Arthritis Pain Relief Shouldn't Be DEADLY

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The Nussentials Alternatives: RUN! RESTORE! MORE!

Stablized Rice Bran Based Joint Health Supplement

by Cenay Nailor

If you, or someone you know are one of the more than 70 million America's suffering from any of the 100 different forms of Arthritis, your life may be at risk, even if you are taking OTC (over the counter) medications and pain relievers.

Today, there is a healthy alternative, with Nussentials

Arthritis Pain Relief Shouldn't Be Deadly

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Special thanks to:

Nussentials and Phil Mims for bringing their many rice bran products to the public, making Arthritis Pain Relief a low cost possibility for many American's.

Table of Contents

1 Limit Of Liability

In today's world of "sue–em–and–get–rich", it has become necessary to put the following limit of liability statement within this document. I wish it wasn't so.

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That should make my lawyers happy.

2 Who Should Read This Report

If you, or someone you know are one of the more than 70 million America's suffering from any of the 100 different forms of Arthritis, your life may be at risk, even if you are only taking over the counter medications and pain relievers.

Over 16,500 people died last year as a result of taking these seemingly safe over the counter and prescription anti–inflammatory medications, and a little more than 100,000 were hospitalized. And if risking death for a little pain relief wasn't enough, you have to deal with an serious number of side–effects that are sometimes worse than arthritis.

Arthritis is hard enough to live with, without throwing in stomach discomfort, allergic reactions, appendicitis, blood disorders, cervical dysplasia, cysts and tumors, migraines, prostate problems, psychosis, tremors, vomiting, ulcers, incontinence, impotence or death, to name just a few.

We have all seen the commercials that advertise the latest drug the pharmaceutical company's have just released. They have to buy a 60 second spot on national television in order to be able to tell you about the benefits of the drug, because they have to leave room in the "spot" to also tell you about the side effects. These are glossed over, and still take up 15 – 30 seconds of the ad time.

When was the last time you *actively* decided a stroke would be preferable to the daily pain you are suffering? Or anal leakage for crimmeny's sake?

Some of these drugs **have** been shown to improve joint mobility or reduce the pain, but in my opinion, the side effects simply don't justify the meager results for a majority of arthritis suffer's.

> ***A side effect, according to Wikipedia is:*** *an unintended consequence specifically arising from drug therapy or an unintended, and undesirable, consequence of any kind of medical treatment. I would call stroke, blindness, anal leakage or death an* ***undesirable*** *side effect, and I bet you would to.*

Frankly, you shouldn't have to risk death to get pain relief or increased mobility.

Both my parents and one of my siblings suffer daily with arthritis, so I know a little about this. In trying to help them find relief using alternatives, I have come across some scary facts that I want to share with you. I am hoping a little forewarning might prevent you from becoming a statistic.

Sadly, it was a sensitivity to drugs and a series of side–effects that started this investigation. I began by looking at what other drugs were available, only to find that almost all had some very serious issues. I extended my search and broadened the scope. I found some very good information on several of the supplements that are featured later in this document, but realized that taking these supplements piecemeal might prove difficult. I continued my search.

I found a couple of alternatives with no side effects and positive results for a majority of the people using them. The ingredients were the very things I had been researching, mixed together in a propriatary blend that also featured rice bran, something I was just starting to understand. The medical research and clinical studies being done on stablized rice bran convinced me. My Mom was the first to try them out, with excellent results. I was so impressed with the products, that I decided to promote them to anyone suffering from arthritis. To be completely transparent with you, I do make a small percentage on each product I sell; less than half what most "chain" stores mark up retail products, but a "commission" none–the–less.

Even if you choose not to purchase the Nussentials products, please study this document and consider starting supplements of some kind. The benefits of helping your immune system, increasing blood flow and taking nutrients whose **purpose** is to reduce swelling and provide the building blocks for repairing cartilage are a very small investment to reduce your dependence on toxic pharmaceuticals and increase your chances of halting the damaging effects. Studies have shown that taking certain drugs to mitigate pain actually increase the damage to your joints.

Here are some things you need to know if you do decide to stick with traditional (meaning doctor prescribed or over the counter) pain management.

