

NATURAL ARTHRITIS THERAPY



Sometimes it seems that nothing can make you feel your age (or older) than aching, stiff, and swollen joints. Treating arthritis symptoms is important to feeling your best and participating fully in life.

As a physician practicing Integrative Medicine, I believe in using therapies that work with the fewest side effects, and I

regularly use Western, Eastern, and Nutritional medicine when treating joint pain and arthritis.

Steps to Healthier Joints

My Natural Arthritis Treatment strategy involves three steps:

1. Support joint structures – bone and cartilage;
2. Reduce inflammation;
3. Improve mobility.

The latter of these strategies, improving mobility, utilizes massage, physical therapy, aquatic therapy, and chiropractic care to help patients keep active with less pain. Exercise is sometimes the last thing on your mind when your joints ache, but it is an important part of joint health. Remember: Use it or lose it. *For more information, ask for the "Natural Arthritis Therapy" Brochure.*

Very Hip

DANCING BEAR

by MyBestHealth

- **Effective as Celebrex**
- **Reduces Arthritis pain by 50% in 2 months**
- **No Celebrex side-effects**



After the Vioxx and Bextra fiascos, many patients have expressed concerns about using prescription arthritis medications, and with good reason. Dancing Bear is a specially formulated extract of rosemary whose ingredients have been proven to help reduce arthritis pain.

In a head-to-head study against the prescription drug Celebrex, Dancing Bear was shown to be equally effective as Celebrex in relieving arthritis symptoms. Both Dancing Bear and Celebrex reduced arthritis pain by 50% within two months. And because Dancing Bear is derived from herbs, it is not considered to have the side-effect worries of Celebrex.

PRODUCT #	SIZE
133	90 tab

Fish Story

Ultra-pure FISH OIL

by MyBestHealth

- **"Calms immune system and inflammation"**
- **Omega-3 reduces joint pain**



Multiple clinical trials have proven that people who eat fish live longer than those who do not. Certain wild-type fish such as salmon, sardines, trout and halibut are rich sources of omega-3, the good fat.

The body cannot really "burn" omega-3 fats to heat up the joints. So the more good fats, like omega-3, and the less bad fats (oils from corn, safflower, palm, sunflower seeds, cotton seeds) you have in your diet the cooler your joints will be.

Fish oil supplements can also help calm the immune system and reduce the attack on the joints. Some fish may contain high levels of unhealthy mercury, and many fish oil supplements are contaminated with mercury. Our Ultra Pure Fish Oil has been pharmaceutically purified and independently tested to ensure that it contains no mercury or other harmful heavy metals and toxins.

PRODUCT #	SIZE
141	60 gel

The Nutrition Prescription

NUTRALIEF

by MyBestHealth

- *By prescription only*
- *For Gut Health, too*
- *FDA recognized Medical Food*



NutraLief is a scientifically formulated, clinically tested medical food that supports patients with health problems caused by inflammation. These diseases include arthritis, Rheumatoid arthritis, intestinal inflammation, irritable bowel syndrome, fibromyalgia, inflammatory conditions (redness or swelling) of the skin and joints, and bronchial asthma.

A medical food is a special supplement category recognized by the FDA. Medical foods are only to be used under the supervision of a physician to help

patients better manage their disease or condition. This type of nutraceutical cannot be sold at health food stores or over the internet without a doctor's prescription.

This is a serious supplement for serious problems.

NutraLief is made from all-natural, hypoallergenic ingredients and comes in a powder that should be blended as a shake. The shake should be used twice daily for maximal benefit. If you also need to lose some weight, try using a NutraLief shake as a meal replacement for one meal daily.

NutraLief can also be used as part of an elimination diet to help you determine which foods may be causing more pain and inflammation in your joints. What you eat does matter to your joints, but you may not be aware of which foods or food groups are causing you more arthritic pain.

