

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 My Best Health

- **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	60 gels

Fish Story

Ultra-pure FISH OIL

by My Best Health

- **"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

Essential Oil for Human Health

ANDREAS FRESH PRESSED FLAX SEED OIL

by Andreas Seed Oil

- **Unique violet glass bottle preserves and protects potency**
- **“Pressed” on date guarantees freshness**
- **Reduces risk of arthritis and other inflammatory diseases**
- **Reduces risk of hardening of arteries**



Andreas’ oil is no ordinary organic flax seed oil because how this oil is processed. Even the bottle is special.

Flax seed oil is one of the richest sources of an essential oil for human health, alpha-linolenic acid. Alpha-linolenic acid is found in every human cell and is necessary for good health. Good blood levels of alpha-linolenic acid have been shown to possess many health benefits including a reduced risk of stroke (including “mini-strokes”), heart disease, intestinal diseases, tumors, hardening of the arteries (arteriosclerosis), arthritis, and other inflammatory diseases. Flax seed oil may also help in the treatment of Attention Deficit Disorder. Perhaps you are taking flax seed oil or have tried it in the past without any results.

This is probably because your flax seed oil was missing a secret ingredient.

The secret of flax seed oil is freshness; the healing benefits of flax seed oil are released the moment the flax seeds are pressed and then last only for a few

weeks or months (if properly stored). Most flax seed oil supplements and bottled oils have an expiration date, but no “pressed” date. This makes it impossible to determine whether any of the healing benefits these supplements and oils are still present. Flax seeds must also be cold pressed and cold processed because any heat will destroy the healing nutrients in the oil.

Whenever possible, Andreas’ Fresh-Pressed Flax Seed Oil is packaged in a unique violet glass bottle. Violet glass has been known since the times of the ancient Egyptian pharaohs to be the best way to store and preserve precious oils and herbs. Unlike other colored glass and dark plastic bottles, violet glass uniquely restricts all damaging visible light but still allows other important energy waves to penetrate the contents of the bottle. These energies such as infrared, ultraviolet, and violet light help to maintain the healing energies of the organic contents within the bottle. Studies spanning two months have shown that virtually no degradation of contents occurs with volatile products kept in violet bottles.

Once properly pressed, flax seed oil begins to slowly lose its healing properties because of exposure to light. This decomposition continues to occur in colored glass bottles and dark plastic bottles, but not in violet glass bottles.

Andreas is a gold medal Olympic gymnastics champion, and his commitment to a quality, healing flax seed oil represents the highest in the field.

PRODUCT #	SIZE
281	8.45 oz

Powerful Anti-inflammatory Herbs

JUMPIN’ JACK

by My Best Health

- **Supports joints, ligaments, tendons**
- **Blocks inflammatory response**
- **Relief without serious side effects of pain killers**

Jumpin’ Jack is a blend of powerful and safe anti-inflammatory herbs that provide natural pain relief. Jumpin’ Jack’s ingredients have been clinically studied and found to help 40% of patients with back pain become pain-free after four weeks of supplementation.

Jumpin’ Jack contains nutrients that also help support healthy joints, ligaments, and tendons by blocking the bodies inflammatory response which

can weaken and damage tissues over time.

Prescription and over-the-counter anti-inflammatory medications (like Advil, Motrin, Alleve, Aspirin) can thin the blood, cause intestinal bleeding, and irreparably damage the liver and kidneys. The natural herbs found in Jumpin’ Jack help treat pain but without the serious side effects of anti-inflammatory pain killers.

Usual Dosage: Take two capsules twice daily.



PRODUCT #	SIZE
264	120 cap

The Nutrition Prescription

NUTRALIEF

by My Best Health

- *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.

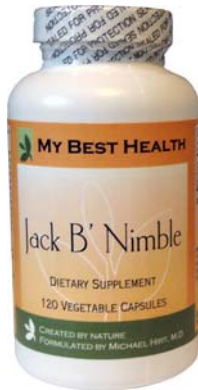
PRODUCT #	SIZE
170	25.7 oz

Elbow Grease

JACK-B-NIMBLE

by My Best Health

- *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

3 Times More Potent than Synthetic NATURALLY D

by My Best Health

- *Water suspended for superior absorption*
- *Treats muscle aches and arthritis pain*
- *Improves bone health*
- *Lowers risk of heart disease*



Naturally D is three times more potent than synthetic vitamin D. Our liquid "Naturally D" supplement contains natural vitamin D suspended in drops of water for superior absorption.

