

# ARTHRITIS

IS THERE AN ALTERNATIVE TO JUST PAINKILLERS?

BY HUGH CHAMBERS  
CLINICAL DIETICIAN

The first time I saw her, she was struggling to open the door into the health store. She looked slim and fragile for a lady in her mid sixties, with a look on her face that showed she was in pain.

Her problem was arthritis - making movement very difficult. Despite this, she was very upbeat and tolerant of her state. With a little persuasion on my part, she told me her story. Her main problem was when she went to sleep; the pain would keep waking her up, forcing her to rub the area to relieve it. This would happen two or three times each night, making it difficult to get any sleep. This sleep deprivation, as well as the pain and stiffness occurring in her daily tasks were having a very draining affect.

only one month later, was dramatic. When she came back to see me, she looked bright and happy in herself without the shadow of pain on her. I asked her what happened and she outlined how the pain had gone down so much that now when she went to bed, she no longer awakened throughout the night allowing her to get a full nights sleep. She also found her mobility had increased and, in general, she felt much better. This continued for a couple of years until I lost contact with her but at that stage, she

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

**The Arthritis Cure**  
REVISED EDITION  
by Jason Theodosakis MD MS MPH, FACPM and Sheila Bell

THE #1 NEW YORK TIMES BESTSELLER  
OVER 1 MILLION COPIES SOLD  
With the most information in 125-pp revised edition

clinical studies which have shown the benefits of using food supplements and also contains many enthusiastic reports from the doctor's own patients. €9.95

use of anti-inflammatory drugs and painkillers. Many people are concerned about the possible side affects of these drugs and, consequently, are turning to a more natural approach. Now we have the opportunity to explore exciting new nutritional developments in the field of arthritis.

In his ground-breaking, number 1 best-seller, *The Arthritis Cure* (Cost €9.95), Dr Jason Theodosakis outlines how he has successfully treated many arthritis patients with specific food supplements. For many years, he treated people through standard medical procedures. During the course of this many patients were giving very positive feedback on the use of special nutrients for arthritis. He then used this approach on other patients and got similar results. This is all documented in his book.

What I suggested for

the lady included Dr Theodosakis' nutritional recommendations. This programme has since been updated to include the very latest nutritional breakthroughs in the field of arthritis. In his book, Dr Theodosakis outlines many scientific studies from around the world, which have brought to light exciting findings on the value of these nutrients.

**ARTHRITIS RESEARCH**

Tony Quinn Health Stores are now marketing a product, The A-Rite / B-Rite Formula. This product has been formulated to contain the very latest cutting edge nutritional breakthroughs. If you are one of the many arthritis sufferers, this may be the very news that you have been praying for. The A-Rite / B-Rite Formula is €48.50 for a 4-6 week supply. Available only from Tony Quinn Health Stores or Mail Order on (01) 8308588.



The conventional medical approach to arthritis includes the use of anti-inflammatory drugs and pain-killers. Many people are concerned about the side effects of these drugs and consequently are turning to a more natural approach. Now we have the opportunity to explore exciting new nutritional developments in the field of arthritis

As a nutritionist I recommended a special combination of health supplements, which she was delighted to take. The change in her,

was like a new woman.

**SCIENCE STEPS IN - THE ARTHRITIS CURE.**

The conventional medical approach to arthritis includes the

# H.R.T.:

## CAN NATURE PROVIDE A HEALTHY ALTERNATIVE?

REPORT BY CAROLINE McDONAGH, CLINICAL NUTRITIONIST

As a Clinical Nutritionist with the Tony Quinn Health Centres, I find I am frequently asked for advice as to how to prevent or alleviate the symptoms of menopause. More and more women are seeking natural alternatives to Hormone Replacement Therapy and fortunately, nature may have provided the answer in the form of nutrients called isoflavones.



Caroline McDonagh, Clinical Nutritionist  
Available for private consultations for all aspects of health & sports nutrition  
Tel: 087 620 9066

At mid-life, the body's oestrogen levels decline suddenly, common reported symptoms are hot flushes, night sweats, headaches, inability to concentrate and dry skin. Loss of bone density is a major concern. Synthetic oestrogen is often used to help alleviate or postpone these effects. However, many women either cannot tolerate this drug or are fearful of unwelcome side effects.

**HEALTH STUDIES**

It is interesting to note that major health studies of Asian and Latin American women show mid-life to be a relative non-event both physically and emotionally. According to research in the United States, 65% to 80% of menopausal women experience hot flushes to some degree whereas in Japan only 10% of women report experience of hot flushes at the onset of menopause. The incidence of hip and spinal fractures is much less common as well.

**RESEARCH**

The typical Asian or South American diet is high in foods like lentils, soya and chickpeas, which contain high levels of isoflavones. The Western diet in contrast is dramatically lacking in isoflavones. This may have influenced not only menopause but an increase in sex hormone-related conditions.

**1 TABLET PER DAY**

In my own clinic, I have been successfully recommending an isoflavone product called Promensil. It is derived from

specially selected strains of the herb Red Clover and extracted using patented technology which concentrates the full activity of the plant in a reliable and standardised one-a-day dose.

It is greatly superior to soya.

**AMAZING FEEDBACK**

The feedback on this product is amazing. For example, one lady who had been experiencing hot flushes at the rate of five a day and also at night reported that they disappeared completely after only two weeks on Promensil. Another client reported that after only a fortnight, not only had she felt much better in herself and had not suffered from menopausal symptoms, but also she began to lose weight which previously she had been unable to do! I feel this totally natural product could make the vital difference to the health and well-being of many women.

**AVOID PROCESSED FOOD**

Naturally, I encourage women to eat a good balanced diet, and avoid processed foods. Some women also find taking a good multivitamin and mineral tonic such as the Life Extension Mix beneficial.

Promensil is only available from Tony Quinn Health Stores or by Mail Order. Freephone 1800-200-101. Cost: €26.60 for 1 month or €69.75 for 3 months.

**Express Mail Order Service**  
**Credit Card**  
**Freephone:**  
**1800 200 101**

These products are only available from Tony Quinn Health Stores or through mail order. Cost €48.50 for 1 months supply. Tel. Orders to 01-8308589

Tony Quinn Health Stores are located in the following shopping centres

- Stephens Green. - (01 4785404)
  - Jervis Centre. - (01 8786938)
  - Ilac Centre. - (01 8736337)
  - Liffey Valley - (01 6055052)
  - The Square, Tallaght. - (01 4621660)
  - Blanchardstown Centre. - (01 8243198)
  - Merchants Quay, Cork. - (021 4270377)
  - Arthurs Quay, Limerick. - (061 440013)
  - Market Cross, Kilkenny. - (0567 771277)
  - Eyre Square, Galway. - (091 564865)
- Also Main St. locations:
- 96 Lr. Georges St., Dun Loaghaira. - (01 2809891)
  - 67 Eccles St., Dublin 7. - (01 8308588)
  - 18 Jocelyn St., Dundalk. - (042 9338097)
  - Cork, 20 Academy St. - (021 4276364)

If ordering by mail, include your full name and address  
Post to:  
Tony Quinn Mail Order  
67 Eccles St. Dublin 7  
Plus €3 Post and Packaging