



## Where Moving Free Begins

*If you are seeking a non-drug approach to joint health, try Joint Synergy + (both the oral and roll-on formulas). They are great.*

**m**etabolic Response Modifiers (MRM) has put together two terrific formulas that combine the key joint health nutrients.

These nutrients are widely recognized for their ability to help maintain normal repair and restoration processes for stable, free-moving joints—and they act to maintain healthy inflammation and pain responses. That means you just might find yourself no longer needing or wanting a daily ibuprofen. Of course, this is a nutrition formula, so it works differently than a drug, but over time your health may become overwhelmingly excellent!

You may find yourself playing more active sports, moving with confidence, exercising longer, all the good things that come with as little pain as possible in your joints, which are so critical and key to your good health and active lifestyle.

MRM's formula, Joint Synergy +™, combines innovation, clinical validation, and great quality, as always.

What makes this formula attractive is it combines all the great joint health players into one quality package.

Let's look at the formula's exciting ingredients and find out why they each are so important to maintaining healthy joints and flexibility.

Glucosamine sulfate (GS) is the fundamental joint health nutrient. Over the years, clinical trials have looked at use of GS among more than 6,000 patients with osteoarthritis at all major points (knee, hip, hands, spine), mostly over short-term periods, but in some instances over several months or years of treatment. Virtually all of this research has confirmed that glucosamine is adept at rebuilding joint cartilage.

Chondroitin sulfate (CS) also has strong evidence for supporting joint health. Most recently in the April 21, 2010, issue of *Osteoarthritis cartilage*, researchers from the Department of Pharmacology, Faculty of Medicine, University of Montreal in Canada found supreme inflammatory health benefits from chondroitin sulfate. "CS is able to diminish NF-kappaB activation which may explain the benefits of CS in osteoarthritis. In addition, systemic CS reduces NF-kappaB nuclear translocation in macrophages and hepatocytes, raising the hypothesis that CS might be of benefit to treat other diseases with a strong inflammatory component. There is preliminary evidence in humans that CS improves moderate to severe psoriasis. Moreover, experimental and clinical data suggest that CS might be a useful therapeutic agent in diseases such as inflammatory bowel diseases, atherosclerosis, Parkinson's and Alzheimer's diseases, multiple sclerosis, amyotrophic lateral sclerosis, rheumatoid arthritis and systemic lupus erythematosus." Bottom line for our joints? CS is beneficial for maintaining a healthy inflammation response, and that's good for our flexibility and for keeping pain to a minimum. Again, this formula combines these two at significant, if not therapeutic, dosages.



Bromelain is an enzyme derived from pineapple stems. This powerful proteolytic enzyme is well-known to break down growth factors in the bloodstream that raise inflammation levels. (Once this is done, glucosamine sulfate and chondroitin sulfate can really go to work.)

*Boswellia serrata* is another one of those fabulous ancient Biblical herbs, also known as Indian frankincense, to treat

## Cheryl's Story

Cheryl of Tustin, California, began using Joint Synergy + and wrote this letter to her doctor (which is used with permission): "As you know, I have been diagnosed with post-polio syndrome and fibromyalgia. Pain is a normal part of my day. I have been prescribed ibuprofen and have been taking it for several years. Unfortunately, like many other chronic users of non-steroidal anti-inflammatory drugs (NSAIDs), I too have multiple ulcers, as well as irritable bowel syndrome. However, since taking Joint Synergy + the past year and a half, I have experienced significant relief of joint pain, so much so that I only take ibuprofen for intense flare-ups, which occur about once per month. That is compared to three times per day, everyday! I wholeheartedly recommend Joint Synergy + for anyone experiencing joint pain. If it works for me with my multiple regions of arthritis, it will work for anyone!"

Cheryl's dilemma is illustrative of the challenges that chronic pain patients and their doctors face on a daily basis. Many patients find the "cure" offered by their doctors is often as unbearable as chronic pain itself. Fortunately, Cheryl found something that worked for her.

## Resources

Joint Synergy + formula is widely available at natural health centers and from health professionals nationwide. To locate a natural health center or health professional carrying the formulas in your area, call MRM at 800-948-6296 or visit [www.mrm-usa.com](http://www.mrm-usa.com).



inflammation. It has been used for hundreds of years for joint health.



white willow

White willow is the mother plant for aspirin's salicylate and provides a slow release and analgesic action by nature's original phytomolecule on which synthetic aspirin is based. Only this action is thought to last longer than aspirin.



turmeric

Turmeric (with boswellia and bromelain) provides powerful inflammation response benefits.

MSM, also known as methylsulfonylmethane, is one of those underlying nutrients that enables all health to begin; it is a nutrient captured from the short budding grasses and vital to life on Earth. MSM is valuable because it donates elemental sulfur and this seems to help the joints. MSM is widely regarded as a slow-acting health restorer when dealing with the joints, whether the hips, knees, or fingers. Definitely put MSM on your side.



sea cucumber

Sea cucumber with high amounts of mucopolysaccharides and other compounds, such as holoethicin, support joint health. Experts say sea cucumber appears to serve as a chondroprotective agent that

promotes the repair of cartilage by stimulating anabolic metabolism of chondrocytes and by inhibiting catabolic (i.e., joint-damaging) processes found in arthritis. In speaking of sea cucumber, "I have seen some remarkable clinical results in my practice," says Howard Benedikt, M.S., D.C., who has been a chiropractor for over 18 years and is host of the weekly radio talk show *Alternatives* in New York City.

But there is a lot of good in this formula. Maybe you've been playing tennis or taken a hike and your body's muscles are stiff and sore. Well, then, you want to apply Joint Synergy + roll-on. This is another unique and highly beneficial formula.

To soothe the lower limbs, the topical formula provides horse chestnut extract. In theory, use of horse chestnut seed should also lead to less vein growth and less varicose veins, though this has not been tested directly. Licorice extract, like boswellia, is known for its anti-inflammatory actions and ability to extend the half-life of the body's own anti-inflammatory chemicals such as

cortisone. Wintergreen oil is a natural source of salicylate, the active ingredient found in aspirin. One of the best antidotes to aching joints is "hot ice," which the topical provides in the form of clove oil and camphor gum.

## YOU WON'T WANT TO MISS NOTO-GIN

Noto-Gin™ is a proprietary ginseng extract known to help maintain healthy knees and joints. This novel species of seven-year old *Panax ginseng* root extract includes ginsenosides Rb1, Rg1, and Rg2 with the optimal potency of 95 percent ginsenosides and noto-ginsenosides at an unmatched 4 percent. These highly active and perfectly balanced ginsenosides have been widely studied during the past 30 years for their pain-relieving properties. Indeed, this was well demonstrated in the December 2007 issue of *Clinical Nutrition*. The purpose of this study was to evaluate the anti-inflammatory and anti-rheumatic effects of noto-ginseng, a special form of *Panax ginseng*. The anti-inflammatory effects were evaluated by measuring tumor necrosis factor-alpha, interleukin (IL)-1beta, inducible nitric oxide (iNO), and matrix metalloproteinase-13 (MMP-13), *in vitro*. Noto-ginseng "influences all aspects of inflammation *in vitro* and it has disease-modifying, anti-rheumatic effects *in vivo*, suggesting that it can be a potential alternative to the current anti-TNF-alpha therapeutics for rheumatoid arthritis and other inflammatory disease."

When it comes to joint health, this system is an excellent approach. Give it 30 days and see if your joints don't feel better. ■



cloves

Panax ginseng

wintergreen

horse chestnut

licorice