

DR. MICHAEL MURRAY'S

NATURAL LIVING NEWS

EXPERT ADVICE FOR EVERYDAY LIVING

August/September 2013

**FOODS TO FIGHT
OSTEOARTHRITIS**

**POSITIVE
RELATIONSHIP
TIPS
THAT WORK!**

**GOODBYE
VARICOSE
VEINS**

**THE REAL
DIABETES
SOLUTION**

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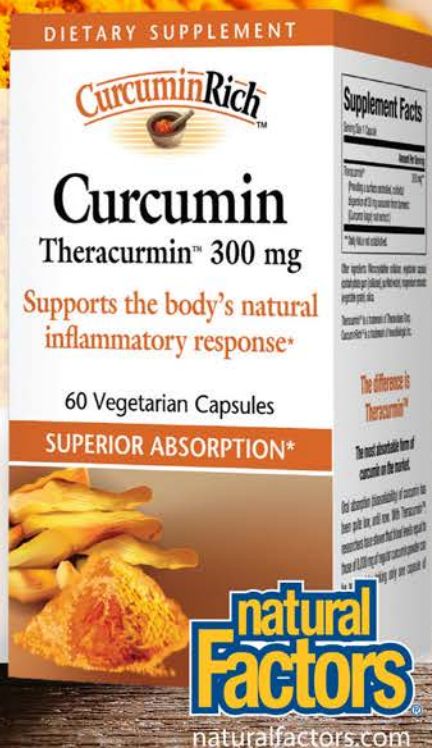
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- Supports joint health and function

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SAFE NATURAL ALTERNATIVES

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Natural medicines like herbal products are essential for overall health, but they can often also be used as direct substitutes for conventional drugs. And what makes them so appealing is that, in most cases, they don't just suppress symptoms—they actually support and promote the healing process. We illustrate this point in this issue, by investigating the natural approach to osteoarthritis, the most common form of arthritis.

Conventional arthritis drugs not only don't support healing, they actually hinder it. Nonsteroidal anti-inflammatory drugs like aspirin, ibuprofen, Aleve, Feldene, Voltaren, and the newer cox-2 inhibitor drugs like Celebrex simply suppress the symptoms, promote further cartilage destruction, and come with numerous side effects. In fact, approximately 7,000 people die each year from over-the-counter NSAID use, and the newer prescription drugs have killed more than 60,000 Americans.

There is just no reason to use such risky drugs when safer, more effective alternatives exist. A more scientific approach to joint health is to give the joint cells the nutritional support they need to manufacture cartilage. That's the way to get at the root of the problem instead of just blocking symptoms. Read this issue's feature on page 16 to learn about natural options that produce better clinical results in head-to-head studies against NSAIDs—and without the side effects.

Look to nature first.

—Dr. Michael T. Murray

The Purest Fish Oil on the Planet!



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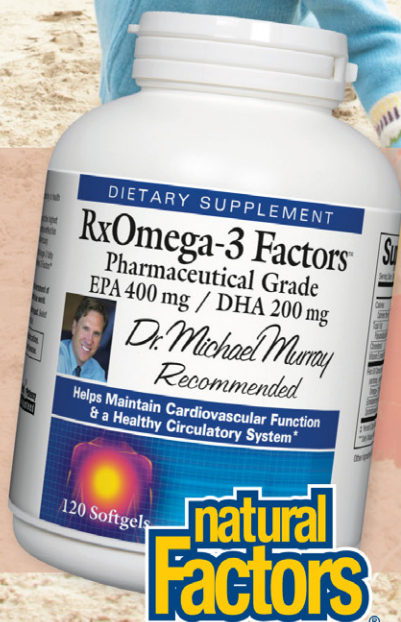
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DR. MICHAEL MURRAY'S

NATURAL LIVING NEWS

AUGUST/SEPTEMBER 2013

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HEALING FOODS

GOOD MOOD FOOD

Chocolate has long been associated with love, and now scientists think they have discovered why. Chocolate contains the compound phenylethylamine (PEA), a brain chemical that's released during moments of emotional euphoria. What's more, controversial findings suggest that chocolate contains pharmacologically active substances with the same effect on the brain as marijuana. The active ingredient in marijuana, THC, isn't found in chocolate, but another neurotransmitter

called anandamide is. Like THC, anandamide is naturally produced in

the brain and binds to the same receptors as THC, which may help explain why, while eating chocolate will not make you high, it's likely to engender some pleasant feelings or at least make you feel more relaxed and less anxious.