Everyday scientists are learning more about the benefits of supplementing with natural vitamin D including improvements in bone health, treating muscle aches and arthritis pain, and lowering the risk of heart disease and certain cancers.

Usual Dosage: One to five drops daily as directed by Dr. Hirt.

PRODUCT #	SIZE
271	2.33 fl oz

Blocks Arthritis Inflammation SPROUT SHIELD

by My Best Health

- *Most abundant source of cancer fighting chemical*
- *Like eating fistful of broccoli sprouts*
- *Superior anti-oxidant protection*
- *Fights macular degeneration*

Everyone knows that eating cruciferous vegetables like broccoli are good for you. These vegetables pack natural chemicals that help us fight cancer, heart disease, arthritis, eye disease (like macular degeneration), high blood pressure, even *Helicobacter pylori* (the bacteria that causes stomach ulcers and stomach cancer).

Researchers at Johns Hopkins University School of Medicine discovered that the most power-packed cruciferous vegetable was the broccoli sprout, the

Proper Bone Nutrition BONE

by My Best Health

- *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 cap



tender 3 day old shoot that will eventually become a mature broccoli plant. These shoots are the most abundant source known of isothiocyanates, a natural chemical that over 200 clinical studies have shown to help the body fight cancer, detoxify, provide superior anti-oxidant protection, block arthritis inflammation, support eye and cardiovascular health, and neutralize *Helicobacter pylori*.



One capsule of Sprout Shield contains all the important health-promoting nutrients of a fistful of broccoli sprouts.

PRODUCT #	SIZE
258	120 cap
279	30 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

Natural Strontium Supplement

BONAFIDE

by My Best Health

- Mineral found in the Earth's crust
- Supports healthy bones
- Helps reverse osteoporosis
- Backed by clinical research



Bonafide contains a special type of strontium, a natural mineral found in the Earth's crust which is physically and chemically similar to calcium. Clinical studies lasting as long as five years have shown that medicinal doses of strontium can stimulate the body to build bone while simultaneously reducing the amount of bone loss.

Bonafide helps build bones that have normal strength and flexibility. Studies have shown that strontium can reduce spinal fractures by 40% and increase bone density between 8 and 14%.

While taking Bonafide, it is important to continue taking other bone building supplements such as calcium and vitamin D. Bonafide should be taken at least two hours from the time you take your calcium supplements to avoid any interactions.

PRODUCT #	SIZE
343	120 cap



Natural Sulfur Compound

MSM MAX

by My Best Health

WHY YOU NEED IT:

- Arthritis Symptoms
- Back and Neck Pain
- Headaches
- Fibromyalgia
- Sports Injuries
- Tendinitis
- Bursitis
- Constipation
- Shingles
- Post-operative healing
- Gum disease
- Scars, unsightly or painful
- Carpal Tunnel Syndrome
- Brittle nails, hair
- TMJ
- Heartburn
- Allergies
- Sinusitis
- Asthma
- Cold sores
- Autoimmune disease

If you have one of the above conditions, MSM Max can help you to control symptoms and speed healing. MSM Max can start to work on relieving pain and disability within days of starting treatment, though maximal effects can take up to one to two months of regular therapy.

HOW IT WORKS:

MSM Max contains natural sulfur. Sulfur is the eighth most abundant molecule in the human body. For thousands of years, medicine men have used natural sulfur compounds to heal human disease and injuries. Even today, patients flock to spas featuring sulfured-mineral hot springs for their healing properties.

MSM Max relieves pain by blocking the pain nerves (known as C fibers), reducing inflammation (redness and swelling), promotes blood flow to enhance healing, and reduces muscle spasm.

Each scoop of MSM Max contains 5,000mg of pure methylsulfonylmethane (MSM). Treatment doses vary from ½ to 4 scoops daily. Most patients should start with ¼ to ½ scoop one to two times daily. MSM Max is bitter and is generally best tolerated when mixed into a flavored beverage such as juice or herbal



tea. MSM Max dissolves fastest and best in warm liquids.

Every one to three days, gradually increase your dose of MSM Max to approximately ½ to one scoop twice daily. If your symptoms persist,

gradually increase the dose of MSM Max until you notice improvement. If you take too much MSM Max or increase the dose too quickly, side effects can include mild headache, intestinal discomfort or loose stools. If you experience one or more of these symptoms, reduce the dose, and then try to gradually increase the dose of MSM Max once more.

