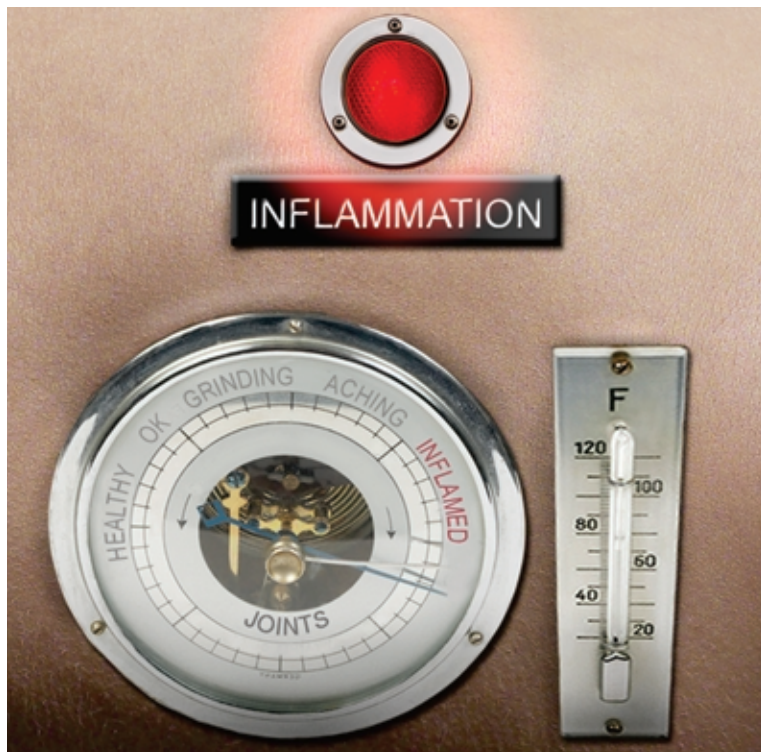


Inflammation: A Serious Warning Light

ON THE DASHBOARD OF YOUR BODY



by Gloria Gilbère, N.D., D.A.Hom., Ph.D.

MOST OF US have at one time or another experienced inflammation, be it as a result of an injury or a medical condition, such as fibromyalgia, arthritis, gout, tendonitis, carpal tunnel, etc. Today, researchers have identified inflammation of any kind as a serious attack on the body's defense and repair mechanisms. They are discovering that chronic inflammation may be the source of several other chronic, and oftentimes life-threatening diseases, including heart disease.

There is a test that actually measures inflammation called hsCRP or high-sensitivity C-reactive protein blood test, not widely known until the 1990s. It is not generally performed as part of "normal" blood work panels but should

be for anyone who suspects they have chronic inflammation and those over the age of 50. Why is this test important? It's important because by monitoring these levels, you might be able to avoid serious health problems. High levels of CRP are one of the body's warning lights for high risk of cancer in the colon, esophagus, liver, stomach, prostate, and lymph, as well as a heart attack.

This is a simple blood test that is cost-effective and can be analyzed by most conventional laboratories; ask your doctor about it and be sure to ask for the "highly-sensitive" test, not just CRP. Keep in mind that this test does not indicate where the inflammation is, just if it's present in the body. Therefore, depending on your symptoms, additional tests may be needed. This at least can either identify a problem before symptoms occur or identify other serious risk factors as a result of existing inflammation.

UNDERSTANDING INFLAMMATION

Inflammation, especially when chronic, is nature's way of flashing a red warning light that something needs immediate attention. That said, the body may already be deploying its defensive inflammatory responses without your knowledge until tissue destruction shows up as a serious disease or disorder. Once the body has been assaulted by inflammation, white blood cells called macrophages (your army) rush to the area where the invader entered or where the injury occurred. Macrophages produce pro-inflammatory cytokines, which are chemical messengers that attack and clean up cells in the affected area. If the inflammatory trigger continues, the cytokine production rises, sending more and more signals to destroy more and more cells—eventually leading to organ damage.

PAIN MATTERS

Taking drugs for pain, except in acute cases for short periods, does nothing to correct the underlying problem, and can actually delay the healing process.

The red warning lights of pain and inflammation are your body's way of communicating that

there is something seriously wrong and you need to take immediate action to find the cause. Masking your symptoms with drugs that deal only with symptom-care is like placing a piece of tape over the warning light on your car dashboard when it warns of impending danger—covering up the warning, all the while allowing the cause and its destruction to become more serious by the hour.

**SYMPTOM MANAGEMENT—
QUICK RELIEF, SERIOUS
SIDE EFFECTS**

Before we resort to pain-relieving drugs for quick results, we must also understand the serious consequences. Don't take my word for it; the following is a public advisory that was issued by the Food & Drug Administration:

**Public Health Advisory, Non-Steroidal
Anti-Inflammatory Drug Products (NSAIDs)**

The FDA issued a public health advisory concerning use of non-steroidal anti-inflammatory drug products (NSAIDs) including those known as COX-2 selective agents.

