

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. It is usually treated with NSAIDs (non-steroidal anti-inflammatory drugs), but 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. Here are the top three:

- Glucosamine Sulfate
- Curcumin
- Boswellia

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Glucosamine Sulfate

Glucosamine Sulfate (GLS) stimulates the manufacture of molecules known as glycosaminoglycans (GAGs) in the joints. GAGs are key components of cartilage. GLS is able to stimulate the production of cartilage and actually repairs joints.

GLS is not a pain killer, it kills pain by actually stopping the disease. GLS doesn't just match drugs as a pain killer, it actually stops 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 does not just relieve symptoms but stops progression of the arthritis.

An important addition to this research is a study that found that people who supplement 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 MSM, 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. So, consider adding MSM to your GLS.

Curcumin

There is a quickly and impressively growing body of research that supports Curcumin's claim to be one of the most important treatments for osteoarthritis. Curcumin has proven itself superior to an extensive list of drugs that are popular for osteoarthritis.

it is 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 on 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.

As a bonus, Curcumin also had a significant effect on weight loss. This is important because obesity is a major risk factor for osteoarthritis and losing weight helps.

Boswellia

Boswellia is a powerful anti-inflammatory herb that prevents decreases in cartilage production. A number of double-blind 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 stop the 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 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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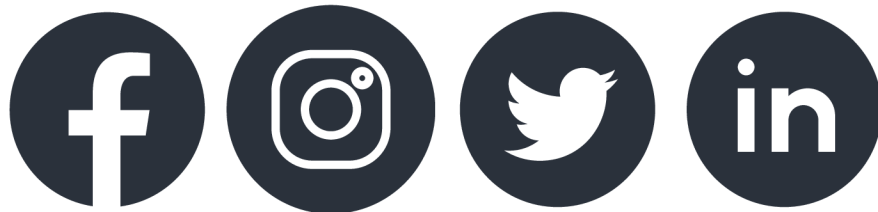


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