

HEALTH NEWS

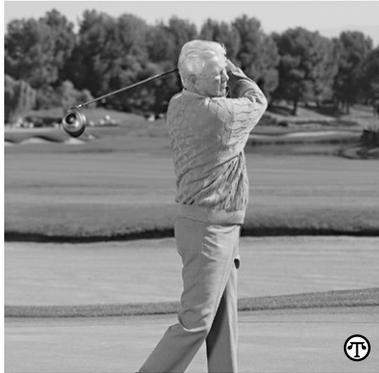
Natural Routes To Joint Relief

(NAPSA)—Merck’s recall of the arthritis drug Vioxx is likely to spur increased attention on alternative therapies to relieve arthritis pain, as well as dietary supplements to promote joint health, according to leading health experts.

“Dietary supplements present a safe and effective long-term option, and consumers have a wide range of options when deciding which approach is right for them,” said James LaValle, R.Ph., N.D., a leading expert on naturopathic medicine.

A new and emerging supplement is SierraSil, a naturally occurring blend of minerals found only in the high Sierra Mountains. A clinical study recently conducted by researchers affiliated with Case Western Reserve University School of Medicine examined the supplement and its effects on human tissue and cells obtained during knee surgery. The research shows the supplement reduced the breakdown of cartilage by 68 percent to 73 percent, while also reducing inflammation. Cartilage cushions the bone and allows the joint to move freely without pain. According to Dr. Mark Miller, the principal investigator, the study shows that minerals in the supplement can literally switch off various genes associated with cartilage destruction and the inflammatory process.

The human body can make many vitamins, amino acids, fatty acids, and their derivative molecules, but it cannot make a single mineral. Due to mineral depletion in soil, some doctors say people



Ken Venturi, 1964 U.S. Open Champion, back on the golf course after taking a new mineral supplement.

cannot rely on getting all of these necessary nutrients from food. Also when minerals are not consumed in adequate amounts, the body will resort to using minerals from its fluids, soft tissues and bones.

That’s why many health professionals advise people to use supplements rich in macro- and trace minerals. SierraSil is considered an excellent mineral supplement because it is comprised of numerous naturally occurring macro- and trace minerals including calcium, potassium, magnesium, copper, iron, zinc, phosphorus, manganese, selenium, vanadium, chromium, boron and molybdenum in a form that possesses unusual health-promoting properties.

It helped Ken Venturi, a pro golfer and U.S. Open champion, return to the game of golf after he took the supplement for only a

short period of time. “It’s been amazing,” Venturi said. “The strength has come back to my hands, and I have more flexibility than before. I’m back to hitting golf balls almost every day, and I’ve picked up distance again.” Venturi submitted testimony on the effects of the supplement to the Congressional Subcommittee on Health and Human Rights in 2004.

The supplement is completely natural and vegetarian. It contains no glucosamine or chondroitin and exhibits beneficial properties even in small amounts. Only two to three grams a day are needed. Unlike other well known joint support supplements like glucosamine and chondroitin, which reportedly take up to three months to work, many SierraSil users are reporting noticeable benefits in less than two weeks.

The recent Vioxx recall has led a number of health care professionals and consumers to take a closer look at natural approaches to joint health. Even the Arthritis Foundation, which only 12 years ago discouraged the use of supplements, is now encouraging its members to explore exercise, a healthy diet and dietary supplements.

“The Vioxx recall should serve as a wake-up call. The truth of the matter is that in some cases there are serious side effects with prescription drugs,” Dr. LaValle said. “The good news is that there are safe and effective dietary supplements that are a better first choice for improving joint health.”

For more information, go to www.sierrasil.com.