3 What Is Arthritis

Grueling. Debilitating. Chronic. Agony.

While these are words commonly associated with arthritis, that doesn't really explain what it is. Simple version? Swollen joints, bones grinding on bones, inflexible or stiff areas of the body that just plain hurt.

The longer version... "Arthritis" literally means "inflamed joints". It is an umbrella term for more than 100 different forms of joint disease. Although arthritis primarily affects the joints, it also attacks muscles and connective tissues surrounding organs and can steam from injuries, defects in the immune system, wear and tear on the joints, infections, or genetic predisposition. Whatever the cause, the effect is much the same in all individuals: Where bones meet in the joints, they are actually disintegrating.

Arthritis is best described by four major changes in the joints that may develop. The most common features are: joint inflammation, joint contracture (stiff, bent joint), joint damage and/or alteration or change in growth. Other symptoms include joint stiffness following rest or decreased activity level (that morning stiffness), and weakness in muscles and other soft tissues around the involved joints.

Sadly, arthritis is progressive, chronic, and often debilitating. Simple tasks most people take for granted such as opening a jar, brushing their teeth, making dinner, walking up stairs or bathing the grandkids are difficult if not sometimes impossible for people suffering advanced arthritis. If you are living this hell, my heart goes out to you.

Osteoarthritis is a common form of arthritis. It impairs the cartilage and weight bearing joints. It also affects twenty–one million Americans, with that number rising every day. Osteoarthritis often necessitates knee replacement. In this condition, the articular cartilage, which is the smooth gliding surface of the joint, has worn away. This can occur for a number of reasons. If there is a genetic defect in the quality of the articular cartilage, then this condition is called primary osteoarthritis. Primary osteoarthritis may affect all of the articular cartilage in the body, not just the knees. More frequently, osteoarthritis affects only a few joints, usually in the legs. In these cases, the genetic composition of the articular cartilage is normal, but there is another factor that causes damage to the cartilage in that specific joint or joints. This is called secondary osteoarthritis.

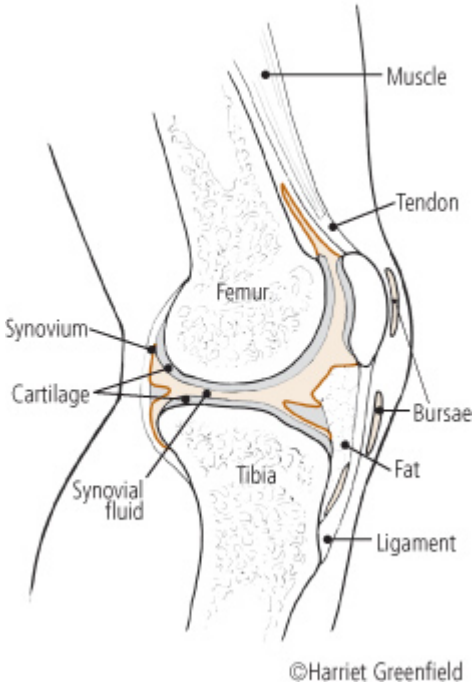
Another common type of arthritis that can affect the knees is rheumatoid arthritis. This type of arthritis is caused by dysfunction of the immune system. Abnormal anti–bodies are produced that get deposited in the lining tissue of the joints (the synovium). This causes chronic inflammation and the slow destruction of cartilage. Though joints are the principal body parts affected by RA, inflammation can develop in other organs as well.

Any or all of the synovial joints of the body may be affected by rheumatoid

arthritis. (*and there are over 200 of these joints in your body*) With rheumatoid arthritis, you will typicall see the level of arthritis roughly equal on both sides of the body, i.e., both the right and the left knees, right and left hands, etc. Rheumatoid arthritis affects 30,000 to 50,000 kids in the US, with the number of adults afflicted in excess of 2 million. Oddly, more than 75% of those affected with rheumtoid arthritis are women. That's three times as many women as men! The disease most often begins between the fourth and sixth decades of life; however, it can develop at any age.

