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## REPORT

### Natural Pain Relief For Arthritis and Other Inflammatory Diseases

#### A PERSONAL MEDICAL BREAKTHROUGH

If you suffer from arthritis, you must read this story about the development of a unique, new natural treatment for arthritis that could end your suffering forever!

Natural pain relief for arthritis is the best alternative to dangerous FDA-approved drugs ever developed. It has helped almost *everyone* who has tried it to date. We hope it will help you as well.

This is the fascinating story of an energetic and creative man, who has painstakingly developed what could be the most effective natural pain relief formula for arthritis in the world! Later in this article, you'll read about new placebo-controlled studies from Europe that validate the use of the natural therapies included in this formula for the treatment of arthritis.

#### ***The Burden Of Severe, Chronic Pain***

Vito Florio is a 68 year old semi-retired South Floridian, whose arthritic hip was caused by an accident. Vito's physician prescribed FDA-approved drugs, but severe gastric irritation quickly developed and Vito had to stop taking them. Vito then visited one of the best orthopedic doctors in the country, who (as he recalls) told him:

*"Vito, there is nothing more I can do to ease your pain. The bone scan photos show that your entire right hip has arthritis. I can prescribe anti-inflammatory drugs, but these drugs have side effects. When the pain becomes too great I can do a hip replacement operation."*

#### ***Searching For An Alternative To Hip Replacement Surgery***



Vito's son, a dentist, is a member of The Life Extension Foundation. When The Foundation published an article about natural arthritis therapies, which presented evidence that essential fatty acids, glucosamine, chondroitin sulfates, and high-potency antioxidants might be effective treatments for arthritis. Vito's son sent him a copy of the article and encouraged him to try these natural European therapies *before* considering surgery.

Vito immediately joined The Life Extension Foundation and purchased Chondrox (a combination of glucosamine and chondroitin sulfate). Chondrox did not work well for Vito, but when he read the Foundation's article again, it led him to theorize that beneficial results might be obtained if Chondrox was *combined* with one or more essential fatty acids.

Vito then drove to The Foundation and purchased Mega GLA (gamma linolenic acid) and Mega EPA (fish oil concentrate). Within a week of combining Chondrox with either Mega GLA or Mega EPA, Vito began to experience some degree of relief from his chronic hip pain. After experimenting with a wide variety of dosage combinations of these two agents, however, Vito could never obtain complete relief from his arthritis pain with either Mega GLA or Mega EPA and Chondrox

Vito then called The Foundation and asked if it would be safe to combine Mega GLA, Mega EPA and Chondrox. After getting the safety go-ahead, Vito began experimenting with different doses of these three nutrients.

#### ***"I'm Free of Arthritis Pain"***

One day, Vito woke up and found that he was completely free of arthritis pain. A month later, he was still free of arthritis pain. Vito began to wonder if he had really discovered an effective therapy, or whether his arthritis had simply gone into remission. When he stopped taking all three components of his new formula, most of the pain returned within a few weeks. When he resumed taking the complete formula, the pain was soon completely gone again. Vito then stopped taking one of the three components of the formula and, within a week, some of the pain returned. But when he resumed taking the missing component,

his pain again went away in only a few days. Vito had found an effective therapy for himself.

As he put it:

***"Thank God...now the pain is completely gone...It's a miracle that I'm pain-free, so that I can live a normal life again."***

Now he wondered whether it would work for others.

## TESTING THE FORMULA ON OTHER ARTHRITIS SUFFERERS

The retirement communities of South Florida are meccas for studying the diseases of aging. Epidemics of age-related diseases run rampant in communities designed for those people fortunate enough to make it to retirement age in good enough health to begin a new life in Florida.

Vito Florio had no trouble finding arthritis patients willing to try a free supply of Chondrox, Mega EPA and Mega GLA and then follow his exacting protocol. Vito visited The Foundation several times a week, purchasing thousands of dollars of products, which he gave away to those afflicted with arthritis.

The result in almost every arthritis patient who tried Vito's protocol was partial or complete relief from chronic inflammation and pain! As Vito had done for himself, he experimented with different dosages of Chondrox, Mega GLA and Mega EPA to determine the minimum effective dose for his new protocol. People don't like to swallow a lot of capsules, so determining the minimum dose was important for long-term compliance.

As Vito had found for himself, only the proper combination of *all three nutrients* produced complete pain relief! When any one of the nutrients in Vito's protocol was left out, the results were not completely satisfactory.

The people Vito helped were suffering from a wide range of chronic inflammatory joint diseases. Many of them were semi-invalids. Here is what some of them have to say about their experiences with Vito's natural, anti-arthritis protocol.

