

Your Monthly Update

Dear Colleague

Welcome to the June 2008 newsletter from Pure Bio Ltd.

Did you know:

New research indicates that regular supplementation of beta-carotene over a number of years helps to maintain memory throughout old age. It is thought that beta-carotene protects the brain cells from the degenerative damage caused by aging

In response to a specific request, our topic for this month is:

Polymyalgia Rheumatica

Ranking	Nutritional Supplements	Botanical Medicine
Primary	EPA EPO	
Secondary	Vitamin C Calcium / Magnesium Vitamin E Vitamin A	Devil's claw
Other	Bee pollen Royal Jelly	St John's wort Celery

Primary – Reliable and relatively consistent scientific data showing a substantial health benefit.

Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

Other – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

Symptoms

Polymyalgia rheumatica is a rare rheumatic disease that affects the connective tissues of the body in people over fifty. The muscles in the neck, shoulders, hip and lower back are most vulnerable and become stiff and achy, especially when first getting up in the morning. The muscles also become weak and fatigued. Overuse of the muscles after intense exercise intensifies the pain and stiffness. If severe, additional signs of fever, weight loss and anaemia can develop. Overall energy is noticeably depleted. Usually, symptoms begin suddenly and disappear over a period of months. In some cases, symptoms continue for a few years.

Causes

- The condition usually arises over the age of 50-60 years and is twice as common in females as men. The annual incidence is approximately 50 / 100000 people per year and the prevalence is approximately 33 / 1000 of the population above age 65.
- The cause is unknown, but there seems to be a genetic background and an immune mechanism.
- The condition has some relationship to Giant cell arteritis - also known as temporal arteritis.
- The tendency for symptoms to begin abruptly suggests the possibility of an infection but, so far, no specific infection has been found. "Myalgia" comes from the Greek word for "muscle pain," but tests for muscle damage, ranging from enzymes to actual biopsy, are all normal.
- A mineral imbalance will also trigger polymyalgic rheumatica in some cases.
- PMR should not be confused with [fibromyalgia](#) - a condition that affects mainly younger adults and is not a form of arthritis.

Dietary Modification

Elimination of bran, coffee and tea from the diet are important modifications, as these interfere with mineral absorption.

Vegetable oils such as flax seed oil and walnut oil reduce the inflammation which causes muscle stiffness. Fish such as trout, cod, halibut, mackerel, salmon, shark and herring also contain oils effective in reducing inflammation. Fish is also a good source of quality protein to help stimulate the body's natural production of cortisone.

Prescription produced cortisone relieves polymyalgia rheumatica symptoms, but with well-documented side-effects. Natural cortisone, however, produces no side-effects.

Reduction or elimination of refined carbohydrates, such as white flour and sugar, will also generally provide significant symptomatic improvement, as these food sources deplete mineral levels.

Celery is an effective treatment. It stimulates the kidneys to expel toxins and uric acid. Juicing detoxifies the body and helps determine food allergies which may be contributing to the symptom picture.

Mainstream Treatment

Classically the condition is very responsive to steroid therapy, given as oral tablets - i.e. prednisone.

An initial high dose is used to begin with (20mg and above). The dosage is then gradually reduced, month by month, with the intention of discontinuing by one year.

Some patients are kept on a low maintenance dose long-term.

Lifestyle Modification

Stress reduction, mild aerobic exercise and diet play an important part in recovery from this condition.

Breathing exercises, as part of a stress management protocol, should be prescribed and adhered to on a regular daily basis.

Detoxification of muscle and body tissue by gentle muscle and lymphatic massage is beneficial.

Heat in various forms, applied to the painful areas, helps to increase blood supply and relax muscles.

- *For undefined rheumatic pains, heat coarse salt in a frying pan without oil; put it in a cotton cloth and place it warm on the painful area.*

Nutritional Supplement Treatment Options

PUFAs - The essential fatty acids are most important to provide the body with nutrients to build anti-inflammatory prostaglandins: Evening primrose oil or borage oil as a source of omega 6; and EPA/DHA as a source of omega 3.