BEET JUICE FOR BETTER BLOOD PRESSURE

Several recent studies have shown that drinking fresh beet juice can lead to clinically meaningful reductions in blood pressure. For example, a study at the Baker IDI Heart and Diabetes Institute in Melbourne, Australia, found that drinking 16 ounces of fresh beet juice a day significantly reduced blood pressure in healthy subjects. Beet juice lowered blood pressure within just an hour with a peak drop occurring three to four hours after ingestion. How does it work? The decrease in blood pressure is due to the chemical formation of nitrite from the dietary nitrates in the juice. Once in the general circulation, nitrite can be converted to nitric oxide (NO) by the cells that line blood vessels. NO is a powerful dilator of blood vessels, resulting in lower blood pressure. Be sure to read our feature, "The Unbeatable Beet," on page 10.

VARICOSE VEIN SOLUTION

You may know that a high-fiber diet has many health benefits, but did you know it can also help reduce varicose veins? A high-fiber diet rich in vegetables, fruits, legumes, and grains promotes peristalsis, a series of muscle contractions that occur in the digestive tract. A low-fiber diet results in less peristalsis and raises pressure in the abdomen, obstructing the healthy flow of blood up the legs, weakening the vein walls over time, and causing varicose veins. So if you are trying to prevent varicose veins or help reverse them, a high-fiber diet is a must.

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THE HEALTH BENEFITS OF PGX

- Reduces appetite*
- Lowers the glycemic index*
- Promotes healthy blood sugar levels already within the normal range*
- Great with ALL weight management programs*
- Safe, natural and stimulant free

Learn more at pgx.com



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NUTRIENTS

WEIGHT LOSS HELPER

If those pants are still just a little too tight, take heart: Research suggests a supplement called PGX® can help trim waistlines, cut fat, and reduce weight. The 12-week study, published recently in the *Journal of Complementary and Integrative Medicine*, also showed that PGX can significantly reduce total and LDL cholesterol levels.

PGX, which is designed to control appetite, is available in meal replacement drinks, granules, and capsules. For more information, see the feature article on page 14 of this issue.



WHAT'S THE SECRET TO A LONG LIFE?

When we're peering into the fountain of youth, we might do better to focus on the fish swimming in it than on the water itself.

A recent study in the *Annals of Internal Medicine* found that people with the highest blood levels of omega-3 fatty acids (like those in fish) lived more than two years longer than those with the lowest levels. This echoes numerous published studies that have shown fish oil supplements can help reduce the risk of heart disease, cancer, and other serious illnesses.

I recommend a dose of 1,000 mg of EPA+DHA, the two most significant omega-3 fatty acids, every day for general health. People who have an existing illness may need a higher dose, generally 3,000 mg of EPA+DHA.

CURCUMIN AND CANCER

People diagnosed with cancer struggle with far more than the disease itself. In addition to the illness, they often have to deal with a host of side effects from treatment—not to mention the mental and spiritual toll of living with a life-threatening diagnosis.

A recent study suggests that a constituent of curry—curcumin—may help address some of those issues. The study, published this year in *Cancer Chemotherapy and Pharmacology*, showed that Theracurmin (an easily absorbed form of curcumin) significantly improved key quality of life issues in people with advanced pancreatic cancer, including fatigue, diarrhea, and appetite loss, and enhanced emotional, cognitive, and physical function.

In addition, the median survival time was 132 days, and three patients survived more than 12 months—far better than the typical survival time of under 2 months. Further studies are currently in progress.

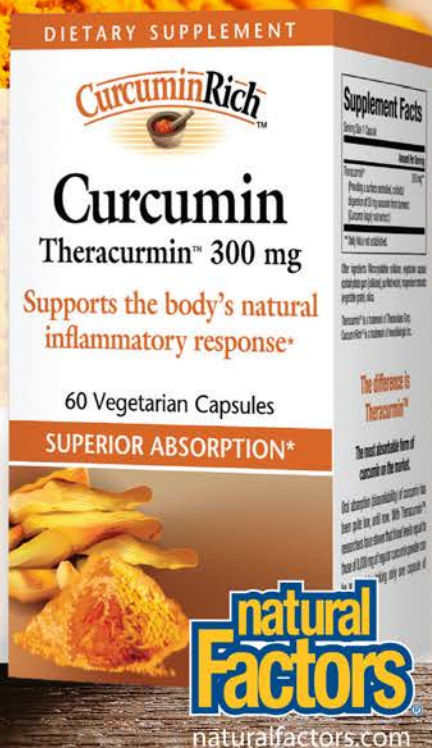
A Breakthrough in Curcumin Absorption!



CURCUMIN Theracurmin™ 300 mg

- One capsule is equal to 8,000 mg of regular curcumin powder
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- Supports the body's natural inflammatory response
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CONDITION

NATURAL HELP FOR TYPE 2 DIABETES

Recently the American Diabetes Association released its 2013 Standards of Medical Care for Type 2 Diabetes. The most glaring and alarming aspect of the guidelines is the overreliance on drugs to manage diabetes and its complications—with absolutely no nutritional recommendations. Unfortunately, pharmaceutical interventions for type 2 diabetes don't impact the progression of the disease, and in many cases they actually *accelerate* the underlying disease process and increase mortality. Yet this approach is the only one offered by conventional medicine.