An excerpt from a letter to Vito written by Jean Caruana of Hollywood, Florida:



*"I'd like to express my thanks to you for the remedy you have provided for my arthritis. It is hard to believe that, after so many years (five to be exact) of struggling with different anti-inflammatories and pain medications, I finally found that something natural really works! The level of discomfort that I had learned to live unhappily with has now disappeared and, as a result, I literally have a new life...I've been able to resume all activities...even tennis! Thank you so much for the cure... it really was a lifesaver!"*

Edgar Baughman of Hollywood, Florida says he wants to inform fellow arthritis sufferers about this exciting new therapy:

*"I'm writing this short letter to let other people know that Vito Florio's vitamins really helped my husband and I with our pain due to arthritis. I've had chronic pain in my shoulder and my wife had arthritic fingers and could barely move them. She also had trouble going down stairs. Now that my wife and I are taking Vito's products every day, we have little or no pain from arthritis."*

Not all the sufferers helped by Vito's multi-nutrient protocol had arthritis. Some had other afflictions that caused them a great deal of pain. One is Marlene Diller of Garden City, Long Island in New York, who wrote the following:

*"For the past two years, I have been a very sick person. I suffer from the disease Hodgkins Lymphoma. The cancer treatment I received to cure this disease made me very weak and I always had terrible pain. The only way that I could ease my pain was taking eighteen pain pills each day. I had trouble walking, I could not sleep, and once I sat down, I needed help to get up. I was always*

*miserable and I felt very old although I am only 56 years old.*

*"Then I met Vito Florio when I was in Florida and he introduced me to his arthritis without pain regimen. I was amazed and am very happy to say that, after a short time, the pain gradually began to disappear. Now I can walk and do things a normal person can do. I now no longer need the pain pills, and if I can rid my body of cancer, I will be able to get on with my life and enjoy my family again."*

### **It Also Works For Pets**



After a while, some of the people Vito had been helping with their arthritis began to give the nutrients he recommends to their arthritic pets. They found that the animals did just as well as the human patients, as evidenced by their greatly increased mobility. As one dog owner put it:

*"I have a German Shepherd who has been suffering from chronic hip dysplasia since she was 6 years old. After the dog was given the nutrients recommended by Vito, she began to get major relief from her pain. It made a big difference in the health and happiness of our dog. I strongly recommend Vito's nutrients for any pet with arthritis."*

The word-of-mouth advertising generated by Vito's remarkable new protocol has resulted in many new members for The Foundation, all of whom want to follow Vito's protocol for the relief of pain and inflammation.

Now that you know some of the real life stories of people who have benefited enormously from following this new arthritis protocol, we will present scientific facts and findings about arthritis and the nutrients in the formula that help relieve pain and inflammation in sufferers from arthritis and other inflammatory diseases.

### **WHAT IS ARTHRITIS?**

Arthritis is an inflammatory process that destroys joint tissue. It affects millions of people worldwide. There are many different forms of arthritis, the most common being rheumatoid arthritis and osteoarthritis.

Rheumatoid arthritis is a condition of localized autoimmunity, which causes the destruction of the synovial membrane (which produces synovial fluid) and the cartilage within joints. Without lubrication and the cushioning provided by cartilage, the joint becomes very painful to move. Pain and inflammation, along with stiffness, characterize rheumatoid arthritis. The initial symptoms of rheumatoid arthritis are enlargement of the joints in the fingers, with increasing pain and loss of function as the disease flares up. Eventually, bone erodes away, and conventional doctors usually recommend joint replacement surgery.

Osteoarthritis is a degenerative joint disease in which both cartilage and bone are eroded at the joints. The initial symptoms of osteoarthritis are joint pain, stiffness and decreased joint movement. The condition is non-inflammatory, but in severe cases, it can become extremely painful since the synovial membrane is also affected, leaving the joint to function with little or no lubrication. At this point, conventional doctors usually recommend joint replacement surgery.

Although the exact mechanism of arthritis is not known, it is known that viral and bacterial infections can lead to the condition. Certain hereditary factors have also been linked to arthritis. Destruction of joints is caused by the release of substances from immune cells which usually attack foreign organisms, but turn against joint tissue instead. Immune cells are provoked into the area by pro-inflammatory cytokines and certain prostaglandins. These substances cause the destruction of joint tissue by increasing the production of enzymes and cells which break down the tissue. It is thought that free radicals play a part in the process since pro-inflammatory cytokines cause the release of these destructive molecules.

