

NATURAL ALTERNATIVES to ANTI-INFLAMMATORY SUPPLEMENTS

Glucosamine Sulfate

Usage: One 500 mg capsule, AM and PM, for 3 days. Then, two 500 mg, capsules, AM and PM for 3 days. Then, three 500 mg. capsules, AM and PM for 1-3 months. Then, adjust back to 2 daily. Maintenance level is 2-3 capsules daily.

Glucosamine stimulates connective tissue production and facilitates the repair of the arthritic joint. It stimulates the repair of cartilage inside your joints. It also relieves pain. It is considered the choice for prolonged oral treatment of rheumatic disorders.

Omega-3 Fish Oils

Usage: 2 capsules (1000 mg) twice daily; after response, may decrease to one capsule daily.

Omega-3 fatty acids, most commonly taken in fish oil capsules, act as a powerful anti-inflammatory by increasing the production of prostaglandins. It blocks the angiogenic process, decreasing pain and inflammation.

MSM – Methyl Sulfonyl Methane

Usage: 1000 mg per each 60 lbs of body weight twice daily. For example, a 120 lb person would take two 1000 mg capsules or tablets two times daily.

MSM is a pure, natural sulfur and very important to basic body foundation functions. Sulfur is a component of amino acids, vitamins, hormones, and proteins. Collagen and Glucosamine make components of joints and are dependent on sulfur. Our muscles, hair, skin and nails require a very high content of MSM to be healthy. Lack of MSM can result in lessened permeability of blood vessels and inflammation of joints. MSM is not an artificial drug or painkiller for instant relief. The length and severity of the problem or injury determine how long it takes to get an effect from using MSM. Consistent use results in a reduction of swelling of joints, prevention of breakdown of cartilage in joints, shortens the recovery and healing time from injuries and surgery.

Serrapeptase (Serraflyzyme)

Usage: Typically this is taken in 5 mg tablet form three times daily.

This enzyme therapy is an alternative to non-steroidal anti-inflammatory drugs. It has been widely used throughout Europe and Asia as an alternative to aspirin products and Ibuprofen without the associated gastrointestinal side effects. Histologic studies reveal powerful anti-inflammatory affects of this naturally occurring enzyme. Clinically, serrapeptase has been used in the treatment of chronic sinusitis, traumatic injury and post-operative inflammation and to facilitate the therapeutic effect of anti-biotics in the treatment of infections, as well as a treatment of inflammatory and traumatic swellings with reduction of pain on a systemic level.

Vitamin E

Usage: 400 mcg gelcap twice daily. It is preferable to use a natural source, mixed tocopherol Vit E, rather than the d-alpha version alone.

Vitamin E is known as an anti-oxidant but is also an effective anti-inflammatory. There are estrogen receptor sites in the joint capsule and the Vitamin E acts on these sites and their part in the inflammation response.

Knox Gelatin

Gelatin Usage: Take two ½ packages daily mixed into orange juice.

Knox Gelatin contains all of the raw materials found in cartilage. This can make a dramatic difference in arthritis management.

Knox NutraJoint

NutraJoint Usage: Put one scoop, once daily, in 6-8 oz of your favorite beverage, such as fruit juice or coffee. It is not recommended in carbonated beverages.

Knox NutraJoint is the joint health dietary supplement designed to help the body's natural process of rebuilding cartilage and increasing flexibility. It contains gelatine, and 7 key bone and joint nutrients including vitamins C, D and K, plus calcium, copper, manganese and zinc.

Joint Juice

Joint Juice is a dietary supplement that hydrates and lubricates your joints to help improve cushioning and function. Each 8 oz. can of Joint Juice combines a full day's supply of 1500 mg of glucosamine and 60 mg of vitamin C with real fruit juice.

Drinking Joint Juice daily gives your body 1500 mg of glucosamine in an easy to take formula. Research indicates that taking 1500 mg of glucosamine daily can help to ensure that your joint cartilage has what it needs to stay healthy. With daily use you may see results in as little as four to eight weeks.