

How a Natural Molecule Helps Pain, Migraines, Fibromyalgia, Low Back Ache...



...and Keeps Your Heart, Arteries, Brain & Cells Healthy Too

by L. Stephen Coles, M.D., Ph.D.

One of the most exciting discoveries in the last decade has been understanding the role that inflammation plays in pain, heart disease, cancer, Alzheimer's disease, and even aging itself! Relieve inflammation and you relieve more than pain. You help prevent the leading causes of death and disability, and may even add a significant number of years to your life.

Research has also unraveled the inflammation cascade. A cascade is like the old game of dominoes—lining them up in complex patterns, and then a little nudge sets off a chain reaction of bumping and falling. Inflammation is caused by the release of a prostaglandin (PGE1), which is the first domino to fall. This sets off a reaction leading to inflammation that is sustained by enzymes called cyclooxygenase 2 (COX-2) and 5-lipoxygenase (5-LOX). The release of PGE1 in the first place can be caused by too many of the wrong fats in the diet, or by infection, disease, injury, or exposure to chemical agents.

It's interesting that cancer cells are surrounded by an abnormally heavy concentration of COX-2 enzymes (and 5-LOX in cases of prostate cancer). If it was possible to bring COX-2 enzyme levels back down to normal levels, it would be possible to control inflammation and possibly even help prevent cancer. This theory is further substantiated by reports of fewer cancers among chronic aspirin users (though more bleeding problems and serious stomach disorders).

According to the popular natural health newsletter, *Terry Talks Nutrition*, "Many years ago, drug companies found that aspirin inhibited COX-2 but at the same time inhibited COX-1, which is a protective prostaglandin for the lining of the digestive tract and blood vessels. Therefore, without adequate COX-1 protection, you may have ulcers and leaking of the blood vessels. So, for temporary use, aspirin is fine but for extended use

it may cause serious side effects and even death. In one report it was estimated that 26,000 people die annually from the overuse of aspirin and other drugs in this category, like ibuprofen. Then came the 'miracle' of COX-2 inhibitors (Vioxx, Bextra, Celebrex). It was theorized that these drugs did not cause ulcers or weak blood vessels, so the expectation was extremely high. Later scientists found that the results from these drugs were offset by the fact that these drugs caused heart attacks and strokes, because they induced clots in the blood. The risks were so great that the Food and Drug Administration took Vioxx and Bextra off the market permanently, and made manufacturers add serious warning labels to Celebrex."

From what we know about controlling inflammation, the synthetic drug approaches are both too limited and too dangerous for long-term use. But there is a natural solution that I believe is superior to the drug interventions.

It is called curcumin, a safe and natural anti-inflammatory product that can bring *both* COX-2 and 5-LOX levels back into balance. Curcumin is also such a potent antioxidant that it helps repair the oxidative damage caused by inflammation.

Where does curcumin come from? It is the substance in the spice turmeric that gives it that spectacular orange-yellow color. But only 5 percent of this curry spice is curcumin. Yet, that 5 percent can do so much. In fact, researchers at M.D. Anderson Hospital in Houston, Texas have stated that in laboratory studies, curcumin was as effective, if not more effective, than any cancer drug they have seen even from any pharmaceutical company.

Not surprisingly, I recommend a natural curcumin pill for all pain and arthritis patients. I recommend only one formula, called Curamin, because of its proven higher bioavailability. Because Curamin has such incredible absorption, it is *five to ten times stronger* than other curcumin products on the market.

This curcuminoid-rich extract in Curamin is known as BCM-95® and of all the products tested, it is the one that sustained the highest levels of curcumin in the bloodstream. The natural medicine company EuroPharma makes Curamin, which is what I recommend for pain. They use the same powerful BCM-95 curcumin in another clinically studied product, called CuraMed, which contains BCM-95 exclusively. Both these products achieve results where others fail. I have never been disappointed in their performance, and I don't think you will be, either. Curamin and CuraMed (containing BCM-95 curcumin) are readily available at health food stores and natural pharmacies everywhere! ■



Resources

BCM-95® curcumin products from EuroPharma are available at health food stores and natural pharmacies nationwide. For more information, visit: www.EuroPharmaUSA.com, or call 866-598-5487.

Subscribe to the informative Terry Talks Nutrition newsletter at www.TerryTalksNutrition.com.

Dr. Coles is a visiting scholar at UCLA and is the world's leading researcher into supercentenarians (the longest-lived people on earth).