

# Inflammation and Pain

## Inflammation is the beginning of all pain.

Relieve inflammation and you relieve pain. Inflammation is caused by the release of a prostaglandin (PGE1) and is sustained by an enzyme called cyclooxygenase 2 (COX-2). It's interesting that cancer cells are surrounded by an abnormally heavy concentration of COX-2 enzymes. If it were possible to inhibit the COX-2 enzyme it would be possible to control inflammation and possibly even cancer. This is substantiated by evidence of fewer cancers among chronic aspirin users. 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 46,000 people die annually from the overuse of aspirin.

Then came the "miracle" of COX-2 inhibitors Vioxx, Bextra, Celebrex, etc. These drugs did not cause ulcers or weak blood vessels so the expectation was extremely high. Later scientists found that the greatest results experienced were offset by the fact that these anti-inflammatories caused heart attacks and strokes because they induced clots in the blood. The risks were so great that the FDA temporarily took them off the market.



Turmeric

**Remember that inflammation is the cause of pain, both acute and chronic.** If an anti-inflammatory product could be found that would inhibit COX-2 and possibly 5-LOX, it would be superior to any other pain relieving medication and without side effects. This form of therapy would stop the cause of pain. From what I have researched, I believe there is an answer for all chronic pain and inflammation, and possibly even cancer, common herbs from India – curcumin and boswellia! Interestingly enough, a common herb known as turmeric contains curcumin, an even better anti-inflammatory than cortisone, which is one of the most powerful of all the steroids. Recently scientists in India isolated a subparticle of curcumin known as a curcuminoid which is approximately 100 times as potent as curcumin in reducing pain and inflammation. Curcumin is so effective relieving inflammation which many medical experts believe to be the cause of 80-90% of all disease. Researchers at M.D Anderson Hospital in Houston Texas stated that curcumin in laboratory studies was as effective, if not more effective, than any cancer treatment drug they have seen even from any pharmaceutical company.

There are many natural ingredients that can support and work synergistically with curcumin to relieve both acute and chronic pain. For example, DLPA and boswellia can enhance the anti-inflammatory properties of curcumin. DLPA is an amino acid found in all common proteins that we consume on a daily basis. DLPA has the ability to maintain higher levels of serotonin, the brains "feel good" hormone. DLPA enhances production of endorphins and can also lengthen the time endorphins are released and retained in the bloodstream. Many research studies have confirmed and books have been written about the many pain relieving qualities of DLPA including its mood elevation as well as relieving depression. However, curcumin is so well known in the herbal and nutritional field it needs no intro-

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duction. Scientific sites on the internet can provide you with hundreds of excellent studies that can explain the wonders of this herb. At this point I have searched all the scientific sites and have collected over 2,000 abstracts of various studies on curcumin. In one double-blind study, curcumin matched cortisone as a pain reliever and anti-inflammatory. The curcuminoid that was recently isolated in India is the most effective COX-2 inhibitor that I know exists. It not only inhibits COX-2 but does it in such a way as not to completely inhibit its function since we do need COX-2 for other healthy functions. All this without any side effects. Curcuminoids are sub-particles which make up curcumin. Curcumin has several of these curcuminoids which are very specific for COX-2 inhibition. Curcumin is derived from the herb turmeric. It requires a reduction of 60 parts of turmeric to get one part of curcumin. Then 20 parts of curcumin are reduced to one very powerful and effective curcuminoid which is the most powerful and active ingredient for chronic and acute pain relief. You can make one of the most powerful anti-inflammatory and pain relieving formulas by combining curcumin, curcuminoids, boswellia, DLPA and ginger. These ingredients have been proven time and again to be highly effective and safe for extended

**More...**

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use. When you use natural ingredients such as turmeric or its active compound curcumin, you are using wisdom of the ages from 5,000 years ago.

As we have already discussed, turmeric and curcumin have been traditionally used to support individuals who are suffering from pain and inflammation. From research, it is as effective as any medication and with no side effects. But if this is not enough, over 2,000 references to articles on turmeric and curcumin have been published in peer reviewed professional journals. It has been identified in pharmacology as anti-bacterial, antifungal, antiviral, anti-yeast, antiallergenic, anti-inflammatory, a powerful antioxidant, antitumor and anticancer. From all research available today, theoretically and scientifically, curcumin can outperform steroids in their anti-inflammatory properties. Using a blend of these natural ingredients can change the quality of your life. It can help you live pain free with the ability to enjoy your life to the fullest. From all my research, I believe that curcumin is the most remarkable and wonderful healing agent that nature has to offer us. I have been in business for over

40 years and I have studied many different herbal compounds.

Never have I seen so many wonderful attributes contributed to one herbal compound. You could take these comments in this article with a grain of salt if I were the only one expounding the virtues of curcumin, but scientists around the world are working diligently to further prove and to awaken the world to the scientific wonders of this herb. <sup>TM</sup>

### ***Terry recommends a formula with these ingredients.***

Proprietary Complex 2,115 mg  
DLPA (dl Phenylalanine), Boswellia (*Boswellia serrata*) Gum Resin Extract standardized to contain >70% boswellic acid with AKBA >10%, with less than 5% beta-boswellic acids, Curcumin (*Curcuma longa*) Rhizome Extract standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Ginger (*Zingiber officinale*) Extract standardized to contain 5% gingerols

All ingredients established in human studies for safety and effectiveness. Does not interfere with stomach, liver or kidney function.

## **Inflammation and Pain**

Pain is usually a symptom of inflammation. However, many forms of inflammation do not signal pain and are what I would call silent inflammation. Inflammation can affect organs, glands and other soft tissues of the body. The type of symptoms depends on which organs are affected.

For example, inflammation of the heart (myocarditis) may cause vague chest pain or fluid retention. Inflammation of the small airways (tubes) that transport air to the lungs may cause bronchitis with shortness of breath similar to an asthmatic attack. Inflammation of the kidneys (nephritis) may cause high blood pressure or even kidney failure. Inflammation of the large intestines (colitis/ Crohn's Disease) may cause cramps and diarrhea. Inflammation of the eye (iritis or uveitis) may cause pain or weak vision. Inflammation of the muscles (polymyositis) may cause achiness or weakness of muscles. Inflammation of the blood vessels (vasculitis) may cause rash, headaches or internal organ damage.

As you can see, pain is a sign of inflammation but it may not be a main symptom since many organs do not have pain sensitive nerves. It has been estimated by experts that 80-90% of diseases is directly or indirectly caused by inflammation. Reduce inflammation and you reduce pain and you initiate the healing process of the damage caused by inflammation.

Inflammation can be your best friend or your worst enemy. As your best friend when inflammation occurs from an injury or an illness, chemicals from the body are released into the blood or affected tissues. The release of these chemicals increase the blood flow to the area of injury or infection and may result in redness, pain and warmth. Some of the chemicals cause leaking of fluids into the tissues resulting in swelling. This process may stimulate nerves and cause pain.

**Joint Inflammation.** Increased blood flow and release of these chemicals attract white blood cells to the sites of the inflammation. The increased number of cells and inflammatory substances within the joint can cause irritation, wearing down of the cartilage, that which cushions the end of the bones, and swelling of the joint lining.

It is prudent that whenever warmth, redness and/or pain are present, consult your physician. A complete medical history and physical exam is recommended to determine the location of the inflammation. After ruling out whether inflammation has affected organs, glands or other tissue, and the main symptoms are joint pain and joint stiffness in the morning, a formula containing DLPA, boswellia, curcumin and ginger is extremely effective in improving joint structure and function. <sup>TM</sup>