

Joint Pain & Repair

"A 69 year old colleague of mine with serious joint pain shared several nutrient recommendations that made a big difference without side effects."

When I hear success with a chronic injury, I pay attention. And when I know the person with the injury has been eating a clean diet I am totally locked in.

A naturopath that I met in Texas at a nutritional meeting shared with me how he had tried ChondroSamine Plus, two bid by Biotics for a few weeks with his normal naturopathic therapies but still found himself in serious pain. My colleague is 69 years old; and because he is a professional, he knows that repair at that age doesn't come easy. So he was very concerned.

He was told by one of his mentors to add three Gammanol Forte with FRAC and three Cytozyme-Trachea by Biotics Research twice a day to the two ChondroSamine Plus regime. When I saw him he was all smiles and almost dancing across the hotel lobby after one week.

Let's take this recommendation apart and see why these nutrients made such a big



difference. Keep in mind that according to clinical feedback and a new study by the British Medical Journal, pharmaceutical grade chondroitin sulfate works as good as NSAIDs without the side effects, but it takes time to work.

You can see a study to the right with 604 patients with knee osteoarthritis. Based on 182 days, using 800 mg/day, pharmaceutical-grade chondroitin sulfate is superior to placebo and similar to Celebrex in reducing pain and improving function in knee osteoarthritis.

The study suggested that pharmaceutical-grade chondroitin sulfate should be considered a first-line treatment in the medical management of knee osteoarthritis.

Biotics Research has been using pharmaceutical grade purified chondroitin sulfate for over 20 years. ChondroSamine Plus has all the co-factors to repair cartilage purified chondroitin sulfate, glucosamine, MSM, vitamins and minerals and more. You can see a link for this popular formula. But since connective tissue turnover is so slow, it takes time to work.

Muscles hold tissue in place; and if the muscles that support the knee are compromised, sooner or later dysfunction will occur. Gammanol Forte with FRAC is a rice bran extract that contains both fat soluble gamma oryzanol and the water soluble component ferulic acid.

Biotics technology combines both components in one product making it very unique. Growth hormone levels decline with age. My experience clinically with Gammanol Forte is that patients feel stronger.

Dr. David Brownstein conducted an informal study in his office with 10 women, ages 29 to 77. Blood was drawn from each participant and IGF-1 measured prior to beginning supplementation. Each participant took two Gammanol Forte with FRAC tablets tid for 3 to 5 weeks. Then IGF-1 testing was repeated. All women showed an increase in serum IGF-1 but significant increases were seen in 8 out of 10 women following supplementation, with an average increase of 45%. Increasing growth hormone means an increase in lean muscle mass and strength. This could be why my colleague had such a rapid response with his knee pain.

Let's look at the third piece to the puzzle, Cytozyme-Trachea. Cytozyme-Trachea has some unique factors to consider. It comes from neonatal tissue, young animals from 1-3 days old, so it not only contains neonatal collagen but anabolic tissue growth substrates. And foremost, neonatal tissue is easier to break down and digest.

There is some very exciting research coming out regarding collagen and its use with athletes. Collagen is a protein used to make tendons, skin, and bones. It is the most abundant protein in our body making up approximately 6% of our body weight. Collagen has been called the glue that holds the carti-

lage matrix together. It may appear as a single hair-like strand or may be braided together like rope, giving it incredible strength and flexibility.

A word picture that may help understand the value of collagen would be to compare it to the steel in buildings to which the bricks, wood, mortar, windows and doors are attached. These building materials must attach themselves to something to stay in place.

The same is true of collagen and its structural role in our bodies. Collagen production naturally declines after age 25, so that could be one reason Cytozyme-Trachea was so effective in speeding up the healing process.

Beef trachea in general has been used for many different conditions ranging from rheumatoid arthritis to being used as a topical cream for poison ivy and psoriasis. It appears some form of immunomodulation is involved beyond providing raw materials for collagen and chondrocytes.

Clinicians have shared with me how it has been effective to support healing if a patient develops hoarseness after an infection. Other clinicians have shared with me that they use it to combat hidden infections.

The addition of Cytozyme-Trachea adds a new dimension to any joint repair program. Consider all three products for 60 days and then reduce as appropriate.

I don't know about you but I love hearing about cases like this and then applying the lessons learned to future cases. Nobody fixes everybody all the time so when I can expand my treatment options, I get excited.

Thanks for reading this week's edition. I'll see you next Tuesday