

Product Technical Reports

OMEGA-9+™

Break the Cycle of Inflammation and Pain

THE NUMBERS

- ❑ Arthritis and chronic joint symptoms affect nearly 70 million Americans, or about 1 of every 3 adults
- ❑ Americans spend \$17 billion annually on prescription medications to treat the various forms of arthritis
- ❑ Total costs of arthritis in America, including medical care and loss of productivity, exceed \$125 billion annually
- ❑ According to some estimates, as many as 90 % of all people are deficient in at least one essential fatty acid

WHEN THE DEFENSE TURNS TO OFFENSE

At times, it can seem almost magical, the way our immune systems are naturally variable and flexible enough to respond to so many different types of invaders, even ones that mutate or change over time. It must be like being in the military with zero intelligence concerning the enemy -- you don't know who you will be fighting, how many adversaries there are, what kinds of weapons they will bring to bear, or even where they'll be coming from. You need to be prepared for any and all possibilities, from Civil War muskets to AK-47s, from Bowie knives to bayonets.

And yet our bodies are so amazingly made that they are that prepared. In most cases, even in less than ideal

circumstances, our immune systems are prepared to take on whatever comes our way. But sometimes the trick works too well, and the very systems designed to protect us can turn against us.

When the immune system attacks intact, normal body tissues, we call it an autoimmune disorder. An example of this is rheumatoid arthritis, where the immune system attacks the lining tissue of joints. This causes inflammation and pain, and, over time, it results in deterioration and deformity of the involved joints. Another common example of an autoimmune arthritic disorder is fibromyalgia, where the immune system attacks muscles and their attachments to bones, causing widespread pain.

When damage occurs in an environment of excess inflammation, there can be over-activity of the immune response, resulting in destruction of surrounding normal tissues. This leads to even more inflammation and pain, and a vicious cycle is in place. This is typical of osteoarthritis, a degenerative joint disease in which the cartilage cushioning the ends of the bones in the joint is eaten away, allowing the bones to start rubbing together.

Most people living in America and the rest of the industrialized world have an environment of excess inflammation in their bodies. Our diets are loaded with substances that promote inflammation, like highly refined carbohydrates. We get an

excess of pro-inflammatory Omega-6 fatty acids from vegetable oils, and not enough anti-inflammatory Omega-3 and Omega-9 fatty acids.

ADDING INSULT TO INJURY

Many musculoskeletal problems start with a stress or injury to a joint or muscle group. The body responds as it should, initiating an immune response, with macrophages and T-cells being among the major players. These cells move in to eliminate invaders and damaged tissue, but the inflammatory environment affects their "programming" in a way that keeps them from shutting down once the damage is repaired. They continue their attack, moving from the damaged tissue to healthy tissues, and causing even more damage, inflammation and pain. A similar cycle is involved with autoimmune disorders, but here the process is initiated when the immune system inappropriately attacks intact tissues. If these cycles are not broken, chronic problems typically ensue.

EFA'S TO THE RESCUE

Fatty acids are the main components of all cellular membranes, membranes that regulate what goes in and comes out of cells, and help protect the cells from viruses, bacteria, and various toxic substances. They also serve as precursors to numerous cell-signaling compounds that regulate immune activity and modulate inflammatory processes.

Just as amino acids are the building blocks of protein, so fatty acids are the building blocks of the fats and oils in our food and in our bodies. Essential fatty acids (EFAs) are among the 50 or so nutrients that been identified as being necessary to sustain life and good health. They are essential because our bodies must have them to function properly but cannot manufacture them from other substances, so we must get them from our food supply.

The primary EFA's are Omega-3's, Omega-6's and Omega-9's. Unlike saturated fats, these EFAs remain liquid at body temperature. They have a bent shape that keeps them (and the membranes they are part of) fluid and flexible. This also prevents them from accumulating and clogging our arteries as saturated fats do.

They are one of the body's primary healing agents, and the lack of them in our diets has been linked to many diseases and bad health conditions, from lack of energy and skin problems, to heart and circulatory diseases, and all of the immune disorders, including arthritis.

Unfortunately, our food supply today is devoid of many essential fatty acids, notably Omega-3's and Omega-9's. The reason for this is that EFAs tend to deteriorate in the presence of light and oxygen, so they have been removed from most foods to give them a longer shelf life. Omega-6's are present in vegetable oils used for preparing and processing many foods, and we tend to have an overabundance of them.

