required, the need for this vitamin increases.

THE 'HAPPY VITAMIN'

This 'happy' vitamin may also benefit our moods and many of our customers report that it gives them a boost. It is available in Ireland as Pan-Tac. Taken on a daily basis it is a safe way to help combat stress.



1 month's supply £12.90
2 months' supply £21.75

**Six Week Yoga Classes at Tony Quinn Health Centre, Grafton St., Dublin
Tue 19th May 6pm - 7.30pm and 7.30pm - 9pm. For Details Ph. (01) 671 2788.**