- *EPA/DHA capsules PE*
- *EPA/DHA liquid PE*
- *Borage oil PE*
- *EPO PE*

Vitamin C - Vitamin C with bioflavonoids is also useful to combat inflammation and promote tissue healing, as well as to strengthen the blood vessels.

- *Pure Ascorbic Acid powder/capsules PE*
- *Buffered Ascorbic Acid powder/capsules PE*
- *Hesperidin Plus PE*
- *Quercitin PE*
- *Bromelain PE*

Vitamin E - Vitamin E improves circulation and flexibility, and is necessary for muscle strength. Vitamin E has been shown to be particularly helpful in combating rheumatic disorders in the long term.

- *Vitamin E PE*
- *Tocotrienols PE*

Royal Jelly and Bee pollen – Anecdotal evidence has shown Royal jelly and bee pollen to be useful in combating the stiffness and pain associated with polymyalgia rheumatica. More research is required on these products to confirm their efficacy.

Botanical Treatment Options

Like other rheumatic diseases, a detoxification program and stimulation of the metabolism are the first steps to improve the condition.

Devil's claw root is a natural anti-inflammatory used to treat rheumatic disorders. It can help reduce pain and inflammation associated with polymyalgia. Take 3 extract tablets, or tincture equivalent (Pure Bio's Devil Claw tincture: 25 drops in water) three times daily for four weeks. Rest for two weeks, then repeat. – *Devil's claw tincture Pure Bio*

Comfrey - Apply crushed comfrey root pulp to the affected parts for symptomatic relief of pain. In addition, a twenty-minute comfrey bath is recommended once per week:

- Soak 1 lb. of finely chopped comfrey root in 5 qt. of cold water for twelve hours. Warm up this liquid; strain and add to bath water. The patient's heart area should remain out of the water. Do not dry the body after the bath, but put on a thick cotton-terry robe and sweat for one hour in bed.

Passion flower, hops and valerian have sedative and muscle-relaxant properties. Prepare a herbal tea with one or all of these herbs, adding 1 tsp. of herbs to 1 cup of boiling water. Drink before bedtime.

- [Passion flower tincture Pure Bio](#)
- [Valerian tincture Pure Bio](#)
- [Sleep formula Pure Bio](#)

St. John's wort is a natural antidepressant. It has properties that benefit adrenal gland hormones and help reduce nerve pain. Take in the form of capsules or tincture; or rub the oil on the painful areas to relieve pain and encourage sleep – [St John's wort tincture Pure Bio](#)

Integrative Therapies

For one week, drink 2 tbsp. of birch juice with some water three times daily, fifteen minutes before large meals. Then, for one week, take 2 tbsp. of dandelion juice three times daily. Finally, for one week drink 2 tbsp. of stinging nettle juice, three times daily.

Take herbal baths with a combination of juniper, rosemary, fern, mustard or hayseed.

Polymyalgia Treatment Tissue Salts

General recommended dosaging of tissue salts:

- *Take 4 tablets under the tongue every hour or two for initial pain, then four times daily for two weeks.*

Ferr phos is excellent for muscle soreness and stiffness that is worse at night and with motion, especially in the initial stages of inflammation.

Nat phos is useful in many cases of rheumatism associated with an overacid condition, often indicated by sour-smelling sweat or an acid taste in the mouth.

Kali sulph is recommended when the pains shift and wander, get worse in hot, stuffy atmospheres and in the evening, and feel better in the cool, open air.

Use Calc phos for cold, numb muscles that are worse at night and in cold, wet weather, but are relieved by rest and warmth.

Mag phos is excellent for sharp, stabbing pains, relieved by warmth and aggravated by cold. Muscle contractions and associated twitching are also helped by this remedy.

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