

# Arthritis: Osteoarthritis Herbal Support Program

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Osteoarthritis, often called the "wear and tear" arthritis, is the most prevalent form of arthritis. Common to nearly all vertebrates, including those long-extinct giants, the dinosaurs, it is a chronic disease in which the cartilage breaks down. Cartilage is a slippery tissue that covers the ends of bones in a joint, allowing the bones to glide over one another. It also absorbs energy from the shock of physical movement. When cartilage in a joint deteriorates, osteoarthritis occurs.

How is osteoarthritis diagnosed? No single test can pinpoint the disease. Most doctors use a combination of patient history and examination, along with x-rays to diagnose the disease and rule out other causes for the symptoms. As the cartilage in a joint deteriorates, the bones begin to rub together, causing pain, swelling, and loss of motion of the joint. The joint may begin to lose shape. Small bone spurs called osteophytes may grow on the edges of the joint. Inflammation may or may not be present. Pain may flare up on use or through environmental changes such as "cold, damp" weather. In Traditional Chinese Medicine, arthritis is viewed as caused by obstruction of the energy channels and restriction of blood flow, reducing the body's ability to ease inflammation. These symptoms almost always begin gradually, taking years until the pain is severe.

**Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).** Even though they are commonly prescribed, the physical cost of years of pain management with Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) can be severe, even fatal! The New England Journal of Medicine reports that "anti-inflammatory drugs (prescription and over-the-counter, which include Advil®, Motrin®, Aleve®, Ordus®, Aspirin, and over 20 others) alone cause over 16,500 deaths and over 103,000 hospitalizations per year in the US," according to a review article published in the New England Journal of Medicine.(1) Everything from stomach bleeding to intestinal damage to liver failure can result from the long-term use and interactions with what are known as NSAIDS, or Non-Steroidal Anti-Inflammatory Drugs. Fortunately, herbs and glucosamine are not only safe and effective means of easing the joint discomfort of arthritis, but glucosamine can help to rebuild the cartilage. Rather than just focusing on treating the symptoms and covering up the pain, it is more sensible to get to the root of the problem and pay attention to the body.

## FACTS:

40 million Americans (one in six) have arthritis. About 6 million Americans (2.5 percent of the U.S. population) are self diagnosed. By the year 2020, the Centers for Disease Control projects that arthritis will increase to 59.4 million Americans. Women are affected by arthritis more than men. At least 26 million women of all ages have arthritis. Arthritis is the number one cause of disability in America. It limits for about 7 million Americans. The estimated annual cost of arthritis to the economy is \$65 billion in medical care and indirect costs such as lost wages Osteoarthritis is the most common form of arthritis, affecting an estimated 20.7 million Americans. Almost every person over the age of 75 has OA in at least one joint Osteoarthritis affects an estimated 20.7 million Americans. Almost everyone over the age of 75 is affected in at least one joint. Before age 45, more men have it, while after age 45, osteoarthritis is more common in women. OA is responsible for more than 7 million physician visits per year.

## SUPPLEMENTATION PROGRAM:

1. **JOINT-EASE FORMULA:** 2 capsules, 3 times daily.
2. **GLUCOSAMINE:** 1 capsule, 3 times daily.

Include: **INFLAM-EASE FORMULA:** 2 capsules, 3 times daily for "flare-ups" of

*\*The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*