Diabetes drugs are only biochemical Band-Aids. Findings from the US government's third National Health and Nutrition Examination Survey (NHANES III) clearly support the fact that **type 2 diabetes, in almost every case, is caused by diet and**

lifestyle. According to NHANES III, 69 percent of people with diabetes did not exercise at all or did not engage in regular exercise, 62 percent ate fewer than five servings of fruits and vegetables per day, and 82 percent were either overweight or obese.

Diet alone can often be effective in treating and reversing type 2 diabetes. Other lifestyle factors and supplements are important, but treatment of type 2 diabetes *must* begin with diet. Considerable evidence from clinical trials proves that a diet low in refined carbohydrates is the most scientifically proven approach, especially when considering not only its effect on blood glucose levels, but in reducing other contributing factors of diabetes, such as high cholesterol levels, cardiovascular disease, hypertension, and obesity.





The treatment of diabetes with natural medicine focuses on these four areas:

- 1 **Providing optimal nutrients**
- 2 **Reducing after-meal elevations in blood glucose levels**
- 3 **Improving insulin function and sensitivity**
- 4 **Preventing nutritional and oxidative stress**

One of the centerpiece supplements for type 2 diabetes is highly viscous dietary fiber product known as PGX®. In addition, a high-potency multiple vitamin and mineral formula is also a must and should provide 200 to 400 mcg of chromium—a key mineral in the proper utilization of insulin. Other helpful supplements include the following.

ALPHA LIPOIC ACID (400 to 600 mg) not only helps improve insulin action, but also helps prevent and reverse diabetic nerve disease.

Flavonoid-rich extracts like **BILBERRY**, **GRAPE SEED**, or **PINE BARK**, which are extremely important in protecting against the long-term complications of diabetes.

Extracts of **MULBERRY**, **CINNAMON**, or **GYMNEMA SYLVESTRE**, have all been shown to produce very good results in improving blood sugar control.

Before you swallow everything the American Diabetes Association recommends in terms of medications for your type 2 diabetes, do yourself a favor and learn more about natural approaches that include a healthy diet, superfoods for diabetes, exercise, and nutritional supplements.

BEETS

THE UNBEATABLE BEET

If you only know beets as canned balls of magenta mush, you're missing out. Members of the *Chenopodiaceae* family, along with spinach and chard, beets hold formidable disease-fighters in both root and leaves. So it's no surprise that beets have a long history in traditional medicine, where they've been hailed primarily for liver health, but also for their anticancer and heart health-promoting properties.

HEALTH BENEFITS

The pigment that gives beets their rich, purple-crimson color—betacyanin—is a powerful cancer-fighting agent. Beets' betacyanin, combined with their high fiber content, might explain their protective role against colon cancer noted in experimental studies. Beet fiber has also been shown to have a favorable effect on bowel function and cholesterol levels.

(continued on page 12)



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Start your Quest today with one of 13 delicious flavors.

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BEETS

In animal studies, it has been shown to increase the level of the antioxidant enzymes (specifically glutathione peroxidase and glutathione-S-transferase), as well as increase the number of special white blood cells responsible for detecting and eliminating abnormal cells. In a study in patients with stomach cancer, beet juice was found to be a potent inhibitor of the formation of compounds called nitrosamines, which cause cell mutations.

Several clinical studies have looked at the effects of beet juice on the heart and vascular system, and the results have been very positive. In one of the first studies, researchers at Barts and The London School of Medicine discovered that drinking just 16 ounces of fresh beet juice a day significantly reduced systolic (top number) and diastolic (bottom number) blood pressure up to 10 mm Hg in healthy subjects. And the results were fast: Beet juice lowered blood pressure within just an hour, with a peak drop occurring after three to four hours. These researchers attributed the decrease in blood pressure to the dietary nitrates in the juice, which convert to nitrites when they come into contact with bacteria on the tongue. The peak time of reduction in blood pressure

correlated with the peak levels of nitrite in the blood. Once in the general circulation, nitrite can be converted to nitric oxide (NO), a powerful dilator of blood vessels. That dilation results in less resistance to the blood being pumped, and therefore lower blood pressure.

Since this initial study in 2008, several other studies have looked at the effect of beet juice on raising blood nitrite levels. Although there are other dietary sources of nitrates, what is particularly interesting is that drinking beet juice is considerably more effective in raising blood nitrite levels than eating a very high intake of nitrate-rich foods. In fact, the level of nitrates in the diet has minimal impact on plasma nitrate and nitrite, but drinking a glass of beet juice at breakfast can significantly increase plasma nitrate and nitrite throughout the day. It should also be pointed out that eating cooked beets won't give you the same quantity of nitrates as beet juice because the cooking process deteriorates some of the nitrates.

