

## **GLUCOSAMINE AND CHONDROITIN EFFECTIVE IN EASING JOINT PAIN THE NATURAL WAY**

### **New Studies Show Combined Supplements Play Role in Slowing or Controlling Joint Deterioration from Arthritis**

NEW YORK, NY — Since unconventional approaches are not tested as extensively as mainstream medications, word of mouth has often led osteoarthritis sufferers to a variety of complementary pain relief therapies. Hundreds of thousands of people began to use glucosamine and chondroitin sulfate in the late 1990's to ease their joint discomfort. Recent studies seem to be bearing out that these natural supplements are safe and effective.

According to the recently published book *Strong Women and Men Beat Arthritis*, when researchers at the Boston University Arthritis Center looked at the combined results of fifteen different, mostly small studies conducted between 1996 and 1999, they found slight to moderate overall benefits for osteoarthritis patients using the supplements. And in one study conducted in Belgium of 212 people with arthritis of the knee, pain decreased for those who took glucosamine.

The National Institutes of Health are now in the midst of a \$6 million research trial on glucosamine and chondroitin and their role in slowing or controlling the rate of deterioration frequently associated with joint problems. Results are not expected until next year at the earliest, but their overview of research going back a decade shows that these supplements may truly make a difference.

Another just released study based on a commercially available product called JointFlex<sup>®</sup> Pain Relieving Cream looked at the effectiveness of topical ointments for osteoarthritis of the knee.

Results show that a proprietary technique used in the product successfully maximizes skin penetration and targets delivery of the active ingredients, which include glucosamine and chondroitin, for almost immediate relief.

In his recent book *Arthritis For Dummies*, co-author Barry Fox, Ph.D. reported that combined results from a variety of studies suggest that when using the supplements in recommended doses patients experience:

- Significant reduction in joint discomfort.
- Slowing of cartilage erosion.
- Few to no side effects.
- Positive results that continued after the supplement was discontinued.

(With standard medications, the pain relief stops soon after you end the treatment.)

How do glucosamine and chondroitin sulfate work? While standard medications used for osteoarthritis are designed to relieve symptoms, these essential components of cartilage seem to help the body heal itself. Glucosamine, made from crab, lobster and shrimp shells, enhances the synthesis of proteins that build cartilage. Chondroitin is believed to inhibit the synthesis of enzymes that destroy cartilage. They are most often used together.

Many physicians are becoming more supportive of alternative or complementary approaches and should be informed of anything new a patient decides to try. This may often lead to adjustments in other ongoing treatments.