

# HEALTHY JOINTS – THE NUTRITIONAL ANSWER

By Caroline McDonagh  
Clinical Nutritionist

**“WEAR AND TEAR”** – how often have you heard this phrase in connection with every-day pains and aches? Perhaps a doctor has used the phrase to you personally!

The fact is that while wear and tear is not strictly a medical diagnosis, it is quite an accurate description of what is going on in joints which give pain or have reduced function.

### THE REPAIR PROCESS

The tissue most often affected by wear and tear is cartilage. The cartilage that covers the end of our bones is the smoothest low-friction bearing known, almost impossible to imitate by mechanical means. But what you may need to realise is that cartilage is a living tissue and any minor disruption in its perfect smoothness is constantly being repaired by its own living cells. This is why some people can have very good joints into old age – their repair process is as active as a young person's, while others have joint trouble even at a relatively young age.

Very often the reason for the problem is that the joint cells lack sufficient of certain vital nutrients.

### NUTRITIONAL BREAKTHROUGHS

With this understanding, scientists since as far back as 1956 have been researching the effects of nutrients on the regeneration of cartilage. Research in this area has continued up to the present day with an overwhelming amount of studies showing certain nutrients to be at least as effective as anti-inflammatory drugs. The drug approach relieves pain but does not feed cells what they need. Indeed, anti-inflammatories are said to interfere with the repair process, inhibiting the resynthesis of cartilage in the joints.

In our own centres we receive many excellent reports about a product called A-Rite which combines three of the best of these nutritional breakthroughs.

### MEDICAL RESEARCH

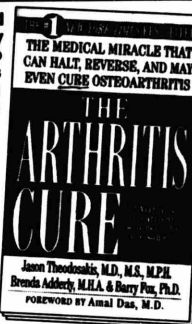
For at least one of these, the research results have finally surfaced in a leading

medical journal. This year, a report in the medical journal *The Lancet* of a long term study led by Dr. Jean Yves Reginsters stated that long-term administration of glucosamine sulphate over 3 years can prevent joint structure changes in patients with osteoarthritis of the knee with a significant improvement in symptoms. This has led many doctors to recommend it as a treatment for arthritis\*, particularly in cases where the patient can no longer tolerate anti-inflammatory drugs due to side effects such as stomach problems; but our interest is in pointing out its benefits, and that of the other nutrients, as preventive nutrition to prevent further joint damage. This could apply to anyone who has experienced joint or ligament pain or injury in the past.

### NO SIDE EFFECTS

For all of the research that has been done on these nutrients there have been no drug interactions or known side effects to using them in supplement form. However, if you think you may have arthritis you should consult your doctor for a positive diagnosis.

★ **FOR anyone interested in a new and potentially extremely effective way to view arthritis “The Arthritis Cure” makes fascinating reading. The doctor outlines a nine-point plan which can be used as an effective strategy in fighting osteoarthritis. While he does not overlook the use of prescription drugs he wholeheartedly recommends the use of natural supplements plus lifestyle changes such as maintaining a positive mental attitude in fighting this disease. The book is also an excellent reference to the many clinical studies which have shown the benefits of using food supplements and also contains many enthusiastic reports from the doctor's own patients.**



Caroline Mc Donagh runs courses in Health, Nutrition and Relaxation in The Tony Quinn centre Eccles St. Dublin 7. In her clinic she also sees patients on a one to one basis. For an appointment or information on our courses phone 01 8308588



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Clinical Nutritionist

## WHAT OUR CUSTOMERS SAY....

### SORENESS DISAPPEARED

Dear Tony,  
I took A-Rite for a knee ligament injury and the soreness disappeared. I am pleased with the result. Thanks.  
Joe D.

### PAIN GONE COMPLETELY

I started taking A-Rite for shoulder pain and after two weeks the pain was gone completely.  
Bart.

### A VAST DIFFERENCE

I have taken pain killers and Anti-inflammatory drugs for the last 15 years. I stopped the use of these drugs in recent months and went on a course of A-Rite. Within 2 weeks I felt a vast difference in pain relief and joint mobility with no discernable side effects. Compared to the drugs I had been taking they are far superior in their effectiveness and I will continue to use A-Rite for as long as necessary.  
Chris, Co. Louth

### PAIN HAS GONE DOWN AND MY MOBILITY IS BETTER

I suffered badly from pain of Arthritis in my hips. I found sleeping hard but now since trying A-Rite for the last 2 months I have had great relief. Now



### • IS THERE AN ALTERNATIVE TO JUST PAIN KILLERS?

my pain has gone down and my mobility is better. I also sleep much better.  
Mary, Co. Kilkenny.

### I'M GRATEFUL FOR THE SUPPLEMENTS

I was taking 9 painkillers a day (6 red and white and 3 lemon ones). I was lame and limping and sometimes had to bring my walking stick to town with me. I called into the Tony Quinn shop and was advised by Tom about the A-Rite.

I decided to try them and gradually cut down on the painkillers. I'm off them now and I'm enjoying great mobility and no pain. If I go to Dublin and chase around shopping I might feel tired and have a slight pain in the evening, but it is just tired-

ness more than anything else. I also took Amino-Or™ for 3 months to lose weight and lost 2 st. 10 lbs and I feel much better as a result. I'm very grateful to Tony Quinn for these supplements and to Tom Dolan for his advice.  
K.B., Co. Louth.

### MY MOBILITY IS 100% BETTER

I have used A-Rite for the last 4 months. I had very poor mobility in my left shoulder and was always in a lot of pain. Since taking A-Rite my mobility is 100% better. I can play sport and do weights with ease. I have to be honest and I tried loads of things but A-Rite has given me a quality of life that I thought I couldn't achieve.  
Frank.

### I CAN NOW PLAY 18 HOLES

I had very poor mobility in my right knee. I started using A-Rite and after a couple of months my mobility has increased dramatically. I can

now play 18 holes of golf comfortably and I don't have to mind my leg after. I tried other products but A-Rite gave me the results I wanted.  
Bill, Limerick.

**A-RITE is only available from Tony Quinn Health Stores or through mail order. Cost £29.95 for 90 capsules Tel: Orders to 01-8305859**

**Tony Quinn Health Stores are located in the following shopping centres.**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| Stephens Green: 4785404            | Eyre Square, Galway: 091 564865  |
| Jervis Centre: 8786938             | Also Main St. locations:         |
| The Square, Tallaght: 4621660      | 96 Lr. Georges St., Dun          |
| Blanchardstown Centre: 8243198     | Loahadra: 2809891                |
| Merchants Quay, Cork: 021 427377   | Rathmines: 4974234               |
| Arthurs Quay, Limerick: 061 440013 | 67 Eccles St., D7: 8308588       |
| MarketCross, Kilkenny: 056 71277   | Jocelyn St., Dundalk: 042 933887 |
| Harbour Place, Mullingar           | Academy St., Cork: 021 4276384   |

If ordering by mail, include your full name and address  
Post to: Tony Quinn Mail Order 67 Eccles St. Dublin 7

NAME: .....

ADDRESS: .....

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