The most recent study on the blood pressure-lowering effects of beet juice was conducted at the Baker IDI Heart and Diabetes Institute in Melbourne, Australia.



Drinking a lot of beet juice can cause your urine and stools to look like they contain blood. Do not be alarmed; it is simply the red pigments in the beet juice.



lia. In the study, 15 men and 15 women drank either 17.6 ounces of a beet juice beverage containing 500 grams of beet and apple juice (72% beet, 28% apple) or a placebo. The participants had their blood pressure measured at baseline and at least hourly for 24 hours. This same procedure was repeated two weeks later, with those who drank the placebo on the first round receiving beet juice on the second and vice versa. The results? Beet juice lowered systolic blood pressure by an average of four to five points after only six hours. Here is the significance of this effect: It would cut the rate of strokes and heart attacks by about 10 percent. In terms of lives, that would mean about 60,000 lives saved each year.

Beet juice can also have a positive effect on the body during exercise. Several studies have shown that beet juice enhances overall physical performance and heart functioning during exercise. In a 2009 study, 12 male cyclists ingested 140 ml/day of a concentrated beet juice or a placebo for six days and were then crossed over to

PICKING THE BEST BEETS

High-quality beets should have their greens intact. The greens should be fresh-looking, with no signs of spoilage. You can freshen up slightly flabby greens by putting them in the refrigerator in some water. If the greens are totally wilted, just cut them off. The beet root should be firm, smooth, and vibrant red-purple vs. soft, wrinkled, and dull-colored. Smaller beets are generally better for juicing.

Wash organic beet roots or greens; soak or spray non-organic ones with a biodegradable wash, then rinse before juicing.

the other drink after a 14-day washout period. After supplementation on day six, participants performed 60 minutes of less-intense cycling, followed by a 10-km time trial. Time-trial performance and power output improved after the beet juice compared with the placebo. This data shows that beet juice promotes increased physical stamina and performance.

PGX FIBER

THE KEY TO **SLEEP, BRAIN FUNCTION,** AND **BLOOD SUGAR BALANCE**

A little-known molecule may just prove to be the most important natural product in North America. PGX®, a unique form of fiber, has a revolutionary ability to promote satiety, stabilize blood sugar levels, and address the key factors that lead to being overweight. There are now over 20 published studies on PGX®, and human clinical research has shown it has the following benefits:

- Reduces appetite and promotes effective weight loss
- Stabilizes blood sugar control
- Increases insulin sensitivity
- Reduces the glycemic index of food or meals
- Lowers blood cholesterol and triglycerides

As a weight-loss aid, PGX has been thoroughly assessed in several clinical studies. In one 14-week study, people who took PGX lost between 4.93 and 20.55 pounds, with an average loss of 12.74 pounds. The weight loss consistently experienced on the PGX program translates into a healthy weight loss of about one-half to two pounds per week over 12 to 14 weeks.

BALANCE BLOOD SUGAR

By using new techniques in 24-hour blood sugar monitoring, Michael Lyon,

MD, and others at the Canadian Centre for Functional Medicine have conducted groundbreaking research that shows excessive appetite and food cravings in overweight people are directly correlated with rapid fluctuations in blood glucose throughout the day and night. Furthermore, by using PGX these patients can dramatically restore their body's ability to tightly control blood sugar levels. This ability is powerfully linked to remarkable improvements in blood sugar control, reductions in appetite, and safe and effective weight loss.

HOW IT WORKS

Several animal studies have provided important information about the actions of PGX. In these studies PGX was shown to reduce food intake, lower body weight, improve insulin action, and produce favorable effects on the liver and cholesterol levels. In one of the studies PGX was shown to produce a significant increase in glucagon-like peptide-1 (GLP-1)—a hormone secreted in the small intestine and colon in response to food intake. GLP-1 has been shown to:

- Improve blood sugar control
- Promote satiety, leading to reduction of food intake



- Regulate the rate of gastric emptying, thereby reducing after-meal glucose levels

Studies show a synthetic, injectable form of GLP-1 produces significant weight loss in humans by making them feel full and eat less. PGX appears to produce the same effect naturally. PGX not only leads to pulses of GLP-1 release into the bloodstream as it passes throughout the entire digestive tract, but it also increases the number of cells that produce GLP-1 within the intestinal tract. The bottom line is that this mechanism explains the prolonged effect of PGX on feelings of satiety.

HOW TO USE PGX

The dosage of PGX is based upon your needs. If you don't need to lose weight and simply want to stabilize blood sugar levels, the dosage is only 750 to 1,500 mg before meals. However, if you want to lose weight, then the dosage needs to be at least 2.5 to 5 grams before meals (start with a dosage of 750 to 1,000 mg

and work your way up to the full dosage over the course of a couple of weeks).