In addition to swollen and painful joints, people with rheumatoid arthritis may also experience loss of energy, low–grade fevers, loss of appetite, dry eyes and mouth and firm lumps called rheumatoid nodules beneath the skin in areas such as the elbow and hands.

A simple illustration showing the knee joint and some common elements such as synovium, a critical factor in joint health.



In some patients with rheumatoid arthritis, chronic inflammation leads to the destruction of the cartilage, bone and ligaments causing deformity of the joints. Damage to the joints can occur early in the disease and be progressive. Moreover, studies have shown that the progressive damage to the joints does not necessarily correlate with the degree of pain, stiffness, or swelling present in the joints.

While Osteoarthritis and Rheumatoid arthritis are the most common forms, gout and fibromyalgia are also considered arthritis.

Gout (also called metabolic arthritis) is a disease due to a congenital disorder of uric acid metabolism. In this condition, monosodium urate or uric acid crystals are deposited on the articular cartilage of joints, tendons and surrounding tissues due

to elevated concentrations of uric acid in the blood stream. This provokes an inflammatory reaction of these tissues. These deposits often increase in size and burst through the skin to form sinuses discharging a chalky white material.

Fibromyalgia (FM or FMS) is a chronic syndrome (constellation of signs and symptoms) characterized by diffuse or specific muscle, joint, or bone pain, fatigue, and a wide range of other symptoms. It is not contagious, and recent studies suggest that people with fibromyalgia may be genetically predisposed. It affects more females than males, with a ratio of 9:1 by ACR (American College of Rheumatology) criteria.

Fibromyalgia is seen in 3% to 6% of the general population, recent times have seen an increase in numbers, which is assumed to be associated with better identification of the disorder. It is most commonly diagnosed in individuals between the ages of 20 and 50, though onset can occur in childhood.

The disease is not life–threatening, though the degree of symptoms may vary greatly from day to day with periods of flares (severe worsening of symptoms) or remission. The syndrome is generally perceived as non–progressive, yet that issue is still debated. Fibromyalgia may actually be composed of several clinical entities, ranging from a mild, idiopathic inflammatory process in some individuals, according to some doctors, it is a somatoform disorder resulting from clinical depression in others, with probable overlaps in between.This issue is under much debate in the medical profession. Current diagnostic criteria are insufficient to differentiate these entities.

According to the National Health and Arthritis Foundation, *arthritis is now the leading cause of disability in the United States. Right now, one in every six individuals has some form of arthritis. However, it is estimated that by the year 2020, one out of every five individuals will be affected by arthritis.* This sharp expected increase is because we baby boomers are approaching retirement.

According To the Centers For Disease Control and Prevention, *arthritis is one of the most pervasive diseases in the United States and is the leading cause of disability*. Right now, one out of every three Americans (an estimated 70 million people) is affected by one of the more than 100 types of arthritis.

4 Causes

Osteoarthritis can be caused from physical stress, inflammation, trauma, or chronic obesity. The most common causes of osteoarthritis are related to the alignment of the leg (too bow–legged or too knocked–kneed) and how well the two halves of the knee joint fit together, which is called congruency. Similar to the tires on an automobile, if the leg is not properly aligned, then the surfaces of the knee joint will wear unevenly. Alternatively, if the two sides of the joint do not fit together properly, they will wear unevenly. In some cases people are born with imperfect alignment, and in other cases they develop conditions which result in imperfect alignment of their leg or legs. In other cases, there may have been a disease or an injury that altered the alignment or congruency of the joint (such as an infection, a fracture, or a torn ligament). Increased weight puts more stress on the joint and over time this can cause damage and contribute to a wearing out of the cartilage. Exercise or hard work, without any other factor, does not result in arthritis. Moderate exercise actually improves the condition of joints.

The cause of rheumatoid arthritis are not clear, however, there are multiple factors that predispose someone to the development of RA. There is strong evidence of a genetic component and an immunological problem. Other causes of rheumatoid arthritis include genetic susceptibility, lifestyle factors, nutritional factors, food allergies, and microorganisms.

Some of the risk factors that can cause arthritis include:

Genetics

Exactly how much heredity or genetics contributes to the cause of arthritis is not well understood. However, there are likely genetic variations that can contribute to the cause of arthritis.

