

Ominous Ache

The inflammation of rheumatoid arthritis can cause cardiovascular trouble.

For 30 years, Bill Clark enjoyed hiking Colorado's high desert and skiing its Rockies.

He mountain-biked and played a mean game of handball. Even with a bad back, hip and knees, he kept going.

"Then in 2008, I was bedridden with pain. My hands felt like they were trapped in a car door," says the retired environmental scientist, who lives in Grand Junction. Now? His health has improved, but Clark has trouble opening a jar.

Joint Attack

Clark endured two decades of increasing pain and disability before learning he has *rheumatoid arthritis* (RA). Unlike the more common *osteoarthritis*, in RA the immune system mistakenly attacks the body itself. This creates inflammation that especially affects the joints and connective tissues. It is usually diagnosed in people between the ages of 30 and 60. Risk factors include smoking, obesity and toxin exposure.

Blood vessels can be affected by RA. This can lead to cardiovascular disease, especially among people with severe RA. Women with the disorder who go through menopause before age 45 also appear to be at a greater risk of developing heart problems.

RA often attacks the hands and wrists, causing morning stiffness that can last for hours. Osteoarthritis may also attack these areas "but usually involves fewer joints, like the base of the thumb and the big toe," says Sharon L. Kolasinski, MD, FACP, FACR, professor of medicine at Cooper Medical School of Rowan University in



Camden, New Jersey. "The biggest difference between the two types of arthritis is the noticeable swelling of multiple joints in RA. The rheumatoid type can come on abruptly, or develop gradually over weeks and months, becoming increasingly worse."

RA symptoms vary from day to day and from patient to patient, with flare-ups lasting for days or weeks. If you think you have RA, consult with your practitioner. Untreated RA can lead to permanent joint damage.

RA has no cure, although medication is generally used to reduce the inflammation and slow disease progression. But a wholesome diet, nutritional supplements, exercise and natural relaxation techniques can help boost the immune system and relieve symptoms.

Natural Approaches

Digestive tract dysfunction can lead to RA development, especially a condition

called *intestinal permeability*. "That's when the gastrointestinal tract is inflamed and food fails to break down enough. Instead, it leaks through the intestinal wall and into the bloodstream," says Keith Wilkinson, ND, of Integral Naturopathic Medicine in Phoenix, Arizona (integralnatmed.com). "The immune system reacts, causing inflammation throughout the body." Disruptions in the microbes normally found within the digestive tract may play a role. One study found a link between overgrowth of *Prevotella copri*, a species of intestinal bacteria, and RA onset (*eLife* 11/5/13).

To ease intestinal permeability, Wilkinson recommends an anti-inflammatory diet heavy on minimally processed foods—fruits and vegetables, healthy fats, grass-fed meats and fish. Olives provide **hydroxytyrosol**, which helps ease inflammation, as do **enzymes** such as those found in

pineapple and other fruits. Brightly colored berries provide a full spectrum of **antioxidants**, which fight cell-damaging free radicals. "**Glutamine**, an amino acid, and high-dose **probiotics** can strengthen the gut," adds Wilkinson.

Studies have shown that **fish oil** can ease joint pain and stiffness. "Eat foods high in **omega-3 fatty acids**, such as salmon, albacore tuna, flax seeds, walnuts, and canola or flax seed oils," says Christine McKinney, RD, registered dietitian at Johns Hopkins Bayview Medical Center in Baltimore.

Selenium can help control inflammation as can **vitamin D**. And **Origanox** is a standardized extract of oregano, which has been found to reduce immune-system substances that promote inflammation.

Exercise is crucial. "Moving less results in muscle weakness and atrophy," says Kolasinski. "The weaker your muscles, the less they support the joints." Clark, the retired scientist, says, "When you have fatigue or pain

sometimes you can't move, so you must move when you can."

McKinney says, "Being overweight puts more stress on knee and leg joints, and can put you at risk for cardiovascular disease." Clark eventually lost 30 pounds.

In addition, Clark took up yoga. "Yoga and tai chi are good for balance, strength and reducing the emotional stress of chronic disease," says Kolasinski. Acupuncture can help reduce pain, as can relaxation techniques such as deep breathing and hypnosis. Massage and applying heat to achy joints also help.

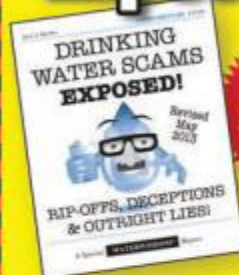
Clark, currently in remission, sees his diet and exercise program not "as temporary measures, but as a way of living."

—Claire Sykes

**ETWEB
EXTRA**

Do you have RA? How do you deal with it? Go to our **Facebook** page and let us know.

Water Scams Exposed!



FREE Report
\$1500 Value

Revised
May 2013

© 2012 Waterwise Inc.

Shocking truth revealed about:

- well
- bottled
- filtered
- mineral
- spring
- alkalized
- energized
- reverse osmosis
- distilled
- and more...

Call or visit waterwise.com/et for **FREE Report & Catalog**

800-874-9028 Ext 724

Waterwise Inc PO Box 484000
Leesburg FL 34749-4000



Formulated for Men who want more from life!



At Irwin Naturals, we know how important it is to be at the top of your game. That's why we created a range of products that are uniquely formulated to support the health needs of men throughout all stages of life. From sexual health to sports performance and daily nutrition... we have a targeted men's product for you!

Our best-selling men's health formulas include: Testosterone UP to promote healthy testosterone; Steel-Libido & Steel-Libido RED to boost vitality and

performance; and, Prosta-Strong to support prostate health and urinary flow. These are just a few of the many advanced formulas for men that you will find in the Irwin Naturals line of supplements.

Since our founding 20 years ago, we have taken a holistic approach to wellness – developing some of the most complete, multi-pronged, scientifically-supported formulas on the market. Every breakthrough formula is infused with our signature BioPerine Complex to enhance nutrient absorption and is quality tested to ensure purity, potency and efficacy.

The Irwin Advantage

- ✓ Scientifically-Supported Formulas
- ✓ Advanced Fast-Release Liquid Soft-Gels
- ✓ BioPerine® Enhanced Absorption
- ✓ Quality Tested

® **BIOPERINE**™ is a registered trademark of Sabinsa Corporation.

For more information on these and other top selling products visit: www.IrwinNaturals.com
Save \$2.00 on any product by entering coupon code: **011427**



join the Irwin community



STEEL-LIBIDO RED or ANY IRWIN NATURALS PRODUCT SAVE \$2

EXPIRES 05/31/14 MANUFACTURERS COUPON

Limit one per customer at retail locations only. Not valid for online or mail-order purchases. Irwin Naturals will reimburse you for the face value plus 8 cents handling provided it is redeemed by a consumer at the time of purchase on the brand name/label. Coupons not already redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any offer use constitutes fraud. Irwin Naturals reserves the right to any modifications. (See www.IrwinNaturals.com) and/or request your purchase for complete information. Matrix: 080 Dept. 8283, Irwin Naturals, 1 Lawson Drive, Tallahassee, FL 32304. Cash value: .001 cents. Void where laws or restrictions apply. COUPON FOR PROSTA-STRONG. Not valid for mail-order purchases. See label.



These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.