PGX is available in a variety of different forms: soft gelatin capsules, a zero-calorie drink mix, granules (to be added into food and beverages), mixed with undenatured whey protein, and in a meal replacement drink mix (SlimStyles Weight Loss Drink). It does not matter which form you use; just make sure you get the required dosage before each meal.

And the many people trying to lose weight who tend to snack between dinner and bedtime can try another dose of PGX about an hour after dinner. Be sure to drink 8 ounces of water for each 2.5-gram dose.

Detailed studies in both humans and animals have shown that PGX is very safe and well tolerated. There are no specific drug interactions, but it is best to take any medication either an hour before or after taking PGX. For more information, visit PGX.com

OSTEOARTHRITIS

NATURAL, SAFE SOLUTIONS FOR JOINT HEALTH

Also known as degenerative joint disease, osteoarthritis is a form of arthritis caused by degeneration of cartilage. Gel-like cartilage serves an important role in joint function, providing protection to the ends of joints by acting as a shock absorber. Without cartilage in the joint, bone rubs against bone, leading to pain, deformity, inflammation, and limited motion in the joint.

The onset of osteoarthritis can be subtle. Morning joint stiffness is often the first symptom. As the disease progresses, moving the joint becomes painful. Prolonged activity makes it worse, and resting makes it better. With the pain come local tenderness, soft tissue swelling, cracking sounds, bony swelling, restricted mobility, and bony nodules. X-rays will reveal narrowing of the joint space. The weight-bearing joints such as the knees, hips, and spine, as well as the hands, are the joints most often affected since they're under greater stress from weight and use.

Osteoarthritis is divided into two categories: primary and secondary. In primary osteoarthritis, the degenerative "wear-and-tear" process occurs after a person turns 40. The cumulative effects of decades of use lead to the degenerative

changes by stressing the collagen matrix of the cartilage. Stress on the cartilage results in the release of enzymes, which destroy cartilage components. With aging, the ability to restore and manufacture normal cartilage structures decreases. In other words, aging is the primary cause of osteoarthritis. But that doesn't mean the pain of osteoarthritis is unavoidable as we age.

Secondary osteoarthritis is the result of some other factor—trauma, joint or cartilage abnormalities, or previous inflammatory disease, for example.

DIETARY FACTORS

Perhaps the most important dietary recommendation for individuals suffering from osteoarthritis is that they achieve normal body weight. Excess weight means increased stress on weight-bearing joints. Beyond maintaining a healthy weight, a diet rich in fruits and vegetables is essential, since natural plant compounds can protect against cellular damage, including damage to the joints. Flavonoid-rich fruits, such as cherries, blueberries, blackberries, and strawberries, are especially powerful. Also important are sulfur-containing foods, such as garlic, onions, Brussels sprouts, and cabbage. The sulfur content in fingernails

of arthritis sufferers is lower than that of healthy subjects without arthritis.

Ginger contains anti-inflammatory compounds called gingerols. These substances are believed to be the reason so many people with osteoarthritis experience pain relief and improved mobility when they consume ginger regularly. Although most scientific studies have used powdered ginger root, fresh ginger root at an equivalent dosage is believed to yield even better results because it contains active enzymes. Most studies used 1 gram of powdered ginger root. This would be

equivalent to approximately 10 grams or one-third an ounce of fresh ginger root—roughly a ¼" inch slice.

People with osteoarthritis may want to avoid foods from the nightshade family (including tomatoes, potatoes, eggplant, and peppers). In genetically susceptible individuals, long-term, low-level consumption of alkaloids found in nightshade vegetables and tobacco may worsen osteoarthritis. It's thought that these alkaloids inhibit normal collagen repair in the joints or promote the inflammatory degeneration of the joint.

ADD THESE TO YOUR DIET

FLAVONOID-RICH FOODS



SULFUR-CONTAINING FOODS



GINGEROLS



OSTEOARTHRITIS

NUTRITIONAL SUPPLEMENTS

From a foundational standpoint, a high-quality age- and gender-specific multiple vitamin mineral formula is essential. A true pharmaceutical-grade fish oil supplement is definitely helpful. In addition, the following three nutrients have been shown to be extremely effective natural treatments for osteoarthritis.