MSM Max can also be applied topically to sore muscles, joints, and problem skin/scars. Dissolve one scoop of MSM Max into one ounce of warm water. Mix well until all of the crystals are dissolved. Rub the solution into affected areas. For sore throat relief, gargle with this mixture three to five times daily. In treating nasal allergies and sinus disease, this mixture can be sprayed into the nose two to three times daily. To help treat gum disease, apply this MSM Max solution directly to the gums and use it as a mouth rinse three to four times daily.

MSM Max can also be dissolved into your favorite skin cream, lotion or pain gel. Use a mortar and pestle or a coffee/spice grinder to pulverize one scoop of MSM Max crystals into a fine powder. Then mix the MSM Max powder into one ounce of cream. Apply the MSM Max enhanced cream four to five times daily. As an anti-wrinkle cream, use twice daily. Store the cream in an airtight container.

PRODUCT #	SIZE
340	300 gm



Topical Magnesium Therapy

LOOSY GOOSY

by My Best Health

- Puts the power of magnesium where you need it
- Helps support patients with muscle and leg cramps
- Supports patients with tension headaches
- Topical application minimizes side effects
- Natural muscle relaxer



Magnesium is the second most abundant mineral in our bodies after calcium, and is involved in over 300 important systems. However, most Americans eat a diet low in magnesium and deficiencies are quite common.

When magnesium levels get low one of the symptoms people report is muscle cramps, particularly at night in the legs. Magnesium has long been used to help relax muscles. Tight muscles can cause headaches and also result from exercise and sport injuries.

Loosy Goosy is a unique magnesium-rich cream that can be applied to sore, stiff, and tight muscles. For headaches, apply Loosy Goosy directly to the forehead and tight neck muscles. Magnesium starts to penetrate and work quickly to relief muscle tension.

Loosy Goosy can also be applied before bedtime to try and diminish leg cramps before they happen.

PRODUCT #	SIZE
326	4 oz

Improves Joint Mobility

SOOTHE ME

by My Best Health

- High potency vitamin B3 derivative
- Reduces arthritis pain
- Reduces inflammation
- Clinically proven to treat arthritis symptoms



SootheMe contains a mega dose of the vitamin B3 derivative, niacinamide. William Kaufman, MD popularized the use of niacinamide for the treatment of osteoarthritis. With hundreds of patients, he proved this simple and safe treatment really works. Clinical scientists picked up his efforts and have shown in randomized, placebo controlled trials that high dose niacinamide can treat

arthritis symptoms without the side effects of prescription medication.

Niacinamide does not cause the “flushing” attributed to niacin. Both niacin and niacinamide are processed by the liver. If you develop nausea, this may be a sign that your liver is overloaded and that you should reduce your dose. Liver function blood tests can help track irritation or side effects.

To help your arthritis symptoms, take 1 – 2 SootheMe three to four times daily with meals or food.

PRODUCT #	SIZE
335	100 cap



Promotes Healthy Joints and Muscles

ENZYMATIC

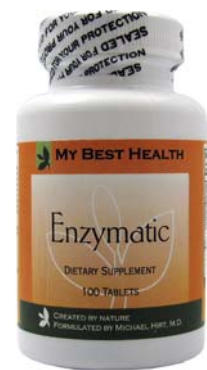
by My Best Health

- **Supported by clinical research**
- **Enzymes help reduce inflammation**
- **Natural pain relief**
- **Accelerates recovery for injuries**
- **Proven Blend of Natural Enzymes**
- **Helps digestion when taken with meals**
- **Strengthens the immune system**

Enzymes are “action” molecules that help your body’s internal processes run properly. Think of enzymes like the key to your car. When the key is engaged and turned, the car engine starts and you are ready to go.

Similarly, enzymes active key functions of your cells and are necessary for the body to run on all cylinders.

There are many different types of enzymes, at least one for every critical function in the body. For example, there are enzymes that help the body make hormones, digest food you’ve eaten, and fight infections.



Enzymatic contains a blend of enzymes that are designed to reduce inflammation, pain, and boost immune functions.

For these functions, Enzymatic needs to be taken between meals. When taken with food, Enzymatic can also help aid digestion.

PRODUCT #	SIZE
312	100 tab

The Steel Trap

Forming and maintaining memories requires three basic steps: (1) Concentration; (2) Blood Flow; and (3) Connectivity.

My strategy for maintaining and enhancing memory involves the use of supplements and nutrition at each of these three key areas. The recommended supplements appear in bold text and are available from our Natural Pharmacy. I have researched and reviewed each of these supplements and their respective manufacturers. Achieving results depends on access to the highest quality supplements.

