



Osteoarthritis

Special points of interest:

- > You can help repair and stop joint degeneration
- > There are many alternatives to drugs to alleviate pain of osteoarthritis
- > **NEW SAVINGS!** On all liquid herbal and homoeopathic medicines.
- > Recipes Protein Pancakes

What is Osteoarthritis?

Osteoarthritis, a degenerative joint disease, is one of the most common forms of arthritis and mainly affects the elderly. By forty years of age, most people have some damage to weight-bearing joints.

A joint is the meeting point of two bones which allows movement. Cartilage is the firm cushion found between the two bones to stop them from grating against each other.

A joint is wrapped inside a tough capsule that is filled with synovial fluid. This fluid lubricates the joint and keeps it moving smoothly. With osteoarthritis, the cartilage becomes brittle and splits. Some pieces of cartilage may even break away

and float around inside the synovial fluid. This can lead to inflammation. Eventually, the cartilage may break down so much that it no longer cushions the two bones, leaving bones, leaving bone rubbing on bone, with resulting pain.

Symptoms of osteoarthritis include:

- Local tenderness and pain
- Morning stiffness – usually disappearing 30 minutes after rising or after exercise
- Pain in weight bearing joints, particularly the hips.
- Decreasing joint motion and flexibility as the disease progresses.

- Grafting sensations in the joints with increased tenderness
- Joint enlargement due to the continued inflammation and ligament weakness

Treatment

The treatment of osteoarthritis is focused on joint repair by stimulating new cartilage and connective tissue formation.

When cartilage is produced faster than it is being destroyed, the damage joint structure is supported and pain is alleviated.

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What's New for April 2006

Tracey's next Sydney clinic is Monday 16th April at Level 9 60 Pitt St Sydney.

If you would like an appointment in Sydney please ring the clinic for your appointment time.

NEW HEALTH SAVINGS!

15% SAVINGS on all herbal mixes (liquids only) all homoeopathic and bach/bush flower medicines.

Tracey Lee's Health Packages have been so popular that now not only do you save up to 20% on you consults and tests, 15% off all me-

tagenics products but now all liquid herbs and homoeopathics have been added to these packages.

If you purchase \$300 worth of metagenic products SAVE 20% when on a consult package.

See page 4 for more details.

Diet and Lifestyle to help osteoarthritis

To reduce the strain on weight bearing joints, it is important to achieve your optimal weight.

For most people this will involve some changes to their diet.

Ask Tracey Lee about the Keto-system and Insulin Zone System, which balance dietary carbohydrate protein and fat ratios, important factors in reducing blood sugar and insulin levels.

Both systems are safe and

effective weight management plans.

Some people also benefit by avoiding nightshade family foods. These include; tomatoes, potatoes, eggplant, capsicum and tobacco. It is assumed that chemicals in these foods inhibit normal joint repair and encourage inflammatory degeneration.

Appropriate exercise, in moderation, is vital in managing osteoarthritis. Tracey Lee can

advise you on the best form of exercise to maintain joint function, reduce pain, strengthen the bones and aid weight loss. They may ask you to consider undertaking activities such as water aerobics and yoga.

Cartilage has no blood supply and relies on synovial fluid moving in and out of the joint to nourish it and take away wastes. Keeping your joints mobile, with appropriate exercise, is the number one way to improve cartilage health.



Unfortunately, long-term nonsteroidal anti-inflammatory (NSAID) drug therapy can actually inhibit the production of cartilage components necessary for joint repair, and can contribute to the progression of osteoarthritis

Connective Tissue Repair and Support

Growth and repair of damaged connective tissue (associated with the injury of skin, tendons, ligaments and cartilage) can be assisted through the combination of amino acids, minerals, herbs and cartilage precursors. These nutrients include: glucosamine sulphate, silica, amino acids, vitamin C, magnesium, manganese, selenium, zinc, copper, iron, vitamins B5 and B6. the collagen and elastin in connective tissue are assembled from amino acids. Most im-

portant of these amino acids are proline, lysine and cysteine. These are essential components of cartilage and require ascorbic acid, iron, vitamin B6 (pyridoxine) and pantothenic acid in order for them to be incorporated into the joint tissue.

Microcrystalline Hydroxyapatite Concentrate (MCHC), combined with magnesium, silica, and other synergistic minerals and vitamins, provides all the nutrients needed for the

growth and repair of cartilage and bone. Nutrients in MCHC include chondroitin sulphate, hydroxyproline, glycine and glutamic acid, trace elements and hormonal factors which assist in the maintenance of bone tissue and in the prevention of bone loss. MCHC is the only combination of calcium and minerals known to increase bone density. It is important to avoid heavy metals in any MCHC, so always ask Tracey Lee which bone formula they recommend.

Regenerate and Support Cartilage

Along with regular gentle exercise and massage there are a number of supplement to help regenerate and support cartilage.

The quality of these supplement below varies greatly between different brands.

Liquid bovine tracheal cartilage (LBTC) provides glucosamine sulphate, chondroitin sulphate,

proteoglycans and glycosaminoglycans, plus collagen and elastin. The complete nutrient profile in LBTC makes it indispensable for repair of connective tissue.

An old and simple remedy for the regeneration of cartilage is Gelatine powder (the plain one from the supermarket). Dr Joel Wallach is a big promoter of the use of this simple joint

'remedy'. Just use one heaped tsp into fluid once a day.