HELPING STOP THE CYCLE OF DAMAGE

The EFA's are precursors to important cell-signaling molecules. Some of these, derived from Omega-6's, promote inflammatory activity, while

others, derived from Omega-3's and Omega-9's, calm it down. A balance between pro-inflammatory and anti-inflammatory substances is necessary for proper functioning of the healing and repair process of inflammation.

Nutrition experts agree that the ideal ratio of Omega-6 to Omega-3 and Omega-9 EFA's is 1:1. Unfortunately, in the average American diet, the ratio is around 15 to 20:1. This creates an inflammatory environment in our bodies, out of control immune responses, and a propensity for arthritic problems.

It is virtually impossible to limit the excess of Omega-6 EFA's in our diet, so we are left with supplementing extra Omega-3's and Omega-9's. The Omega-9 EFA's have been found to be particularly good for helping control excess inflammatory activity, and they help normalize and strengthen immune functioning.

MAKING THE GOOD BETTER

Omega-9 + from Healing America contains a form of one of the most useful of the anti-inflammatory EFAs -- Omega-9. Historically, a major problem in marketing Omega-9 EFA's - especially the most efficacious variants - has been the expense of producing them in pure form. Then, in 1997, a team of researchers located a natural rainforest plant from which they could economically extract and purify the key long chain fatty acids needed. It was the African kombo nut, and almost overnight it changed the marketability of Omega-9 EFA's to the general public.

Healing America's Omega-9 + is produced from African kombo nut butter. Let's look at what makes it so special:

Cetyl Esters of Omega-9 and other fatty acids

After the researchers extracted and purified the Omega-9 EFA from African kombo nut butter, they then went a step further, developing a proprietary process that involves inter-esterification of the EFA with cetyl alcohol. The resultant Omega-9 variant produced by the cetyl esterification was even better than the original Omega-9 extracted from the kombo nut! Plus, there were several other key fatty acids and glyceride components present in the plant source that added further to the health benefits.

The EFA derivatives of Omega-9 + address the problems of arthritis on two very important levels. On the more immediate level, they help alleviate the inflammatory processes and resultant pain of arthritis. They also lubricate joints to help prevent further damage. But on a broader level, they act as immune system modulators, reprogramming errant T-cells that are worsening the situation and making them productive once more. The T-cells quit attacking the joints and muscles, pain and inflammation are reduced, and the body can resume its normal healing processes.

Boswellia Serrata

Boswellia serrata, a relative of the fragrant Frankincense, is found throughout western and central India. It has a powerful anti-inflammatory activity that appears to be as effective against most types of induced arthritis as prescription drugs. One of boswellia's key components -- boswellic acid -- helps prevent or stop the breakdown of connective tissue, and it reduces inflammation and resultant pain.

PUTTING IT ALL TOGETHER

With the number of those suffering from some type of arthritis on the rise - due largely to an increasing proportion of elderly as "Baby Boomers" enter and swell this group - and the cost of prescription medications and health insurance skyrocketing, finding a pure and effective, lower-cost nutritional supplement to help control the causative factors is becoming increasingly important. Omega-9 + from Healing America fills this role nicely.

But helping control the sources of the pain, inflammation, and tissue damage associated with arthritis is only part of the Omega-9 + story. This effective product can also help with a whole host of health issues in which inflammation and unregulated immune activity play major roles, such as eczema, lupus, diabetes, psoriasis, depression, ulcerative colitis, irritable bowel, and even fibrocystic disease. It is another tool we can use to develop and maintain better health through natural sources that have minimal or no side effects, and help our bodies take care of themselves the way they were intended to.

With Healing America's Omega-9+, it is suggested that you start with a "doubled-up" dose for the first bottle. This means taking 2 capsules twice daily. The loading is necessary to get suitable amounts and distribution in the body for optimum impact. Subsequent maintenance can be achieved with 1 to 3 capsules per day.

It is also recommended that Clark's Colloidal Minerals be taken along with Omega-9 +. Some experts believe that up to 99 % of Americans are deficient in 1 or more minerals, and such deficiency can be linked to virtually all health issues, particularly

arthritic conditions. To quote Nobel laureate Dr. Linus Pauling, "You can trace every sickness, every ailment, and every disease to a mineral deficiency."

CAUTIONS

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

SOURCES

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