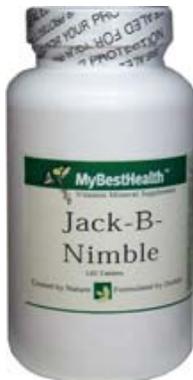
PRODUCT #	SIZE
170	25.7 oz

Elbow Grease

JACK-B-NIMBLE

by MyBestHealth

- *Reduces joint pain*
- *Helps swelling*



Joints are lined by a thin but very important layer of slippery, shiny cartilage. In an arthritic joint, the cartilage becomes dry and brittle. The combination of glucosamine and chondroitin has been clinically proven to support healthy, moist, and resilient cartilage. Our glucosamine-chondroitin product, Jack-B-Nimble, can reduce pain and swelling in joints equivalent to the medication ibuprofen, but

without the side effects.

PRODUCT #	SIZE
158	120 tab

Enzyme Therapy

Serraflazyme & Swolless

- *Reduces inflammation*
- *Helps swelling*



Enzyme supplements reduce inflammation by helping the body's immune system break down chemicals and proteins that cause inflammation. My arthritis guidelines rely on vegetarian enzymes, Serraflazyme (derived from silk worms) and Swolless (derived from pineapples), to support the body in reducing inflammation, swelling, and pain.

NAME	PRODUCT #	SIZE
Serraflazyme	219	100 tabs
Swolless	192	60 caps

Back to Nature

WHITE WILLOW BARK

by Douglas Labs

- Won't cause stomach ulcers
- Reduces inflammation



While the NSAID drugs can cause stomach ulcers, our White Willow bark extract has none of these side effects but all of the inflammation reducing qualities of NSAIDs. White Willow bark extract is widely used in Europe to successfully treat joint inflammation, neck pain and back pain. Our White Willow extract is a European-quality extract with proven effectiveness.

PRODUCT #	SIZE
209	60 cap

Proper Bone Nutrition

BONE

by MyBestHealth

- Helps build healthy bone
- Joint Protection



Healthy joints start with healthy bones. Studies have revealed that weak bones are more likely to lead to degenerative arthritis. Strong bones need more than just highly absorbable calcium, Bone contains the essential nutrients in the proper proportions to help ensure maximal benefit.

Unlike many other calcium supplements which must be taken with food, Bone has been specially formulated to be taken

with or without food which makes taking Bone more convenient.

PRODUCT #	SIZE
104	120 tab

The "New Vitamin C"

VITAMIN D

by Verified Quality

- Helps dietary calcium be absorbed
- Reduce risk of death from cancer

When sunlight is absorbed by exposed skin, we are able to manufacture our own natural Vitamin D. Sun exposure used to provide 80 to 90% of our Vitamin D requirement, but now that we avoid the sun, cover up, or use sunscreen, many Americans have become Vitamin D deficient and now need Vitamin D supplements.

When it comes to research-based health benefits, Vitamin D has become the new "Vitamin C." Everyday there are new scientific publications touting the health promoting value of Vitamin D supplementation.

Of course, Vitamin D is necessary to help dietary calcium be absorbed and then be deposited into our bones, but it also has been shown to reduce the risk of death from any cancer by 60% in women and 29% in men (45% for male intestinal related cancers). Natural Vitamin D supplements can also reduce your risk of Rheumatoid Arthritis, Diabetes,

periodontal disease in seniors, tooth loss, and Multiple Sclerosis. For overweight patients deficient in both calcium and Vitamin D, supplementation of these nutrients can help them lose more weight and, most importantly, keep it off.

The scientists are very clear that only natural Vitamin D supplements will provide these health benefits. Unfortunately, most Vitamin D supplements sold in stores are the poorly absorbed synthetic type and provide little benefits to consumers.

Our Natural Pharmacy stocks Natural Vitamin D by Verified Quality.



PRODUCT #	SIZE
241	90 cap

Relief from Chronic Pain

THERAMINE

by Physician Therapeutics

- Increase brain endorphins
- Blocks pain signals
- Helpful for fibromyalgia,
- headaches, back pain, joint pain, muscle strain
- No risk of addiction or overdose.