Tissue salts and colloid can also be helpful in helping regenerate and support cartilage. The most commonly used ones are Silicea 6X, Calc fluor 6X and calc phos 6X new era brand or in colloid form CP, CF and S.





Many different herbs can be used for arthritis . A few of the anti-inflammatory herbs include ginger (above), olive leaf and rosemary (below)



Omega 3 Fatty acids a must for anyone with osteoarthritis

Omega-3 fatty acids from fish oil, contain a high dose of active ingredients EPA and DHA and can inhibit the swelling, pain and inflammation associated with osteoarthritis.

Fish oil needs to be taken continuously for at least two months for its therapeutic action to be fully determined.

It is also important to take the correct dose of fish oil.

The quality of many fish oils on the market is simply a waste of time (and money) taking them.

It is how the fish oil is processed will determine how well it is absorbed into the body.

Ask Tracey Lee for more information on your correct dose and type of fish oils to take for it to be effective in reducing your pain and inflammation of osteoarthritis.

With some many 'natural' products on the market for osteoarthritis Tracey Lee can advise you which are appropriate for your individual needs. Ask at your next consult.

Herbal Medicine for Osteoarthritis

There are many different herbs for osteoarthritis and not one herb or one group of herbs will work in every one with arthritis.

Remember herbs are not like drugs, they have a synergic effect and they need to be individually prescribed.

There are a group of herbs that have been through scientific trials for there effectiveness as anti-inflammatory.

Anti-inflammatory Herbs

The synergistic properties of rosemary, hops and olive leaf relieve the pain and inflammation associated with osteoarthritis without causing gastrointestinal tract damage like many drugs can.

Relief of inflammatory pain can be achieved with short-term, high-dose herbs such as turmeric, boswellia and ginger. The main active constituent in turmeric is curcumin. In a dou-

ble-blind crossover trial, an anti-inflammatory drug and curcumin were found to have similar benefits. Improvements were noted in timed distance walking, joint-related swelling and duration of morning stiffness.

There are many other traditional herbal medicines including celery seed, birch leaves, black cohosh, devil's claw, nettle, prickly ash, sarsaparilla, and wild yam.

Recommendations for Osteoarthritis Suffers

- Achieve your optimal weight
- Eat less foods from the nightshade family – tomatoes, potatoes, eggplant, capsicum and tobacco.
- Exercise in moderation, Ask Tracey Lee about appropriate exercises to reduce the strain on your joints.

- Take appropriate nutrients to help the growth and repair of damaged cartilage.
- Take high doses of anti-inflammatory herbs, nutrients and fish oils to reduce inflammation and increase joint mobility.
- Microcrystalline hydroxyapatite concentrate, with additional vitamins and minerals,

provides excellent bone nourishment for optimal joint repair. Ask Tracey Lee about homeopathic dilutions which reduce arthritic symptoms.

- Ask Tracey Lee to check your 'toxicity' levels with a simple urine test and check iridology signs for other health factors that can be aggravating your pain and inflammation.





HOLISTIC
Health & Wellness Centre

Tracey Lee Morley N.D. D.B.M.
Naturopath, Homoeopath, Herbalist
3 Alkina Ave/P.O. Box 5040
Port Macquarie NSW 2444

Ph **0265 823424**
email tlnat@dodo.com.au

**We're on the web;
www.alternative-natural-remedies.com.au**

NEW! SAVINGS!

SAVE 15-20% off all liquid herbal mixes, homoeopathic medicines, bach flowers, Metagenics Products for regular client who purchase either a 2 or 6 month consult package.

2month consult packages are 5 consults over 2month period SAVE 20% off cost of your consultations Cost \$180 (and can be used by any member of the family).

6 month consult packages are 5 consults over a 6 month period SAVE 15% on the cost of your consultations Cost \$191.50 (and can be used by any member of the family)

RING THE CLINIC AND ASK FOR MORE INFORMATION OR DOWNLOAD THE PACKAGE BROCHURE FROM THE WEBSITE AT;

Protein Pancake Recipes

Protein Pancakes for Weight loss (ketosystem diet)

Ingredients

1 scoop of Tracey Lee's Natural Whey protein powder
1 scoop of almond or hazelnut meal
1/4 cup of water or soymilk
1 egg

Method

Combine ingredients in a bowl, use olive oil to cook on moderate heat. Watch as it may burn quickly. Serve with butter and 1/2 cup of berries or stewed apple and cinnamon.

Protein Organic Pancakes

Ingredients

100gm organic wholemeal self raising flour
50gm of The Green Oil Pepita Meal
2 eggs
Water or soymilk

Method combine ingredients in a bowl, use olive oil to cook on moderate heat. Serve with yogurt, berries or stewed apples.

The Good Oil's Pepita Meal (from pumpkin seeds) 50gm provides 25gm of protein. Available from Full of Life Healthfoods

Protein Gluten Free Pancakes

Ingredients

75gm organic maize flour (Demeter or Helois brand)
25gm of organic white rice flour (Demeter or Helios brand)
1 tsp of baking powder (Demeter is gluten free)
2 eggs
50gm of The Green Oil Pepita Meal
Water or soymilk

Method

Combine ingredients in bowl, use olive oil to cook in pan on moderate heat. Serve with yogurt, berries or stewed apples.

Total mixture is 35gm of protein; makes 3 pancakes = 12gm of protein each