# REPORT

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### THE FDA'S APPROACH TO THE TREATMENT OF ARTHRITIS

Mainstream medicine, which works through the U.S. Food & Drug Administration (FDA), treats arthritis patients with corticosteroids and non-steroidal anti-inflammatory drugs (NSAIDs), such as Motrin (Upjohn), Clinioril (Merck, Sharp & Dohme), and Indomethacin (Lederle). While these drugs can be of benefit in the short-term, they produce serious side effects such as gastric ulceration along with liver and kidney damage. Estimates are that conventional arthritis drugs kill over 7,000 Americans and cause 70,000 hospitalizations a year! Worst of all, long term use of many of these drugs results in complete joint immobilization, as these drugs fail to treat the underlying cause of most forms of arthritis. FDA-approved drugs exacerbate catabolic cartilage breakdown and prevent the expression of natural anabolic repair.

NSAIDs block the production of certain prostaglandins that contribute to the destructive arthritis process. Prostaglandins are the products of the breakdown of polyunsaturated fatty acids to arachidonic acid. Although prostaglandins can promote inflammation, they can also inhibit it, and are necessary for many life processes. The problem with NSAIDs is that they inhibit prostaglandins throughout the body. This can be a problem in the gut, where prostaglandins are necessary for the integrity of the mucous; hence, ulcerative conditions can develop. They can also have liver and renal toxicity.

Scientists have observed that, the higher the dose of FDA-approved anti-inflammatory drugs, the faster the loss of joint function!

In many cases, conventional arthritis drugs provide very little relief, as patients are switched from one expensive prescription drug to another in a desperate attempt to relieve their pain and inflammation, or to alleviate an adverse side effect that a particular drug may have caused.

European doctors have been using non toxic, natural therapies to treat arthritis with great success for many years. These natural therapies work because they treat the underlying degenerative process affecting the linings of the joints and/or improve the autoimmune disorder that is destroying the joint linings.

### THE CAUSES OF ARTHRITIS

The cartilage in our joints is vulnerable to a wide range of insults that can result in cartilage degeneration, including bacterial infection, free radical damage, and autoimmune attack. The attack on the cartilage in our joints intensifies as we grow older. First our immune system becomes so dysfunctional that it turns on the body it has been designed to protect. Next we have the age-related breakdown of our antioxidant enzyme systems, which permits uncontrolled free radical activity to attack the cartilage in our joints. Then there is our increasing susceptibility to bacterial (and viral) infection, and the subsequent diminishment of our ability to fight off these infections. Finally, there is our age-related decline in our ability to repair the cartilage in our joints.

Among the common reasons for the arthritic breakdown of bone, cartilage and synovial fluid are:

1. Dysregulation of proinflammatory cytokines (autoimmune phenomena).
2. Free radicals generated by cytokines and the breakdown of antioxidant defense systems.
3. Bacterial and viral infections.
4. Anatomical misalignment of joints.
5. Traumatic injury from accidents.
6. Atherosclerosis in cartilage blood vessels.
7. Long-term use of FDA-approved anti-inflammatory drugs.

A cause and a result of joint injury is the formation of free radicals generated by pro-inflammatory cytokines that physically attack and degrade the cartilage and lubricating synovial fluid within the joint. These free radicals stimulate osteoclasts, cells which break down bone. They can trigger a cascade of autoimmune events that contributes to the chronic loss of cartilage structure and function, which conventional doctors usually accept as the normal, irreversible aging-related progression of arthritis. Newly published research indicates that a deficiency of antioxidant enzymes and other compounds often is a factor in the development of arthritis. While dietary antioxidants can be of help to some early-stage arthritis patients, more direct anti-arthritis therapies are required for those whose joint degeneration has progressed significantly further.

### PROTECTING YOURSELF FROM ARTHRITIS

In order for osteoarthritis to be treated effectively, the cartilage and synovial fluid in the joint must be protected against further destruction. At the same time, it is desirable to stimulate anabolic restoration of joint cartilage and synovial fluid.

Chondroprotective agents protect and restore joint cartilage by:

1. Supporting and enhancing anabolic chondrocyte synthesis.
2. Supporting or enhancing the synthesis of synovial fluid, which is required to lubricate the joint.
3. Inhibiting free radical enzymes and autoimmune processes that degrade joint cartilage.
4. Removing blockages in blood vessels leading to the joint.

Chondroprotective agents are compounds the body manufactures naturally in order to regenerate cartilage and healthy joint function. Aging and trauma disrupt the body's ability to use its own chondroprotective agents, which has led to an epidemic of arthritis throughout the world.

### ***Chondro-protective agent number one***

#### **Glucosamine**

Glucosamine is used extensively in Europe to treat osteoarthritis. Numerous published studies document glucosamine's ability to function as a chondroprotective agent.

Glucosamine provides the raw material needed for chondrocytes to regenerate cartilage. A glucosamine deficiency caused by aging and/or trauma leads to osteoarthritis. The oral consumption of glucosamine salts provides the raw material needed for joint cartilage synthesis and repair.

