

# Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



chiropractic  
WORKS

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## Have we got a speaker for you!

### Book:

**Dr. Scott Szela**

## As A Speaker For Your Organization

### Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
  - > Vitamins: How do they work, which ones and how much?
  - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

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## GLUCOSAMINE AND CHONDROITIN AND THEIR EFFECTS ON ARTHRITIS

Glucosamine and chondroitin are two supplements that have been receiving a lot of attention in the media recently. There are several conflicting studies out in the literature right now. So who are you to believe?

First we need to take a closer look at the anatomy of our joints and then the different supplements.

All of the joints in our body have a covering over the bones called **cartilage**. Cartilage does two things it helps to **cushion** the bones and gives them a **smooth surface** to slide against where they touch. When arthritis develops in the joints of our bodies it is this cartilage that wears out.

Glucosamine is often derived from shell fish. This amino acid has been shown to help **rebuild** cartilage surrounding our joints.

Chondroitin is from bovine (cow) sources or made synthetically. This component is what gives cartilage its **flexibility** and **elasticity**.

The goal in taking these two supplements is to help **rebuild** the cartilage that is damaged. Studies have shown that taking the sup-

plements **together** has a greater effect than taking only one or the other. They both play an important role in cartilage repair.

A recent study sponsored by the National Institutes on Health (NIH) called the Glucosamine/ Chondroitin Arthritis Intervention Trial (GAIT) evaluated the effectiveness of Glucosamine and Chondroitin on osteoarthritis of the knee and compared it against Vioxx®.

In the beginning of the study it stated that Glucosamine and Chondroitin were not effective in reducing knee pain, and this is what the popular media reported.

However if you read the **entire** article you find that in the patients with the **most severe pain** Glucosamine and Chondroitin preformed **much better** than Vioxx®. Also most of the patients were **overweight**, which is going to put excess stress on the knee. None of the patients were encouraged to lose weight. It should come as no surprise the facts were not reported in the popular media, after all Vioxx® did **fund the study**.

In fact several articles have found that Glucosamine and Chondroitin work **as well or better** than other pain medications such as



Tylenol®, Advil®, or aspirin without the side effects. Not only does it reduce pain it helps get to the **cause** of the pain by helping to rebuild the cartilage.

This study also brings up another important point, if you are overweight and have knee pain **losing weight** is one of the keys to help the problem. The cause of the problem should **always** be addressed and not just **covered up** with medications.

In this office we are **always** concerned with getting to the **cause** of the problem what ever it may be. Since we deal with correcting the **structure of the spine** that correction may help minimize the development of arthritis of the spine and slow it if it is already present. **Supplementing** with Glucosamine and Chondroitin is an important factor in the care of patients spines. It can help reduce pain and build up lost cartilage.

## OFFICE UPDATES

The office website is **finally back!** You can find it at [www.chiropracticworksnh.com](http://www.chiropracticworksnh.com). It still has some updates to be added but check it out and let us know what you think. You can reach Dr. Scott at [drscott@chiropracticworksnh.com](mailto:drscott@chiropracticworksnh.com). On the site you can find copies of all of our old newsletters downloadable in Adobe pdf format. We also have pictures from some of our events like the **Pumpkin fest** and last years **Halloween**.

current patients to worry our commitment to your health will continue as it always has.



Now that summer is in full swing make sure you are **drinking plenty of water**. When we say water that's exactly what we mean! **Not** soda, iced tea, iced coffee or anything like that. Most of those drinks can actually **dehydrate** you. The levels of

caffeine cause you to lose excess water from your system. Drinks loaded with sugars will do your body no good either.

**Spring** or **filtered** water is your best choice. You should avoid distilled water. Distilled water contains **no trace elements or minerals** that is naturally found in water. This can cause it to pull vitamins and minerals out of your body!

Have a **great summer**, enjoy the website (send me some feedback), and keep an eye out for the missing spring newsletter!

The office should be undergoing some other **exciting** changes in the coming months. But no need for our

*For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.*

*Please register online or call the office as seating is limited.*

## SOURCES OF GLUCOSAMINE AND CHONDROITIN

**Supplementing** is the only way to effectively get enough in your diet. Due to its sources there are no basic foods to eat that have enough in it to get the amounts needed.

results were **enlightening**. 14 products were evaluated for Glucosamine content. One contained **only 25%** of the labels claims and most others **fell short** but to a lesser degree. When the analysis switched to the 11 products containing Chondroitin the results were even worse. 4 contained **less than half** of what the label claimed and one had close to **zero**. A second analysis of 32 brands found **only five** prod-

ucts contained what the label claimed and many had **no Chondroitin at all!**

These findings can be the same for **any type** of vitamin supplement you take. That is why in the office we only carry **Pure Encapsulations®**. This brand has **every** batch of **every** vitamin tested by an **independent lab** to verify that what is on the label is in the bottle.

When choosing a supplement the consumer has to be **very careful**. A study presented at the American Nutraceutical Association evaluated the amounts of Glucosamine and Chondroitin in a variety of brands of supplements. Their

## REFERENCES

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