



HEALTH AWARENESS

Harvard Breakthrough Brings Relief To Arthritis Sufferers



Here's news that may move many: A dietary supplement may go a long way toward easing arthritis symptoms.

(NAPSA)—May is National Arthritis Month. According to the Centers for Disease Control and Prevention, nearly 43 million Americans—one in six people—suffer from arthritis. That number is expected to increase to nearly 50 million by 2020. Sufferers have found some relief in physical therapy and acupuncture. Over-the-counter pain relievers and prescription drugs offer help as well, but with serious side effects such as liver disease, stomach problems, and even heart attacks.

Now, exciting new developments coming from Harvard Medical School may hold the key for many with immune-related arthritis, including rheumatoid arthritis (RA) and some forms of osteoarthritis (OA). Research completed by Dr. David Trentham, the foremost authority in this field, shows that small doses of type II collagen derived from chicken sternum cartilage, in its *undenatured* (naturally occurring) form, works with the body's immune system to promote joint health and improve joint mobility and flexibility.

In one study, 28 patients with severe RA took *undenatured* type II collagen for three months and showed substantial improvement, while four recovered completely. To date, six human clinical studies support the efficacy of *undenatured* type II collagen in the treatment of arthritis. Unlike traditional medications, no side effects were observed in any of these studies.

Dr. Trentham contends these results can also be applied to OA. Over the years, physicians have

found many RA drugs are effective in treating OA. According to Dr. Trentham, inflammation and swelling in both RA and OA often has the same root cause. *Undenatured* type II collagen reduces that inflammation and swelling, allowing joints to begin repairing themselves.

Importantly, when consumers shop for this new product, Dr. Trentham emphasizes, "Type II collagen must be in its native (*undenatured*) form to be effective." Protected by worldwide patents, UC-II™ is the only native, *undenatured* type II collagen supplement on the market. All other type II collagen products are either *denatured* or *hydrolyzed*; their molecular structure has been changed through chemical or high-temperature processing, rendering them ineffective.

UC-II also works well in tandem with glucosamine and chondroitin, addressing a significant cause of arthritis, while glucosamine and chondroitin provide building blocks for joint repair. Together they can significantly improve the quality of life for those who suffer from this debilitating disease.

Manufactured by InterHealth Nutraceuticals, UC-II is a nutritional supplement available through chiropractic offices and at vitamin and health food stores across the country, including Vitamin World. Look for the UC-II name or logo on the bottle. For more information about this and other top-quality nutritional ingredients, visit the company's website at www.InterHealthUSA.com.