Glucosamine sulfate has been the subject of more than 300 scientific investigations and at least three double-blind studies. It has also been used by millions of people worldwide and is registered as

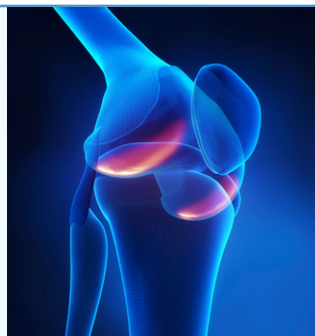
a drug in the treatment of osteoarthritis in more than 70 countries. Glucosamine is a simple molecule that can be manufactured in the body. The main function of glucosamine in joints is to stimulate the manufacture of molecules known as glycosaminoglycans, which are the key structural components of cartilage. As some people age, they seem to lose the ability to manufacture sufficient levels of glucosamine. The result is that cartilage loses its ability to act as a shock absorber. The inability to manufacture

(continued on page 20)

SAY NO TO NSAIDS

One class of drugs that I encourage people with osteoarthritis to stay away from is nonsteroidal anti-inflammatory drug (NSAID), which includes aspirin and ibuprofen, as well as the newer Cox-2 inhibitors like Vioxx and Celebrex. Although these drugs are extensively used in the United States despite their well-known side effects, research is indicating that in the treatment of osteoarthritis these drugs may be producing short-term benefit, but actually may be accelerating the progression of the joint destruction and causing more problems down the road.

These drugs work by inhibiting enzymes involved in the production of inflammatory compounds. Enzymes are molecules involved in speeding up chemical reactions. Enzymes either join molecules together or split them apart. NSAIDs not only suppress the enzymes that produce inflammatory compounds, they also inhibit enzymes that manufacture cartilage components. A person may feel free from pain while on the NSAID, but their arthritis may silently be worsening. That explains why several clinical studies that have shown that NSAID use is associated with acceleration of osteoarthritis and increased joint destruction. If you need immediate pain relief due to osteoarthritis, give Celadrin® a try (both orally and topically).





JOIN THE MOVEMENT

To Celadrin — the safe, all-natural alternative for joint health....

It relieves discomfort quickly...

It's been clinically proven to promote healthy or normal joint function*...

It relieves muscle stiffness caused by injury, without side effects...

MAKE THE MOVE to Celadrin.



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JOINT FLEXIBILITY & RELIEF

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For further information visit www.pnibrands.com

* Based on a double-blind, placebo-controlled study conducted at the University of Connecticut and published in the Journal of Rheumatology.

OSTEOARTHRITIS



glucosamine has been suggested to be the major factor leading to osteoarthritis.

More than 20 published clinical trials with glucosamine sulfate have demonstrated an overall success rate of 72 to 95 percent in various forms of osteoarthritis. In osteoarthritis of the knee, the success rate is over 80 percent. In addition to being shown to be more effective than a placebo, in head-to-head, double-blind studies comparing glucosamine sulfate to nonsteroidal anti-inflammatory drugs (NSAIDs), glucosamine sulfate relieved pain and inflammation better than NSAIDs—even though glucosamine sulfate has very little direct anti-inflammatory effect and no direct pain-relieving effects. Instead, it appears to address the cause of osteoarthritis, which means it's not just helping with pain, it's actually helping the body repair damaged joints. The typical dosage for glucosamine sulfate is 1,500 mg per day.

MSM (methyl-sulfonyl-methane) is the major form of sulfur in the human

body. Sulfur is an important element for all cells and body tissues. But it's especially important for joint tissue, where it functions in the stabilization of the connective tissue matrix of cartilage, tendons, and ligaments. As far back as the 1930s, researchers demonstrated that individuals with arthritis are commonly deficient in this essential nutrient. Restoring sulfur levels brought about significant benefit to these patients. More recent studies have validated the benefits of MSM in osteoarthritis. The standard dosage of MSM is 1,200 to 2,000 mg per day.

Celadrin® is an all-natural matrix of special cetylated, esterified fatty acids that reduce inflammation. The unique features of Celadrin® as a natural product include an ability to reduce inflammation and pain quickly with no side effects, as demonstrated in clinical trials published in the internationally acclaimed *Journal of Rheumatology*. Available in cream and capsule form, Celadrin is clinically proven to produce results. Celadrin cream can be applied to affected areas as needed. The dosage with oral preparations is three soft gelatin capsules daily.

Even though osteoarthritis is common, it's not unavoidable. With smart dietary choices and supplements, you can free yourself from the pain and stiffness of osteoarthritis—all while tackling the root causes of the condition. And all while avoiding harmful pain relievers (see sidebar on page 18).



A NEW ERA IN CARDIO HEALTH

- Major Breakthrough In Total Lipid & Inflammatory Health
- Pharmaceutical Grade Fish Oil Source
- As Featured By The YOU Docs, Drs. Oz & Roizen



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And Other Premium Nutraceutical Brands

POSITIVITY

DEVELOP POSITIVE RELATIONSHIPS

Positive human relationships sustain us and nourish us—body and soul.

What's more, they are absolutely critical to heart health. In fact, data from large, well-controlled population studies have shown that loneliness, isolation, unfulfilling jobs and relationships, and a "broken heart" were as important risk factors for heart disease and premature death as smoking, high blood pressure, high cholesterol, obesity, and physical inactivity. In contrast, having positive relationships and support structures is linked to better health and lower absenteeism, lower incidence of cancer and heart disease, and reduced hospital stays.

