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THE SHOPPING MAGAZINE FOR NATURAL LIVING

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Pain Free, Naturally!

by Dr. [Jacob Teitelbaum](#)

Staying active is one of the best ways of staying young. Unless, of course, the very idea makes you wince in pain because you're thinking of how you felt after your *last* workout.

If you suffer from inflammation after going for a 5-mile run, working in your garden, or due to more serious conditions including rheumatoid arthritis or osteoarthritis, you may be tempted to take aspirin, ibuprofen or some other over-the-counter or prescription pain reliever. Even if you've heard that they can be bad for your stomach lining and possibly cause serious damage to your heart or liver, you might wonder, "What else can I do?"

The answer is easier than you think. Simply skip the synthetic drugs and let nature help. There are amazing ingredients that fight pain quickly and effectively—and that don't put your health at risk.

Healing Herbs

Curcumin, a compound from turmeric (*Curcuma longa*), can dramatically reduce inflammation and pain by inhibiting COX-2 enzyme activity, protect you from oxidative stress, and prevent muscle damage to your body before exercise. It also helps to alleviate pain after physical activity.

Not all curcumin extracts are identical, however. Standard extracts can be difficult for the body to absorb and usually require massive doses to be effective. The best form of curcumin extract is reduced to a very small powder and blended with turmeric oils for improved absorption and blood retention. Studies demonstrate that this unique form of curcumin, BCM-95, is up to 10 times more absorbable than standard extracts.

Another "must-have" ingredient for an active life is boswellia (*Boswellia serrata*). This Ayurvedic herb is a perfect partner to curcumin. It blocks inflammation along the 5-LOX pathway and also stops damage to your knees and other joints.



Like curcumin, it's important to get the best extract. The most effective boswellia contains naturally higher levels of acetyl-11-keto-beta-boswellic acid (AKBA). When it comes to inhibiting inflammatory leukotrienes, AKBA is really the heavy lifter. However, a quality boswellia extract should screen out beta-boswellic acid, a compound that would otherwise increase inflammation. A specific boswellia extract, BosPure, does exactly that.

Do these botanicals really work? You bet! In fact, a unique combination of BCM-95 curcumin and AKBA-rich BosPure boswellia was actually judged to be superior to the prescription arthritis drug, celecoxib (the generic of the brand name Celebrex), in a clinical study of osteoarthritis.

The herbal combination relieved pain, improved walking distance, and reduced joint tenderness scores

better than celecoxib. Because of its effectiveness and safety profile, it was considered a much better approach to treating active osteoarthritis than the synthetic drug.

There are amazing ingredients that fight pain quickly and effectively—and don't put your health at risk.

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For pain relief, 64 percent of those taking the curcumin and boswellia combination versus 29 percent in the drug group improved to such a high degree that they were able to move from having “moderate to severe arthritis” to “mild to moderate arthritis.” Of course, these botanicals also help heal joint damage that’s occurred over time, so even if you haven’t been active for a while, they can help you get moving again.

Pain and the Brain

Along with BCM-95 curcumin and BosPure boswellia, you need an amino acid combination called d,l-phenylalanine (or DLPA). The “d” form of phenylalanine inhibits the breakdown of enkephalins—peptides related to “feel good” endorphins—which are associated with keeping a positive mood. It also relieves muscle pain in its own right. The “l” in d,l-phenylalanine boosts natural mood-elevating chemicals in the brain, including dopamine, epinephrine and norepinephrine. A positive outlook is incredibly important when it comes to dealing with inflammation and pain, so this amino acid combination is essential.

The final ingredient you need in a natural pain formula is nattokinase. This purified enzyme extract from natto (a fermented soybean food), helps carry the other ingredients through the bloodstream so they can get to where they’re needed most—including your sore muscles and joints. In the process, nattokinase also decreases plasma levels of fibrinogen, which then increases circulation to reduce muscle pain.

Being active is wonderful. It helps your heart stay strong, keeps extra pounds in check, and improves your mood and mental outlook. But in order to live to the fullest, you need

to deal with pain. This combination of ingredients does more than *mask* the symptoms of pain—it stops their cause. Better yet, it allows you to enjoy exercise without the risks of conventional pain relievers—naturally. ■



Dr. Jacob Teitelbaum, M.D., is a recognized leader in the natural research and treatment of pain, chronic fatigue syndrome and fibromyalgia.