

GoodHands

THE SPINAL COLUMN:

JOINT PAIN KILLERS: (NSAIDS)

Natural versus the not_so NATURAL

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Special points of interest:

- Over 70 million prescriptions are written, more than 30 billion NSAIDS are sold per year including Aspirin, Celebrex, ibuprofen (Advil, Motrin), and Naproxen
- That there are more deaths annually related to NSAIDS use than AIDS-related deaths.
- More people die each year of bleeding ulcers caused by NSAIDS than from cocaine abuse, and the estimated number of annual hospitalizations in the US for serious GI complications is at least 103,000 people with direct costs exceeding \$2 billion.
- Aspirin, Celebrex, Advil, Motrin, or Naproxen does not stop the cartilage destroying enzymes from destroying the joint space. NSAIDS also deplete vitamin C and sulphur, both of which are necessary for cartilage development.
- NSAIDS can accelerate joint damage
- Long term use of NSAIDS for pain cause 1000 serious complications and 200 deaths per million cases.

In GoodHands.....

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NSAIDS (Non-steroidal Anti-inflammatories) are one of the seven most commonly prescribed drugs in North America and the most widely used class of drugs in the world. Over 70 million prescriptions are written, more than 30 billion NSAIDS are sold per year including Aspirin, Celebrex, ibuprofen (Advil, Motrin), and Naproxen.

However, before you take that pill for your aches and pains, keep in mind that there are more deaths annually related to NSAIDS use than AIDS-related deaths. More people die each year of bleeding ulcers caused by NSAIDS than from cocaine abuse, and the estimated number of annual hospitalizations in the US for serious GI complications is at least 103,000 people with direct costs exceeding \$2 billion.

NSAIDS act to prevent the body from manufacturing certain substances called prostaglandins. Prostaglandins can cause pain and inflammation but others protect the lining of the stomach, help build proteins, play a major role in ovulation, and thousands of other effects in your body. Thus in blocking the beneficial prostaglandins NSAIDS

can cause stomach upset or produce GI bleeding and ulcers; interfere with ovulation, pregnancy, and the development of the fetus, increase the risk of heart disease and stroke(↓ folic acid:↑ Homocysteine levels), reduces your immune system and many other functions your body performs.

One of the most common . Conditions Aspirin, Celebrex, Advil, Motrin, and Naproxen are prescribed for are arthritic in nature. Now tell me if this makes sense to you. Pain from joints occurs when the cartilage is damaged in some way. Chemicals will be produced that bring more blood through an area causing swelling. Swelling reduces the amount of joint movement by increasing the pressure. The pressure is also placed on nerves which may cause pain. Chemicals are also produced that will irritate pain nerve endings hence also causing pain. Remember, pain is your body's way of telling you there is something wrong. So NSAIDS will in most cases stop or at least reduce both the inflam-

mation and the pain. Now when cartilage in a joint is damaged , cartilage-destroying enzymes (collagenase and phospholipase) are also released and cause more damage. If you are on NSAIDS then you go about your everyday life not feeling this. You had pain, you took a pill, the pain is gone and you do not think about it any more. However, the Aspirin, Celebrex, Advil, Motrin, or Naproxen you took does not stop the cartilage destroying enzymes from destroying the joint space. NSAIDS also deplete vitamin C and sulphur, both of which are necessary for cartilage development.

So in fact you by taking an NSAID have stopped your body from telling you there is something wrong. The damaged joint remains damaged and now the NSAIDS help accelerate the damage hence causing what you took the drug

SAYING OF THE MONTH:

If you do not take care of your body, where will you live?

NOT ALL PROTEIN IS CREATED EQUAL

There are two major types of protein that are bought in North America; fast-absorbed (whey) and slow-absorbed (casein). If you were to eat a large protein meal you would get a very large increase in protein levels in the blood which would drop very quickly as your body removed it to remain in balance. Now, if you were to eat the same protein slowly through the day you keep a lower level of protein in the blood all the time. **So which is better?** The answer is both.

Whey protein is rapidly emptied from the stomach and thus causes the spike to protein blood levels. Scientific research shows that ingestion of whey protein does not stop your own body's breakdown of protein from muscle, it does however increase protein building in your body by approximately 68%.

Casein protein clots in the stomach and is therefore slower digested and remains in the blood for up to 7 hours. Casein protein prevents your body from breaking down its own protein by about 34% and also increases protein building in your body by 31%.

To determine which type of protein is best depends on your circumstances. If you lead a busy lifestyle and get only two or three meals a day and workout intensely, the combination of these two will work very well for you. However, if you have the time and are able to eat 4-6 meals a day whey protein is a better choice if taken at the right time. If you do not drink this protein at an optimum time it is better not to take it at all (*Please side panel on page 1 for best times to take*). Both of these types individually or in combination are easily dissolved in liquids but also contain lactose even if the label states that it does not.

Soy protein is another alternative if you are lactose sensitive. Women are especially benefited by Soy protein because soy contains isoflavone compounds (phytoestrogens) that are believed to protect against certain types of Cancers. It is important to note that this form of protein is only absorbed at about 2/3rds of what whey protein is by your body, it tends to clump in liquids unless a blender is utilized, and unless the label states standardized isoflavones don't buy it in my opinion.

Pea and rice proteins can also be used as supplements. Rice protein is a complex carbohydrate containing all 8 essential amino acids. Pea protein is a vegetable protein. Both of these forms are easily digested, good for people with dietary restrictions and allergies.

Is a vegetarian diet better or worse for building muscle? A vegetarian diet produces much lower testosterone levels than does a meat rich diet. A vegetarian diet also lacks Vitamin B12 which should be supplemented in the diet (please consult your Naturopathic Doctor or Nutritionist). However, a diet high in red meats is also an abundant source of saturated fats. Therefore fish is probably the best source as it carries high amounts of protein, and fats.

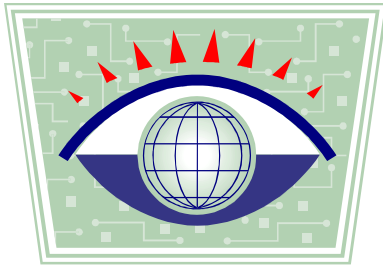
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to stop in the first place- arthritic pain. There are many studies that show Aspirin reduces pain and is reported to increase the rate of joint deterioration. So why do we use them? For severe cases where nothing else will provide an adequate solution they are the only choice. However, a more natural approach should be utilized for most cases that are not severe. The natural approach takes longer but also has less side effects.

1. Refrain from inflam-

- matory foods such as tomatoes, egg-plant, potatoes, and peppers.
2. Stop drinking POP and coffee
 3. Drink at least 8-10 glasses of water
 4. Take a good quality essential fatty acid such as flax oil or fish oils.

Glucosamine sulphate, MSM and Wobenzyme can also help with joint pain and will be discussed in the second part of this article.