Age

Cartilage becomes more brittle with age and has less of a capacity to repair itself. As people grow older they are more likely to develop arthritis.

Weight

Because joint damage is partly dependent on the load the joint has to support, excess body weight can lead to arthritis. This is especially true of the hips and knees that can be worn quickly in heavier patients.

Previous Injury

Joint damage can cause irregularities in the normal smooth joint surface. Previous major injuries can be part of the cause of arthritis. An example of an injury leading to arthritis is a tibial plateau fracture, where the broken area of bone enters the cartilage of the knee joint.

Occupational Hazards

Workers in some specific occupations seem to have a higher risk of developing arthritis than other jobs. These are primarily high demand jobs such as assembly line workers and heavy construction.

Some High-Level Sports

It is difficult to determine how much sports participation contributes to development of arthritis. Certainly, sports participation can lead to joint injury and subsequent arthritis. However, the benefits of activity likely outweigh any risk of arthritis.

Illness or Infection

People who experience a joint infection (septic joint), multiple episodes of gout, or other medical conditions, can develop arthritis of the joint.

5 Current Treatments

Treatment options vary depending on the type of arthritis and include physical and occupational therapy, lifestyle changes (including exercise and weight control), and medications (symptomatic or targeted at the disease process causing the arthritis). As you know, it may be weeks or months before you see any benefit from these medications. Regular blood or urine tests should be done to determine how well medications are working and if drugs are causing any side effects.

Beginning treatment as early as possible can help reduce long–term damage to your joints and bones. The goal of every treatment for arthritis is to *reduce pain and stiffness*, *allow for greater movement*, and *slow the progression* of the disease. Newer and more effective treatments for osteoarthritis continue to be developed. But beware of extravagant claims for any arthritis treatment because many have not been proven scientifically to be effective. Avoid any treatment that claims to cure arthritis.

There are several general types of treatment for osteoarthritis. Weight loss and exercise are usually the first treatments recommended. Because of the potential side effects of many drugs that are used for treating osteoarthritis, medication is usually recommended only after weight loss and exercise have not been effective in relieving symptoms. Surgery is recommended only for severe, disabling arthritis that interferes with a person's ability to carry out ordinary daily activities, such as dressing, bathing, or walking up stairs.

A combination of several treatments usually works best but it can take some time to find the mixture that works best for each person. This is why it is so important for you and your doctor to work together as a team to develop the treatment plan that will be most effective for you.

Rheumatoid Arthritis

Researchers continue to explore the possibility that rheumatoid arthritis may be triggered by some form of infection. If true, it may be possible to prevent or stop the progression of the disease by taking an antibiotic. However, studies of the usefulness of antibiotic therapy for rheumatoid arthritis have produced mixed results. Here are some conclusions:

- Minocycline[19]. Research indicates that minocycline may be effective in treating mild rheumatoid arthritis.
- Doxycycline. One small study suggests that methotrexate combined with doxycycline may be more effective in treating rheumatoid arthritis than is methotrexate alone.
- Tetracycline and clindamycin. One small study reports that tetracycline combined with intravenous clindamycin may provide modest benefit to people with rheumatoid arthritis.
- Dapsone. This antibiotic may be effective in treating rheumatoid arthritis; however, its adverse effects, such as hemolytic anemia, outweigh any potential

benefits of the drug.
- Rifampin. This medication is not effective in treating rheumatoid arthritis.

Antibiotics have many potential side effects, some serious. Also, the effects of long–term antibiotic use are unknown. More research is needed to determine what, if any, role antibiotics play in rheumatoid arthritis treatment.

Osteoarthritis

Although there is no cure for osteoarthritis, treatment can help you reduce your symptoms. The more you understand about osteoarthritis and what you can do to treat your pain and stay active, the less discomfort and disability you are likely to have. You may also be able to limit further joint damage.
Your doctor may recommend a combination of treatments that may include medication, self–care, physical therapy and occupational therapy. In some cases, surgical procedures may be necessary. A fuller exploration of the treatment options for osteoarthritis may be found on WebMD.

