

## **Osteo-Arthritis** **by P. Anthony Chapdelaine, Jr., MD, MSPH**

For Osteo-Arthritis Pain:

1. Glucosamine sulfate 500 mg. three times a day (total of about 1500 mg. per day)  
Chondroitin sulfate 400 mg. three times a day (total of about 1200 mg. per day)

These are approximate doses. Available through health food stores and over the internet. Some sources are better than others. One site with near-wholesale prices is at [www.generic-co-op.com](http://www.generic-co-op.com) (you may need to get on the list to be able to join, for free, when they reopen for new members).

Glucosamine and chondroitin sulfate help rebuild cartilage, which is usually a major reason for bony "arthritis" pain. It will take about a week to three weeks before you notice improvement in your arthritis pain. Stay on these as long as you wish. No side-effects reported.

2. MSM will not repair cartilage (see our article: ), but it will help with the pain and should be used daily. It will also help decrease the "inflammation" the body creates to help protect itself from damage.

3. Other substances that are known to reduce pain and/or rebuild cartilage: Perna canaliculus (from New Zealand green-lipped mussel); boswellia (herb); Curcumin (from tumeric spice); alfalfa tablets (grass); Vitamin C (need at least three grams per day); CMO (cetyl myristoleate: needs to be the pure, originally discovered substance); Wobenzyme and other digestive enzyme products (studies have shown these to be as good as or better than prescription NSAIDS without the side-effects; others..

4. Diet is important: Omega-3 fatty acids (from cold water fish such as salmon or cod, or from flaxseed) and Omega-6 fatty acids (GLA from Oil of Evening Primrose or Borage plant) are needed (in the right proportion). Avoid sugar (or anything white or refined, such as white flour, white sugar, packaged products, etc. The less processed the food, the better. To sweeten, use Stevia (go to Herbal Advantage on our links page). Stevia is a South American plant leaf used for centuries as a food item. Do not use margarine or most oils which damage cartilage and cause inflammation throughout the body. Use butter instead (just don't overdo it). Do not use diet colas or diet products, (it's best to avoid all soda drinks) especially those with aspartame (Nutrasweet, Equal etc.) which are neurotoxic (damage nerves and cause chronic disease problems). Use green tea (decaffeinated from Celestial Seasons is one good brand), which has anti-oxidant properties. Drink 4 to 5 ounces of pure water every half hour, which is about 8 to 10 ounces over the course of an hour, (not municipal tap water: get a charcoal filter, and/or reverse osmosis filter to purify your tap water for drinking and for making ice, or buy a reputable brand of drinking water). Avoid red meats, which have chemicals in them that cause pain and inflammation. If you eat red meat occasionally, be sure it's organic, with no antibiotics or growth hormones used in it's production. Never fry foods - bake or broil or boil them. When boiling vegetables, remember that much of the nutrition is in the water, so use the water as a "stock" to make soups or simply to drink. A balance of fruits, vegetables and meats/fats is desirable. Cooking oils (to saute with or to use in baking or for salads) should be: extra-virgin olive oil or coconut oil. Rarely, a little sesame or almond oil is probably OK.

5. Many, many food and environmental toxins can cause or worsen both osteoarthritis and rheumatoid arthritis. (Go to Arthritis Trust on our links page.) An "elimination diet" can be used to identify these and often reverse the arthritis.

6. Other methods that are useful for chronic pain from osteo-arthritis, or any chronic pain condition are: chiropractic, acupuncture or acupressure, PEMF (pulsed electromagnetic field therapy), magnetic therapy (has to be done correctly to work well), NST (Neurostructural Technique), massage therapy, EFT (Emotional Freedom Technique), and many others. (Go to our partners page to find practitioners who perform these methods, Also, we do many of these methods in our clinic.