Concentration

If you are not focused on a task, you will not be able to remember it. We have all had the experience of reading the same page in a book multiple times because our minds drift off or we start to doze. I recommend Ginkgo, **Sentra AM**, and **NitroBang** which are capable of improving attention and focus (offered by our Herbal Pharmacy). These supplements can also help lift “Brain Fog”.

NitroBang (tablet-form) is formulated to provide therapeutic levels of two key amino acids (L-Arginine and L-Citruline) that are clinically proven to boost blood levels of Nitric Oxide. Nobel-Prize winning research has recently demonstrated the importance of Nitric Oxide in enhancing brain oxygen delivery, maximizing male erections (like a natural Viagra), improving heart and blood vessel circulation, and improving athletic performance and muscle tone. People who regularly use the ingredients in **NitroBang** also report improved mood, mind, and memory.

Sentra AM by Physicians Therapeutics is a medical food that provides the brain with the nutrients needed to make glutamate and acetylcholine. These important morning brain hormones are responsible for much of the “Rise and Shine” feeling many patients long for in the morning. Taking **Sentra AM** immediately on waking will increase mental alertness, clarity of thought, and memory.



Maximally Absorbed Magnesium

MAGNIFICENT

by My Best Health

HELPS PATIENTS WITH:

- *Fatigue*
- *Fibromyalgia*
- *Muscle spasm*
- *Mood disorders*
- *Insomnia*
- *Asthma*
- *Heart disease*
- *Palpitations*
- *High Blood Pressure*
- *Diabetes*
- *Headaches*
- *Kidney stones*
- *PMS*
- *Pregnancy*
- *Restless Legs*
- *Constipation*
- *Osteoporosis*
- *Substance withdrawal*



It surprises most people that magnesium is more abundant than calcium in the body. Magnesium is essential for life and is involved in over 300 enzyme systems.

Despite the critical importance of magnesium, the diet of most Americans is deficient in magnesium. Magnesium rich foods include whole grains, nuts, legumes, dark green vegetables, fish, and meats.

There are also a number of prescription medications that deplete the body of magnesium and these drugs include some antibiotics, laxatives, water pills, and some asthma medications.

MAGnificent contain magnesium-potassium-aspartate which is the preferred and most absorbable form of magnesium.

PRODUCT #	SIZE
336	100 tab

Key vitamins for Healthy Bones

OSTRAMEND

by My Best Health

- *All-natural bone builder*
- *Proven herbal and vitamin formula*
- *Helps patients with bone loss*
- *Proprietary extracts of hops and goldenseal target bone health*
- *Boosts effectiveness of calcium supplements*



Ostramend is a new concept in bone-building supplements, and helps patients beyond the potency of calcium supplements alone. For patients who are losing bone and need to rebuild, Ostramend contains clinically proven ingredients that work together for optimal bone health.

In addition to critically important vitamins, Ostramend also contains a unique blend of goldenseal and hop extracts that work directly on improved bone metabolism.

When building a new house on a vacant lot, you need both high quality construction materials and high quality construction workers. Think of calcium supplements as the construction materials and Ostramend as providing the “cellular” construction workers who knit the calcium into healthy, strong bones.

Ostramend represents a breakthrough in nutritional support for bone health. Ostramend takes over where regular calcium supplements leave off: promoting the active formation of new, healthy bone tissue in the setting of bone loss.

PRODUCT #	SIZE
345	60 tab





DIFFERENT PROTOCOLS FOR DIFFERENT PAIN LEVELS

Protect, Prevent & Maintain or Mild Joint Pain After Exercise

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health

Mild to Moderate Joint, Neck or Back Pain

No Swelling

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health

With Swelling

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health
- **Serrafazyme** by Cardiovascular Research
- **Swolless** by My Best Health
- **Dancing Bear** by My Best Health
- **NutraLief** by My Best Health

Auto-Immune Arthritis such as Lupus or Rheumatoid Arthritis

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health
- **MSM Max** by My Best Health
- **Serrafazyme** by Cardiovascular Research
- **Swolless** by My Best Health
- **Ultra-Pure Fish Oil** by My Best Health
- **Dancing Bear** by My Best Health
- **NutraLief** by My Best Health

Moderate to Severe Joint, Neck or Back Pain

No Swelling

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health
- **MSM Max** by My Best Health
- **Dancing Bear** by My Best Health
- **NutraLief** by My Best Health

With Swelling

- **BONE** by My Best Health
- **Jack-B-Nimble** by My Best Health
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