

DIABETES DETAILS: DOES GLUCOSE HAVE A NOT-SO-SWEET ACCOMPLICE?

# Alternative Medicine



**DOCTOR,  
DOCTOR!**

5 Experts  
Guide **You**  
Through  
Winter

*Rosemary:*  
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JOINTS  
BE GONE!



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**5 GADGETS  
YOU DIDN'T  
KNOW YOU  
NEEDED**

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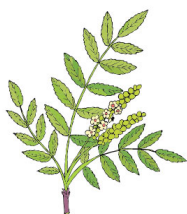




# 4 SUPERPOWER HERBS FOR OUSTING JOINT PAIN

BY DAVID FOREMAN, RPH

While it is uncertain if weather causes pain, it's clear that there is no shortage of uncles grumbling about flared-up knees and backs around the holidays. If your joints ache when the snow falls and no one is stepping in to shovel the driveway, then a trip to the pantry is in order. These four natural remedies can help you relieve joint pain and get back to crossing off your to-dos—rather than complaining about them.



**BOSWELLIA:** Derived from the gum of boswellia trees that are indigenous to India, the boswellia herb has impressive inflammatory capabilities. Also called frankincense, it is believed to work by blocking leukotrienes, which are substances that can attack healthy joints in autoimmune diseases such as rheumatoid arthritis. Boswellia can be taken orally as a tablet, or used in a topical cream.

**CAT'S CLAW:** Dating back to the height of the Incan civilization, cat's claw is taken from a tropical vine and holds anti-inflammatory capabilities that can help reduce the swelling of arthritis while boosting your immune system. In a randomized, double-blind study published in the *Journal of Rheumatology*, researchers found that cat's claw reduced joint swelling and pain by more than 50 percent for patients with rheumatoid arthritis when compared to a placebo. It can be taken via capsule, tablets, liquid, and tea bags.



**GINGER:** A staple in alternative medicine cabinets, the same compounds that give ginger its strong flavor also give it anti-inflammatory and anti-ulcer properties. A study from the University of Miami concluded that ginger extract could one day be a substitute for non-steroidal, anti-inflammatory drugs (NSAIDs). Ginger comes in many forms (capsules, teas, powders, oil, and food) but health experts say capsules seem to provide the best benefit.

**CELADRIN:** This is one of the most effective natural anti-inflammatory compounds that comes from specific esterified fatty acids derived from bovine tallow oil. It works by decreasing inflammation and lubricating cell membranes throughout the body, restoring fluids that cushion bones and joints to promote flexibility and mobility. Clinical studies on Celadrin have been published on two occasions in the *Journal of Rheumatology*. It can be taken orally or used topically on the area in pain. In one double-blind clinical trial, Celadrin taken orally showed significant benefits beyond the arthritic medication patients were taking with cumulative improvement shown throughout the study.

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# 3 ways

to take your muscles to heaven

BY LILLIE ROSENTHAL, DO

“Settling in for the winter” might have more truth to it than we care to admit. We tend to be more sedentary, causing our muscles to be cold, stiff, and sore. But if your active life hasn't dropped with the temperature, here are three ways to dial down your muscle pain this season.

○ **Diet Fixes:** Eat more foods that can help ease muscle pain like Indian foods which contain the superpower spice turmeric. If magnesium is depleted in the body, it can cause muscle aches and pains, so be sure to eat plenty of pumpkin seeds, flax seeds, black beans, cashews, almonds, sunflower seeds, cocoa powder, Swiss chard, and spinach. Staying hydrated is also important.

○ **Relief Remedies:** *Arnica montana* is one of the most popular homeopathic medicines. For all-over aches, it can be taken orally in the form of pellets that dissolve under the tongue. For spot relief, a topical gel or cream such as Arnicare helps muscle pain and stiffness. The active ingredient found in Arnicare can also relieve swelling from injuries and reduce discoloration from bruises; and unlike menthol rubs, Arnicare topicals are odorless.

○ **Lifestyle Changes:** Warm baths or showers can help relax muscles. Add Epsom salts to a hot bath for an added benefit. Gentle stretching can help with keeping the muscles strong and conditioned to meet the demands of the day.

LILLIE ROSENTHAL, DO, is a board-certified physical medicine and rehabilitation physician in New York City. She has appeared on *THE DR. OZ SHOW* and she has been featured as an expert source in *U.S. NEWS & WORLD REPORT*, *THE NEW YORK TIMES*, and *CONSUMER REPORTS*. //lillierosenthal.com