Recently released data from controlled clinical trials showing that the COX-2 selective agents (Vioxx, Celebrex, and Bextra) may

be associated with an increased risk of serious cardiovascular events (heart attack and stroke) especially when they are used for long periods of time or in very high-risk settings (immediately after heart surgery).

Preliminary results from a long-term clinical trial (up to three years) suggest that long-term use of a non-selective NSAID, naproxen (sold as Aleve, Naprosyn and other trade name and generic products), may be associated with an increased cardiovascular (CV) risk compared to placebo.

While the results of these studies are preliminary and conflict with other study data on the same drugs, the FDA is providing this advisory as an interim measure, pending further review of data that continue to be collected (FDA, Center for Drug Evaluation & Research, Dec.23, 2004).

STATISTICS MATTER

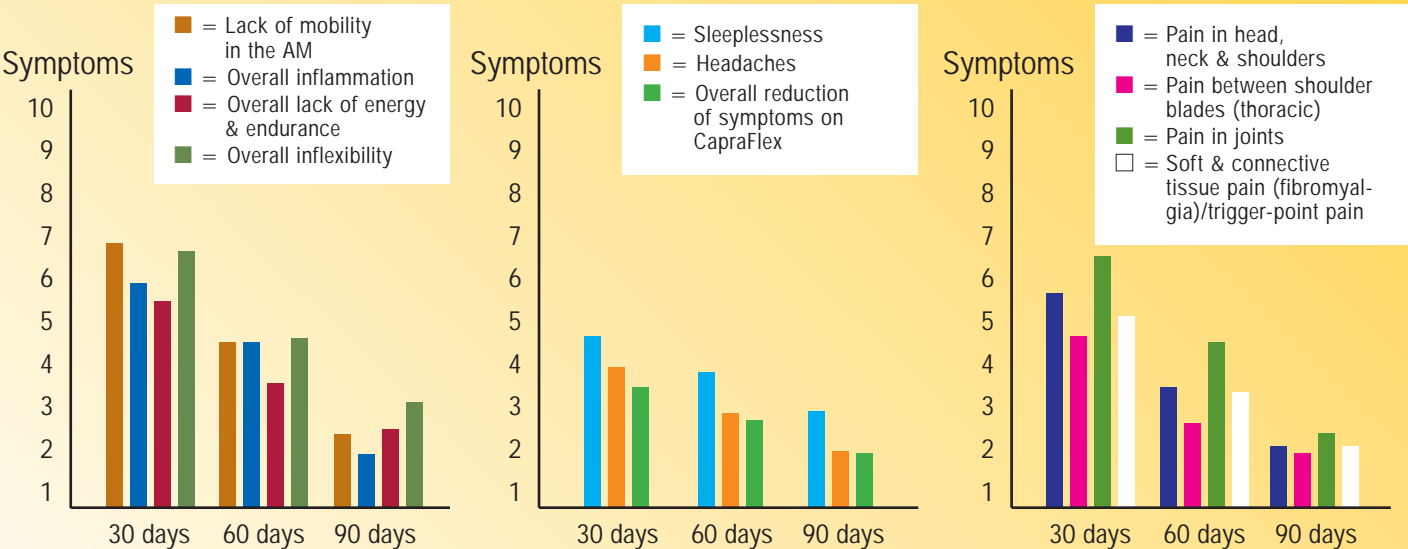
- Of people hospitalized for GI bleeding, 50 to 80 percent are taking, or have taken, NSAIDs, including: aspirin, ibuprofen (Advil), naproxen (Aleve), and ketoprofen (Orudis).
- Serious side effects of NSAIDs include: stomach distress, indigestion, ulcers, leaky gut syndrome.



A study in the *New England Journal of Medicine* showed that high levels of CRP increased the risk of dying from a heart attack three times more than average, regardless of the individual's cholesterol levels.

Hopeful Tomorrows

In order to accurately assess the effectiveness of CapraFlex, the new product that was formulated to arrest and prevent the disorders and symptoms previously discussed in this article, a study was conducted by The Naturopathic Health & Research Center with 21 clients, 3 of which had to drop out because of extenuating medical and personal reasons. The initial study covered the consumption of CapraFlex for a period of 90 days. The following is a sampling of the main questions asked, and reported effectiveness, 30, 60 and 90 days after using the supplement twice a day. **The results are reported as 1 being no symptoms to 10 being the most:**



As the study shows, it is no longer necessary to accept the status quo and succumb to the invisible consequences of drugs whose side effects can be worse than the original condition they're meant to treat. Although prescription drugs are surely warranted for acute symptoms, trauma and injury, in the long term they complicate the healing process. CapraFlex offers a much needed alternative to prescription drugs and their side effects.