In nine European studies, the oral administration of glucosamine produced major reductions in joint pain, joint tenderness and joint swelling. Improvements in joint function and overall physical performance were noted in these studies compared to placebo and/or the drug ibuprofen. While ibuprofen worked faster than glucosamine in relieving pain, glucosamine imtributed in the joint cartilage matrix.

While the studies show that glucosamine takes 4-10 weeks to produce noticeable results, the new arthritis formula discussed in this article has been producing noticeable reductions in inflammation and pain in most arthritis patients in less than two weeks! This new formula (patent pending) includes two forms of glucosamine, along with EPA, DHA and GLA essential fatty acids.

### ***Chondro-protective agent number two***

#### **The Chondroitin Sulfates**

The chondroitin sulfates provide the structural components of the cartilage found in the joint. Chondroitin sulfate is a constituent of shark cartilage, which helps to explain the beneficial effects that shark cartilage produces in arthritis patients.

The chondroitin sulfates have been tested extensively in humans with outstanding success as anti-atherosclerotic agents. The FDA has ruled, however, that, since each chondroitin sulfate molecule is different than all other molecules, which makes it impossible to produce a precisely standardized product, it cannot be approved as a therapy. Nevertheless, research studies have provided much useful data on the safety and effectiveness of chondroitin sulfates in arthritis patients.

When intramuscular injections of chondroitin sulfates were given to arthritis patients, there were major reductions in joint pain and increases in joint function. Chondroitin sulfates inhibit free radicals that degrade joint cartilage and collagen. Chondroitin sulfates also improve blood circulation to joints, which enables antioxidants and glucosamine to enter inflamed joints to stimulate the repair process required for the regression of osteoarthritis.

### ***Protecting Against Cartilage Destruction From Inflammation And Autoimmunity***

There is now solid evidence of the value of treating rheumatoid arthritis patients with omega-6 essential fatty acids derived from plants, such as the GLA (Gamma Linolenic Acid) found in evening primrose oil, borage oil, and blackcurrant seed oil and oils rich in the omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These essential fatty acids are precursors of prostaglandins such as PG1, which have known anti-inflammatory and anti-autoimmune effects, and decrease the activity of pro-inflammatory prostaglandins such as PG2. Here are findings from some of the new studies documenting the benefits of essential fatty acids in treating arthritis:

In the *Annals of Internal Medicine* (1993 119/9), the findings of a 24-week, double-blind, placebo-controlled trial with GLA derived from borage oil have been reported. The patients receiving the borage oil experienced a 36% reduction in the number of tender joints, a 45% reduction in the tender joint score, a 41% reduction in the swollen joint score, and a 28% reduction in the swollen joint count. The placebo group showed no benefits.

A paper in the *British Journal of Rheumatology* (1994 33/9) reports the findings of a 24-week double-blind, placebo-controlled trial in rheumatoid arthritis patients using blackcurrant seed oil rich in gamma linolenic acid (GLA) and alpha-linolenic acid. Patients receiving blackcurrant seed oil showed reductions in the signs and symptoms of the disease. The placebo group showed no change in disease status. The researchers concluded that their study showed that blackcurrant seed oil is a potentially effective treatment for active rheumatoid arthritis. No adverse reactions were observed, although some people dropped out of the trial because of size and number of capsules they were required to take.

In *Seminars in Arthritis and Rheumatism* (1995 25/2), there was a review of all the published literature on the use of gamma linolenic acid (GLA) for the treatment of rheumatoid arthritis. GLA was shown to reduce the effects of autoimmune disease on joint linings, though more research was said to be needed to determine the ideal dose of GLA for arthritis.

A study in the *Journal of Clinical Epidemiology* (1995 48/11), reviewed all the published studies on the use of fish oil to treat rheumatoid arthritis. They revealed that, in general, after three months of use, there was a significant reduction in tender joint count and morning stiffness in patients receiving fish oils. The placebo groups experienced no relief from pain.

In a study in *Arthritis and Rheumatism* (1995 38/8), rheumatoid arthritis patients stopped taking non-steroidal anti-inflammatory drugs and switched to fish oil. This placebo-controlled, double-blind study showed that the group receiving the fish oil experienced significant decreases in the number of tender joints, duration of morning stiffness, improvements in the physicians' and patients' evaluation of global arthritis activity, and the physicians' evaluation of pain. Patients receiving fish oil exhibited improvement in clinical functions compared to patients receiving placebo. Some patients were able to stop taking conventional arthritis drugs altogether.

These new studies confirm numerous previous reports showing broad-spectrum benefits when arthritis patients take EPA/DHA from fish oil and GLA from borage or blackcurrant seed oil.

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