Theramine is classified by the F.D.A. as a medical food and is not a drug, even though it is only available through physicians for the treatment of pain and inflammation.

The human brain contains its own “pain killer” molecules (also called endorphins) which are released internally to numb pain. Most of us have experienced this “numbing” effect when we suffer an acute

injury and do not feel any pain immediately or even for a few days.

Patients in chronic pain often have depleted nearly all of their own endorphins. They may feel a more heightened level of pain because they have little of their own endorphins left to offset pain sensations.

Theramine works by increasing brain endorphins that help slow and block the pain signals sent to and from the brain. Theramine has been tested in patients with a wide variety of pain conditions including fibromyalgia, headaches, back pain, joint pain, and muscle strain. The benefits of Theramine peak after approximately 60 days of continued use.

Unlike other pain killers, Theramine is non-toxic and has no risk of overdose or addiction.

PRODUCT #	SIZE
199	60 cap



MSM

by MyBestHealth

- Used by millions



Methyl-sulfonyl-methane (MSM) is a popular therapy that has been used successfully by millions of arthritis sufferers to reduce joint inflammation and pain. MSM is the solid form of DMSO, a liquid used topically to treat burns, skin inflammation, arthritis pain, and dissolve gallstones.

PRODUCT #	SIZE
167	60 cap

What is the Center for Integrative Medicine?

The Center for Integrative Medicine is committed to providing traditional and complementary medicine to patients seeking an alternative to their current medical options. We strive to provide treatments that gently nudge a person’s physiology back into balance. Whenever possible we choose a treatment strategy that has fewer side effects, takes advantage of options from all cultures and uses fewer drugs. We work together as a team and develop a unique strategy that works for each individual patient. We provide a single place for patients to receive different treatments from different specialists. This is medicine with more tools.

TRADITIONAL WESTERN MEDICINE by Dr. Michael Hirt, a Harvard-trained physician, Board Certified by the American Board of Internal Medicine.

CONTEMPORARY NUTRITIONAL GUIDANCE from Dr. Michael Hirt, a physician Board Certified by the American Board of Nutrition. Nutritional guidance is used for:

Cancer Support, Headaches, Health Living (general health, lose weight, gain weight), Heart Health, Irritable Bowel Syndrome, Joint Health, Men’s Health (prostate). Women’s Health (breast, menopause)

DIFFERENT PROTOCOLS FOR DIFFERENT PAIN LEVELS

Protect, Prevent & Maintain or Mild Joint Pain After Exercise	Mild to Moderate Joint, Neck or Back Pain	
	No Swelling	With Swelling
<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth 	<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth • White Willow Bark by Douglas Labs 	<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth • White Willow Bark by Douglas Labs • Serrafazyme by MyBestHealth • Swolless by MyBestHealth • Dancing Bear by MyBestHealth • NutraLief by MyBestHealth
Auto-Immune Arthritis such as Lupus or Rheumatoid Arthritis	Moderate to Severe Joint, Neck or Back Pain	
	No Swelling	With Swelling
<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth • White Willow Bark by Douglas Labs • Ultra-Pure MSM by MyBestHealth • Serrafazyme by MyBestHealth • Swolless by MyBestHealth • Ultra-Pure Fish Oil by MyBestHealth • Dancing Bear by MyBestHealth • NutraLief by MyBestHealth 	<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth • White Willow Bark by Douglas Labs • Ultra-Pure MSM by MyBestHealth • Dancing Bear by MyBestHealth • NutraLief by MyBestHealth 	<ul style="list-style-type: none"> • BONE by MyBestHealth • Jack-B-Nimble by MyBestHealth • White Willow Bark by Douglas Labs • Ultra-Pure MSM by MyBestHealth • Serrafazyme by MyBestHealth • Swolless by MyBestHealth • Dancing Bear by MyBestHealth • NutraLief by MyBestHealth

