

# The “New Rules” of Joint Pain Relief

This new, scientifically-proven natural compound is now considered the “missing link” to complete cartilage repair.

Plus, it can short-circuit joint pain and tenderness at its source.

**F**or anyone who suffers from the daily struggle of stiff fingers, aching knees and swollen ankles, bone and joint discomfort can remove the simple joy out of every facet of life.

It’s tough to roll out of bed in the morning without feeling stiff and sore, or open a simple jar without cringing. Other people have to give up many of the activities they love. Even a short walk to the mailbox can be a daily struggle.

Arthritis used to be an old person’s disease. But today people as young as 40 are beginning to feel its effects. Why? The simple wear and tear of daily life is one reason. Diet and exercise play a part, as well as chemicals, additives and toxins found in the environment and processed foods. These toxins find their way into your body and build up in your joints, where they release toxic enzymes that slowly eat away at joint function.

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However, new research shows that many aches and discomfort are caused by the immune system reacting to stress conditions in the joint, which leads to inflammation overrun. And the results are painful—even possibly life-threatening.

## The New “Silent Killer”

Most of the time, the immune system acts like a lifesaver—a normal response to an injury, a healthy attempt to protect the body from infection and fend off bacteria or viruses.

When potentially dangerous microbes enter the body, the immune system increases production of proteins called *cytokines* that annihilate both the invader and any tissue it may have infected. Then the process subsides and the healing begins.

But when this process goes awry, trouble begins. In the war between toxins, microbes and other invaders in our body, the immune system brings out the big guns. Cytokines begin to attack whatever is available, including healthy tissues. Eventually this heightened immune response starts working against your healthy joint tissue. Cartilage and collagen in joints break down, causing pain and chipping away at mobility.

Since the immune system is so overworked, it affects the body’s ability to fight off an array of illnesses and disease—everything from colds and flu to more serious conditions such as Alzheimer’s and heart disease.

This is why reducing arthritis pain today could prevent major problems tomorrow.

## A “Solution” That’s Worse Than the Symptoms?

For most people, the occasional use of over-the-counter painkillers such as aspirin, acetaminophen, ibuprofen (like Advil or Motrin), and naproxen (Aleve)—all of which are non-steroidal anti-inflammatory drugs (NSAIDs)—are effective. However, using these remedies can lead to serious health risks.

Each year, the side effects of long-term NSAID use cause nearly 103,000 hospitalizations and 16,500 deaths, including some 100 accidental overdoses.

NSAIDs are responsible for almost 80% of cases of stomach ulcerations and bleeding,<sup>1</sup> 10% of which are fatal<sup>2</sup>. A 2005 study

published in *Clinical Gastroenterology and Hepatology* has confirmed through video capsule endoscopy that long-term NSAID use causes severe visible damage to the small intestine and raises the risk of intestinal bleeding. Many hypertensive patients with unhealthy joints are often warned against taking either over-the-counter or prescription NSAIDs because studies have linked them to increases in blood pressure.<sup>3</sup>

Perhaps most important to remember: while these treatments may provide temporary relief for arthritis, they do little to improve overall joint health. Since these drugs don't address the root cause of pain, inflammation, and the overstressed immune system joints and cartilage continue to deteriorate.

In this Special Report, you'll learn about a revolutionary all- natural approach that not only relieves arthritis pain and stiffness, but also helps repair and rebuild damaged joints at their source. New research shows it could provide the key to helping people suffering with arthritis and other joint problems to get back on the road to a full, vibrant and energetic life for decades to come.

## Supplementing Your Joints

Studies show certain key nutrients can renew and rebuild the health of bones, joints, and cartilage to the point where they can alleviate discomfort and improve mobility and flexibility. Two of the most popular are *Glucosamine* and *Chondroitin*.

### *Glucosamine*

Scientists refer to glucosamine as an essential “building block” for good joint health. It helps stimulate the manufacture of connective tissue, the primary substance of the cartilage pad which cushions the joints.

Young, healthy joints usually produce their own supply of glucosamine. But as we age, production slows. Less glucosamine means less natural repair power for cartilage and joints. The result? Aches, swelling, and inflammation that tends to get worse over time.