In one classic study, researchers divided 1,337 medical students into two groups: one made up of students who were not close to their parents and were dissatisfied with their personal relationships, and one that had better relationships with their parents and others. These medical students were then followed for 25 years. The first group was found to have a three to four times higher risk of cancer later in life than the students with better relationships.

The bottom line here is that good scientific research is telling us something

that most of us already know. We all need relationships and the love and acceptance that they should bring to us. In fact, the desire to be loved and appreciated is one of the main drivers of human behavior. Unfortunately, many of us do not always act in a manner that allows us to achieve something that is so vital to our existence.

ENHANCING QUALITY COMMUNICATION

What is the biggest roadblock to positive human relationships? In my opinion it is poor listening skills. The quality of any relationship ultimately comes down to the quality of its communication. Poor listening leads to poor communication. When we are truly listening, we are telling the person that he or she is important to us and that we respect him or her. Here are seven tips to being a good listener.

Be empathetic. When we put ourselves in the other person's shoes it is amazing how the lines of communication open up. If you first seek to understand, you will find yourself being better understood.

Be an active listener. This means that you must act really interested in what the



other person is communicating. Listen to what they are saying instead of thinking about your response. Ask questions to gain more information or clarify what they are telling you. Good questions open lines of communication.

Be a reflective listener. Restate or reflect back to the other person your interpretation of what they are telling you. This simple technique shows the other person that you are both listening and understanding what they are saying. Restating what you think is being said may cause some short-term conflict in some situations, but it is certainly worth the risk.

Do not interrupt. Wait to speak until the person or people you want to communicate with are listening. If they are not ready to listen, no matter how

The quality of any relationship ultimately comes down to the quality of its communication.

well you communicate, your message will not be heard.

Don't try to talk over somebody.

If you find yourself being interrupted, relax, don't try and out talk the other person. If you are courteous and allow them to speak, eventually (unless they are extremely rude) they will respond likewise. If they don't, point out to them that they are interrupting the communication process. You can only do this if you have been a good listener. Double-standards in relationships seldom work.

POSITIVITY

Help the other person become an active listener.

This can be done by asking them if they understood what you were communicating. Ask them to tell you what it was that they heard. If they don't seem to be understanding what it is you are saying, keep after it until they do.

Don't be afraid of long silences.

Human communication involves much more than human words. A great deal can be communicated during silences.

FOUR-LEGGED FRIENDS

If you truly are not a "people person," make friends with the next-best thing: a pet. A relationship with a pet can be almost as positive as a human relationship. Studies have shown that owning or caring for a pet can relieve loneliness, depression, and anxiety, and even promote a quicker recovery from illness.

Unfortunately in many situations silence can make us feel uncomfortable. *Relax.* Some people need silence to collect their thoughts and feel safe in communicating. The important thing to remember during silences is that you must remain an active listener.

Good communication in our relationships usually translates to greater intimacy. Words are not enough, however, in our most intimate relationships. It is not enough to simply feel love in our friendships and intimate relationships; we must express these feelings. We must demonstrate to our loved ones just how important they are to us. We must continually find ways to communicate our deepest feelings through our actions.

The bottom line is that we all need positive relationships to nourish us and allow us an expression of the best part of ourselves.



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Dr. Michael T. Murray

Dr. Murray is one of the world's leading authorities on natural medicine, and author of over 30 books on natural approaches to health.



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EXPERT ANSWERS TO YOUR **HEALTH QUESTIONS**

FROM THE EDITOR

Do you have a question for Dr. Murray? Submit it online at www.DoctorMurray.com/contact-us. Please note that answers to health questions are not medical advice. If you have an issue that requires medical attention, please see your doctor.

Q I was told that I should take curcumin for my osteoarthritis, but I'm confused by all the different choices. Why do you recommend Theracurmin?

A Curcumin is considered to be nature's most powerful anti-inflammatory. Unfortunately, clinical research has been limited due to curcumin's poor absorption in humans. Theracurmin is a major breakthrough in curcumin absorption. Watch this informative video to learn more about inflammation and the most bioavailable form of curcumin presently available.

Q I have pollen allergies, but antihistamines make me feel drowsy and dizzy. My mouth also gets very dry when I take them. Is there anything natural I can take?

A You are not alone; an estimated 50 million Americans have allergies to airborne triggers that can cause symptoms of hayfever. While many Americans reach for prescription and over-the-counter (OTC) antihistamines to treat their allergies, natural medicines can offer significant advantages. Keep in mind that popular antihistamine drugs, whether they're prescription or OTC, offer only symptomatic relief—they don't solve the





problem. I suggest three key nutrients for fighting allergies naturally: quercetin, polyphenols, and fish oils.

