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“Medicine Hunter” Chris Kilham Reveals Pain Management
Secret from Asia in *Healthy Living* Magazine
*Natural medicine expert recommends Curamin from
EuroPharma as a natural alternative to NSAID’s*

LOS ANGELES - *The Doctors' Prescription for Healthy Living* magazine (also known as *Healthy Living*) announced today that its May cover story is an article written by natural medicine expert Chris Kilham, also known as “The Medicine Hunter,” in which he recommends Curamin[®], a curcumin-based supplement from EuroPharma[®] for natural pain management. Kilham praises Curamin for its absence of negative side effects as well as its positive health effects, in addition to effective pain relief. The monthly magazine was distributed to health food stores nationwide in May.

In his *Healthy Living* article entitled “Changing our Relationship to Pain,” Kilham—who has been introduced on CNN as “The Indiana Jones of Natural Medicine” because he has traveled to over 20 countries in search of medicinal plants—has good news for the estimated 50 million Americans who suffer from chronic pain. Kilham says, “With Curamin, you have a safe painkiller with no negative side effects and only health benefits. In my opinion, this changes our relationship with pain, and opens up a huge door of opportunity for the field of natural, plant-based medicines.”

Kilham discusses the problem of side effects with the most common conventional pain medications. He explains that NSAIDs—or non-steroidal anti-inflammatory drugs (over-the-counter examples include ibuprofen, aspirin, and naproxen)—can cause stomach damage, including bleeding ulcers, and are implicated in over 16,000 deaths from side effects each year. The prescription drugs Vioxx and Celebrex can also cause liver and kidney damage and increase the risk of heart attack and stroke.

Kilham talks about curcumin, the natural derivative of turmeric root which provides the distinctive yellow color to curry dishes. Kilham explains, “Turmeric has a long history of use in Ayurvedic medicine for treating respiratory conditions (including asthma, allergies, coughs, and sinusitis), liver disorders, rheumatism, and diabetic wounds.” Kilham explains, “Curcumin demonstrates antioxidant and anti-inflammatory effects, anti-carcinogenic and anti-microbial activity, as well as liver-protective, heart-protective and anti-arthritis benefits. Recent studies also suggest curcumin may offer significant cognitive-enhancing and antidepressant benefits.”

Further, Kilham says curcumin is “utterly safe”, as “no studies in humans have discovered any toxicity associated with its use, even at very high doses”. He also points out that turmeric is consumed in very large quantities daily in various parts of Asia and Southeast Asia.

With regard to pain, Kilham says “turmeric root and curcumin show superstar status.” In addition to curcumin, turmeric root contains other anti-inflammatory compounds. Says Kilham, “By inhibiting the activity of [various] aspects of inflammation, curcumin delivers, in my opinion, far superior anti-inflammatory and pain-relieving activity than most drugs.”

Kilham explains that while curcumin in its raw form is rather poorly absorbed, Curamin is formulated around a special, proprietary extract of curcumin that possesses unusually high absorption capacity. Curamin also contains DL-phenylalanine, an amino acid that demonstrates significant pain-relieving and anti-depressant properties; *Boswellia serrata* (also known as frankincense), which has demonstrated significant joint pain-relieving properties in human clinical studies; and nattokinase, an enzyme extracted from the fermented soy food natto, used to enhance overall circulation and balance fibrinogen levels in muscles. Additionally, says Kilham, “Curamin also delivers other benefits to the heart, liver, brain and immune system.”

About Chris Kilham

Chris Kilham is a medicine hunter, author and educator. The founder of Medicine Hunter Inc., Chris has conducted medicinal research in over 20 countries. He is the Explorer in Residence at the University of Massachusetts at Amherst. Chris also conducts botanical education programs for the natural products trade. Chris is the host of *Medicine Trail*[™], a series of television specials on medicinal plants shot on location around the world.

Chris is the author of fourteen books, including *Hot Plants*, *Tales from the Medicine Trail* and *Kava: Medicine Hunting in Paradise*. Chris lectures extensively on holistic health and botanical medicines throughout the world. Chris has appeared as a guest expert on several hundred radio and television programs. He has appeared with America’s Doctor[™], Dr. Mehmet Oz, and on *Oprah Radio*. CNN calls Chris “The Indiana Jones of natural medicine.”

About EuroPharma

EuroPharma offers clinically proven and effective nutritional supplements and natural remedies that improve the health of America. Throughout his 40-year career, President and founder Terry Lemerond has created more than 300 high-quality formulations, all backed by scientific validation. Many are unique, proprietary and, in some cases, patented. Lemerond was the first to introduce glucosamine sulfate, IP-6, black cohosh for menopause, and the concept of botanical standardization to the U.S. health food market. EuroPharma’s slogan is *Our Passion is Your Health*[™]. For more information on the EuroPharma product line, visit www.europharmausa.com or call 866-598-5487.

About *The Doctors’ Prescription for Healthy Living* magazine

The Doctors’ Prescription for Healthy Living magazine is published monthly by Freedom Press Media, a publisher of natural health and environmental books located near Los Angeles. Known for its scientifically focused articles about natural health products and solutions, *Healthy Living* is available at health foods stores and newsstands nationwide. Learn more at www.healthylivingmag.com. Every week, *Healthy Living*’s editor (environmental health consumer advocate David Steinman) interviews natural health experts on *Green Patriot Radio with David Steinman* at www.greenpatriotradio.com. Follow them on Twitter at “DPHealthyLiving”, “GreenPatriot” and “DavidSteinman”.