According to some studies, supplementing with *glucosamine sulfate* (the most effective form of glucosamine) may provide some pain relief without adverse side effects.

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In one European study, 68 athletes with knee-cartilage damage were given 1,500 milligrams of glucosamine daily for 40 days, then a lower 750-milligram dose for the next 3 months. 52 of the athletes said their symptoms completely disappeared and were able to train at pre-injury rates.<sup>4</sup>

### **Chondroitin**

Glucosamine is usually more effective when taken with a nutrient called chondroitin. Chondroitin, or *chondroitin sulfate*, is part of a protein molecule that provides elasticity to bone cartilage. It holds water and nutrients in cartilage and giving it structure.

Chondroitin helps lubricate joints and maintains healthy cartilage tissue. Chondroitin also stops the destructive action of certain enzymes which break down cartilage.

Alternative medicine practitioners state that supplementing with glucosamine and chondroitin may increase the rate of formation of new cartilage by providing more of the necessary building blocks. But is this true?

## **Looking to Purchase a Glucosamine/ Chondroitin Supplement? Buyer Beware!**

To get the maximum benefit from these two nutrients, you must take the amounts shown in studies to provide the most effectiveness. That means a minimum daily total of 1,500 milligrams of glucosamine; and 1,200 mgs daily of chondroitin. That's at least four very large pills per day in order to feel any benefits.

Many popular supplements contain nutrient levels that are quite low, or supply them in forms that are weak and ineffective. This is especially true with chondroitin supplements. Since the most effective type of chondroitin—*chondroitin sulfate*—is expensive, many vitamin makers will cut back on the amount of ingredient used, or substitute a cheaper form.

Plus, glucosamine and chondroitin aren't considered "painkillers"—so they don't relieve pain directly. They repair connective tissue which can ease discomfort. However, it can take as long as three months—possibly even longer—to notice a difference. Many people who take these nutrients fail to get any relief at all.

A study recently published in the *New England Journal of Medicine* showed mixed results as to the benefits of glucosamine and chondroitin. The study included nearly 1,600 people with osteoarthritis of the knee, the joint that's most likely to cause pain and loss of mobility.

Participants were randomly assigned to receive either glucosamine alone, chondroitin sulfate alone, glucosamine and chondroitin combined, Celebrex (a prescription drug approved for arthritis pain), or a placebo.

The study concluded neither glucosamine nor chondroitin, either alone or in combination, worked significantly better than the placebo. But it's also important to note that the prescription drug, Celebrex, didn't perform much better, either.<sup>5</sup>

Glucosamine and chondroitin do provide some of the building blocks the body needs to create new joint cartilage, and many people have found a moderate amount of relief taking them. However, these two nutrients have absolutely no effect on your immune system—and as we've seen, an overworked immune system is a major cause of poor joint health. Unless you solve the source of what's causing your arthritis, you won't feel relief and joint problems will only get worse.

However, researchers have recently discovered a new molecular compound that “feeds” articular cartilage at the cellular level to renew the health of joints. Articular cartilage works as a special “shock absorber” for joints. When it wears out and loses strength, joint health declines.

This just-discovered peptide not only rebuilds damaged cartilage but also works in harmony with the body's immune system to stop overall joint destruction.

## **“Molecular Velcro” for the Joints**

Collagen is the building block of all tissues in the body. Your skin is made of it. Your blood vessels are lined with it. Tendons, ligaments, the cartilage in your nose, ears, and joints, and even the corneas of your eyes are all made of collagen.

Collagen is made up of a string of amino acids, and one could compare it to the girders in a skyscraper. It gives the body's tissues form, strength, and resiliency. Research shows that as we age, collagen is destroyed faster than it can be repaired. Cosmetic companies know

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this and have created a multibillion dollar industry which targets skin wrinkles, a sign of damage to collagen in the skin.

But what about collagen elsewhere in the body? If collagen is being destroyed on your skin, what about the collagen in the joints? Is that too being destroyed in a similar process?

The answer is YES. There are 14 different types of collagen in the body, but the type most helpful for joints is called Type II collagen. Type II collagen acts like “Molecular Velcro”—the glue that holds the articular cartilage in your joints together.