In scientific studies, quercetin has consistently demonstrated the greatest antiallergy effects among the flavonoids. Recently, a highly bioavailable, enzymatically modified form of isoquercetin (EMIQ) has been developed. This form has shown significant effects in improving some of the symptoms of hayfever in double-blind clinical studies. The dose of EMIQ is 100 mg twice per day.

Two double-blind studies showed apple polyphenols reduced hayfever symptoms. Patients receiving both a low dose (50 mg per day) and a higher dose (250 mg per day) showed significant improvement in sneezing attacks and nasal discharge. I recommend taking 100 to 250 mg apple polyphenol extract twice per day. Other polyphenol-rich

extracts such as grapeseed, pine bark, or green tree extract have similar results. The dosage is 150 to 300 mg per day.

And finally fish oil is great for boosting the immune system and quelling inflammation associated with allergies. The dosage is 1,000 mg EPA and DHA per day.

Q I've heard different views on how much vitamin D I should take. What do you recommend?

A Vitamin D deficiency is very common. The best way to determine if you are deficient is to have your doctor measure your levels. If you are deficient in vitamin D, I recommend a minimum of 5,000 IU of vitamin D3 daily, and recheck your levels in three months. If you want to supplement without blood measurement, most experts now recommend an intake of at least 2,000 IU daily.



HORMONES

A DELICATE BALANCE

By Marita Schauch, ND

Hormones are chemical messengers that control mood, stress, and metabolism. In good health, women's hormones work together in a delicate balance. When hormones are not in balance, women are stressed, tired, and unwell. In my medical practice I see these four recurring women's issues related to hormones.

❶ TOO MUCH ESTROGEN

One of the major causes of hormone imbalance is excess estrogen in relation to progesterone, a condition known as estrogen dominance. This imbalance occurs because we are exposed to both natural forms of estrogen created by the body and foreign forms created outside the body, referred to as xenoestrogens.



Examples of xenoestrogens include birth control pills, pesticides, plastics, and other environmental toxins. The body responds to xenoestrogens as if they were natural forms of estrogen, setting the stage for imbalance. Symptoms of estrogen dominance include PMS, heavy and painful periods, acne, and other hormone-related issues. All-natural EstroSense® assists the liver in eliminating excess estrogens to support a woman's delicate hormonal balance and is good for women of all ages.

② STRESS AND SLEEP

The adrenal gland responds to stress by producing hormones as a coping mechanism. Today's busy world triggers the stress response too often. Problems arise when hormones are continuously pumped out, causing the body to become depleted and exhausted. AdrenaSense® is a supplement that provides nutrients to support the adrenal glands to minimize stress and promote a restful night's sleep.

③ UNTREATED THYROID

Approximately 27 million Americans have thyroid disease. If you are tired, gaining weight, and have cold hands and feet, chances are you have an underperforming thyroid. The thyroid gland produces two key hormones for a healthy metabolism. Clinically low thyroid, as confirmed by your doctor, requires prescription medication; however, many women with normal test

results still experience symptoms, due to the one-size-fits-all test used to measure thyroid-stimulating hormone (TSH). For thyroid and metabolism support, try all-natural ThyroSense®. ThyroSense is safe to use with low thyroid medications, but always check with your doctor prior to taking if you are on medication.

④ FLUCTUATING HORMONES

When a woman's childbearing years end, she will experience the first signs of menopause and begin adjusting to fluctuating hormones. Signs of menopause include irregular or absent menstrual periods, hot flashes, night sweats, and mood swings. Menopause is a natural life event, and herbs have been used for centuries to ease its symptoms. My favorite supplement is MenoSense®, an all-natural herbal formula designed to restore balance and relieve symptoms associated with menopause, such as hot flashes and night sweats.

With proper nutritional support, enough rest, and good stress-management techniques, hormone imbalances can be righted again. And that will help your health, both in the short term and the long term.

ABOUT THE AUTHOR

Dr. Marita Schauch is an expert on women's health and, in addition to her clinical practice, actively lectures across North America. Dr. Schauch recently released her book, Making Sense of Women's Health and is also the co-author of The Adrenal Stress Connection. She is a women's health educator for Natural Factors.

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-Dr. Marita Schauch

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AdrenaSense® - Supports healthy adrenal glands, promoting a restful sleep and combating fatigue

ThyroSense® - Supports optimal thyroid function, improving weight loss and boosting metabolism

Free Book Worth \$24.95!

The first 50 people to email us will receive a free copy of Dr. Schauch's new book, *Making Sense of Women's Health*. Please email samples@naturalfactors.com and in the subject line include: Natural Health.



Dr. Marita Schauch, N.D.

Dr. Marita Schauch is an expert on women's health and, in addition to her clinical practice, keeps a busy lecture schedule. Dr. Schauch has recently released her book, *Making Sense of Women's Health*. Dr. Schauch is also a women's health educator for Natural Factors.

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