Inflammation: A Serious Warning on the Dashboard of Our Body *continued*

For information regarding a local distributor of CapraFlex™, the product containing all the ingredients mentioned in the above article and recommended by Dr. Gilbère, contact Mt. Capra toll-free at (800) 574-1961 or visit their website at www.mtcapra.com.

Mt. Capra

Manufacturers of premium whole-food nutritionals made in the U.S.A. since 1928.



available in powder and caplets

- Ulcers occur in 15 percent of people who have used NSAIDs for at least three months.
- Annually, 76,000 people are hospitalized for GI complications caused by chronic use of NSAIDs and similar drugs with potential toxic effects.

○ Large doses of Tylenol (acetaminophen), not an NSAID, should not be substituted because either category of drug can damage the liver. Additionally, taking both NSAIDs and acetaminophen together can result in serious kidney damage—about 15 percent of people on dialysis today are on it as a result of the damage from Tylenol and/or aspirin.

○ Heart failure is attributed to taking NSAIDs in 20 percent of patients.

- According to the University of Maryland, taking short courses of NSAIDs for temporary pain relief should not cause major problems because the stomach has time to recover and repair any damage that has occurred. From where I sit, damage is still damage!

PAINFUL REFLECTIONS

Writing about the topic of inflammation is a painful reflection for me; however, it is one I am qualified to write about both from personal experience and as a doctor. As a recovered victim of a life-threatening digestive condition resulting from taking prescribed NSAIDs after a serious accident, I thank God every day for my newfound health. That said, I feel a personal responsibility to share with my clients and readers the non-drug options that are now available to them, that were not at the time of my illness.

SAFE SOLUTIONS

Finally, at the urging of patients and doctors, a natural product was designed not only for inflammation but also to support healthy joints, reduce pain, assist with mobility, flexibility and much more—that product is CapraFlex™.

CapraFlex is unique because it contains comprehensive natural support with powerful ingredients from its four synergistically balanced blends that include:

- 1) **Osteo-Enhancing Blend**—predigested and regular goat-milk mineral concentrate. This broad array of naturally occurring minerals assist in maintaining proper chemical balance to keep calcium in solution (fluid), preventing it from depositing in the joints. Also contains: calcium phosphate, L-carnitine, oat juice (natural silica) and alfalfa juice (free of gluten).
- 2) **Joint and Cartilage Matrix Blend**—contains free-ranged chicken collagen type II, the principal structural protein in cartilage that provides strength, flexibility and support. In addition, it contains lutein and a bioactivated green blend of barley, wheat, oat and alfalfa juices (all gluten-free). This blend is predigested and contains 14 strains of beneficial microorganisms and active enzymes.
- 3) **ArthriFlex Blend**—contains powerful ingredients known for their strong anti-inflammatory and analgesic (pain reducing) effects, alkalizing effects and antioxidants; these include tart cherry juice, ginger, turmeric, acerola cherry, feverfew, valerian, lemon powder and white willow bark (natural aspirin).
- 4) **Anti-inflammatory Blend**—specific enzymes known for their effectiveness in assisting with inflammation: protease blend, amylase, bromelain, lipase, papain and cellulose.

Additionally, CapraFlex provides support for the following conditions, all in one product:

- Generalized pain
- Joint pain & stiffness
- Impaired flexibility
- Generalized inflammation
- Soft & connective tissue pain
- Stiffness made worse by inactivity
- Loss of bone mass
- Overly acidic pH
- Swollen joints

HEED THE WARNINGS

When the warning lights on your body's dashboard signal something is wrong, don't mask the discomfort with harmful drugs. CapraFlex not only offers you the opportunity to deal with pain and inflammation, it also contains ingredients to assist in correcting the cause, keeping those warning lights from ever having to flash, naturally. ■

REFERENCES

Ridker, P.M., et al. "Inflammation, aspirin and the risk of cardiovascular disease in apparently healthy men." *N Engl J Med*, 1997;336(14):973-9.



Gloria Gilbère, N.D., D.A.Hom., Ph.D., is a traditional naturopath, homeopath and doctor of natural health. She is internationally respected as an authoritative influence in the causes, effects and drug-free solutions for leaky gut syndrome, fibromyalgia, chronic fatigue and chemically induced immune system disorders. She is author of *I Was Poisoned by My Body*, *Invisible Illnesses*, *Nature's Prescription Milk*, and her new release, *Pain/Inflammation Matters*, the first in a series of 96-page, condition-specific health guides. Visit her website at www.drgloriagilbere.com.