Rich with many essential nutrients, Type II collagen nourishes the articular cartilage in joints, which can make them stronger, healthier, and more flexible. It’s also a rich, natural source of glucosamine and chondroitin sulfate.

As a result, Type 2 cartilage can fortify unhealthy joints, improve mobility, soothe inflammation, and even alleviate the causes of many bone and joint problems.<sup>6</sup>

Two prominent Boston Medical Studies were the first to reveal the rejuvenating powers of Type II Collagen. The first was lead by Dr. Martha Barnett and a team of researchers from Beth Israel Hospital Research Center.

Over a six-month period, she gave patients either a placebo or one of four quantities of type II collagen. Results suggested patients taking even the *smallest* amount of type II collagen felt reduced tenderness and improved joint health.<sup>7</sup>

In a second study, Dr. Barnett noted that Type II Collagen helped improve grip strengths, reduced walking time, and improved mobility without any adverse side effects.<sup>8</sup>

## **New Patented and Clinically Proven Liquid Form of Type II Collagen Flips the Body’s Switch from Joint Destruction to Joint Construction**

Scientists have recently developed a new form of Type II Collagen, a patented liquid containing Biologically Active Peptide Fragments of *Collagen Type II n-1*, which is the main protein in cartilage and ligaments.

Working by a mechanism called “oral tolerance”, *Collagen Type II n-1* can help train the immune system not to over-react. It also calms down an already-overactive immune system and stops the destructive process, so joints can begin to rebuild.

Another reason why *Collagen Type II n-1* is more effective for boosting overall than Glucosamine and Chondroitin is because it helps solve what’s known as “The Cartilage Equation.”

Cartilage is made of Collagen plus GAG’s (Glycoamino Glycans, like Glucosamine and Chondroitin). Both are important in the joints, but supplementing with glucosamine and chondroitin alone cannot fully repair the cartilage. These two nutrients fall short because they don’t support the health of the main structural part of the cartilage—the part that’s under attack by the immune system. It also doesn’t turn off painful inflammation and turn on repair, but *Collagen Type II n-1* does.

This is why *Collagen Type II n-1* is called the missing link to complete cartilage repair that can solve the true underlying causes of arthritis.

## **Extensive Clinical Trials Prove Effectiveness**

Backed by 10 human clinical trials, 14 U.S. patents and over a decade of research, *Collagen Type II n-1* is among the most clinically validated natural supplements ever made.

Participants in one double-blind, placebo-controlled study reported a reduction in the number of swollen and tender joints with liquid intake of *Collagen Type II n-1*. Ten human clinical trials of this compound show that *Collagen Type II n-1* may help:

1. Relieve joint stiffness
2. Improve mobility
3. Reduce joint tenderness
4. Reduce the swelling
5. Increase grip strength

## **Enhanced Delivery System Means No Horse Pills to Swallow**

*Collagen Type II n-1* is one of the most effective natural solutions to address the root cause of joint problems. Best of all, there are no pills to

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take. Since it is available in liquid form, it's very easily absorbed by the body; as a result, joint repair can begin almost immediately.

You also don't need to take a lot of this nutrient in order to realize the health benefits. Only 60 micrograms—3 drops—is enough to switch off the aches and pains, alleviate morning stiffness and enjoy better flexibility and freedom of motion.

It's tasteless and odorless. Just squeeze three small droplets into water or any type of fruit juice (except grapefruit) 10 minutes first thing in the morning, before eating. It naturally works for the body's system for joint building and defense.

How quickly will you feel results? As with all illnesses, the earlier you start improving overall joint health, the faster you will get relief. Many people report feeling better and gaining more joint mobility in as little as six weeks, but most patients noticed a difference after three months.

The best results come when you make *Collagen Type II n-1* a regular part of your daily health regimen. When taken over the long run, its natural joint-soothing powers can build up and perform at their optimum levels. Multiple studies show this miracle peptide could be the most effective way to build healthier, pain-free joints today and for decades to come.

#### REFERENCES

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<sup>8</sup> *Ibid.*

