

A Powerful Tool For Pain

Study Results Showed A Dramatic Reduction In The Need For Pain Medication

For over a year, one of my colleagues had a painful frozen shoulder that was a constant irritant. He couldn't lift his arm any higher than his shoulder without extreme pain. Despite chiropractic care and an anti-inflammatory diet that was heavily plant based, he experienced pain as soon as his elbow was elevated above his shoulder.

He's 59 now, but earlier in his professional career he had some heart and stomach problems; however, for the past 15 years he has been symptom free until his shoulder acted up. Then one day he read an article about curcumin and its powerful anti-inflammatory properties. He became fascinated by the research and asked if Biotics Research had a product containing curcumin. Of course I told him about KappArest, curcumin being the primary ingredient, and how 7 of the 8 synergistic botanicals in KappArest have been shown to reduce the



genetic modifying or what I call the "amplifying" factor of pain and inflammation, "NF-kappaB."

I suggested he do a trial of 3 capsules twice a day for 60 days and see how his body reacted. Since his diet was so clean, I really didn't expect him to get dramatic results. Much to my surprise he reported that he was pain free with a complete range of motion in less than 30 days.

He went on to tell me about his wife, who works long hours on her feet as a hos-

pital chaplain in a nursing home 3 days a week. She would be exhausted and stiff the day after work, even though, she too ate an anti-inflammatory diet and had consistent chiropractic care. It would take a day to recover, then when she returned to work, the vicious circle started all over again. She started taking KappArest 3 capsules twice a day and in 30 days was surprised that she wasn't stiff, sore and exhausted the next day.

The article that motivated my colleague to try curcu-

min was titled "Efficacy of turmeric (curcumin) in pain and postoperative fatigue after laparoscopic cholecystectomy: a double-blind, randomized placebo-controlled study." 50 patients who had their gallbladder removed were broken into 2 groups. 25 patients given standard care served as a control group whereas 25 patients in the experimental or study group were given curcumin as well as medication as needed.

On day 3 pain and fatigue scores were similar in the two groups. At week 1 and 2, the study group showed significantly lower mean pain scores, 15 ± 5.204 versus 30 ± 13 in controls. All patients were pain free by week 3.

Fatigue scores at week 1, 2, and 3 were also significantly lower in the study group, 2.16 ± 1.748 , 1, and 0, respectively, versus 5.16 ± 1.375 , 4.20 ± 1.633 , and 1 in controls.

But to me the proof of the study came in the use of pain pills. Analgesic tablet usage was significantly lower in the study group, 6.96 ± 1.83 versus 39.32 ± 16.50 in controls.

By the way, the p value or the chance of this happening by chance was $<.000$. Scientifically, when we see $p < .05$ that means there is a 1 in 20 chance of it happening by accident. A p value of $<.000$ means you would have to run the experiment thousands of times before you could repeat the outcome by chance.

One reason why curcumin works is its ability to naturally inhibit NF-kappa B. NF-kappaB is a protein complex that acts as an intracellular 'amplifier' that promotes inflammation. When activated NF-kappaB enters the nucleus and binds with DNA to activate genes and then encodes the genes to in-

crease the production of inflammatory mediators.

What are these inflammatory mediators that are released by NF-kappa B? C - reactive protein, cytokines, prostaglandins, leukotrienes, and free radicals to name a few. But to the patient they mean pain and inflammation.

Formulated in conjunction with Dr. Alex Vasquez, KappArest™ contains a proprietary blend of botanicals that inhibit NF-kappa B. KappArest contains curcuminoids (turmeric extract), Boswellia serrata extract, propolis, green tea extract, ginger extract, rosemary extract, celery seed extract, resveratrol, alpha lipoic acid, phytolens, and piper nigrum.

By the way piper nigrum from black pepper increases the bioavailability of curcumin as well as other botanicals. One study showed it increased blood levels of curcumin by 2,000% in humans.

KappArest™ was designed, and has been shown to supply targeted nutrition that inhibit the production of NF-kappaB, and has been documented to have a positive impact on the production of inflammatory mediators. Right now pharmaceutical companies are racing to find patented molecules to reduce NF-kappaB. Fortunately we have safe, natural, effective strategies that are available for a fraction of the cost.

So, for any surgical situations as well as any other chronic lingering condition that are not responding to your current therapeutic interventions, consider KappArest.

Thanks for reading this week's edition. I'll see you next Tuesday.