6 Adverse or Lethal Side Effects

Over–the–counter pain medications are some of the most popular drugs in the world. Millions of people regularly take drugs such as aspirin, acetaminophen, or NSAIDs to relieve common aches and pains. Because of their availability, however, few people are aware of the serious, and sometimes lethal, side effects that are associated with these medications.

There are also studies showing effects of mixing caffeine and acetaminophen (for example) that show an ***increase in liver damage***, so factor in your coffee or alcohol consumption when assessing your risks.

A mix of acetaminophen and caffeine may cause liver damage, especially in heavy caffeine drinkers, according to a preliminary study conducted by the ***University of Washington in Seattle.***

Although previous studies have linked alcohol consumption and use of acetaminophen to liver damage, this is the first study to link caffeine to the danger.

Scientists at the University of Washington found that consuming acetaminophen, one of the main ingredients in many over–the–counter pain–relief medications like Tylenol, and caffeine can eventually scar the tissue in the liver. The study also found a link between liver damage and over–the–counter and prescribed medications that include caffeine and acetaminophen together, like some Anacin and Excedrin products, often used to treat migraines, arthritis and other painful conditions.

Consumers may want to limit their intake of caffeine, included in coffee and many popular energy drinks, such as Red Bull, while taking acetaminophen, according to researchers.

While the following list is by no means complete, some of the more popular drugs used for pain management or inflamation reduction are included here. For a more complete list of drugs (more than 100) used in the treatment of the various forms of arthritis and their side effects, see About.com: Arthritis.

Please note: The following lists are often repetative since they share many of the same negative side effects, however, I marked the excessive or potentially lethal effects in red. This information was taken from the manufactures various websites. Also, when the manufacturer included a special warning, I placed that at the top of the list for quick reference.

6.1 Aspirin

Aspirin is an inexpensive and common painkiller that is used both to relieve minor aches and more serious conditions such as arthritis.

In high doses, however, aspirin's adverse effects can include:

- heartburn
- nausea
- vomiting
- ringing in the ears
- hearing loss

Also, because it decreases the action of platelets, aspirin is associated with a risk of bleeding. Patients who are taking anticoagulants should never take aspirin. Aspirin has also been associated with increased bleeding if taken with alcohol.

6.2 Acetaminophen

Acetaminophen is a pain and fever reducer with adverse effects that can include:

- trembling
- lightheadedness
- fatigue
- fever
- bleeding
- pain in the side or lower back

Long-term use can cause:

- anemia
- liver and kidney damage

6.3 Bextra

Bextra is a member of the relatively new class of painkillers called COX–2 inhibitors. It is prescribed for the relief of osteoarthritis, rheumatoid arthritis, and painful menstruation (dysmenorrhea).

Although the chances of stomach or intestinal bleeding are low, a slight danger remains. Be sure to tell your doctor if you've ever had this type of problem, and be alert for signs of bleeding such as stomach discomfort or black, tarry stools. The

problem becomes more likely the longer you take this medication, but can strike at any time without warning.

More common side effects may include:

- abdominal pain
- diarrhea
- headache
- indigestion
- nausea
- swelling in the hands and feet
- upper respiratory infection

Less common side effects may include:

- abdominal fullness, abnormal or bloody stools, abnormal taste, acne
- allergic reactions, anxiety, appendicitis, appetite changes
- back pain, bad breath, bad dreams, belching, blood disorders
- breast pain, brittle bones, bull's eye rash, burning or tingling sensation
- cervical dysplasia, chest pain, chills, clotting problems, colitis
- confusion, constipation, convulsions, coughing, cysts and tumors
- dehydration, depression, digestive tract inflammation, dizziness
- drowsiness, dry mouth, ear and vision problems, eye pain and problems
- facial swelling, fatigue, fever, gallstones, general feeling of illness
- generalized swelling, glandular problems, goiter, gout, hair loss
- heart and circulation problems, heartburn, hemorrhoids, hepatitis
- high cholesterol, high or low blood pressure, hot flushes, incontinence
- impotence, infections, inflamed tendons or bones
- intestinal problems and bleeding, joint problems, kidney failure
- loss of sensation, mania, menstrual problems, migraine
- mouth inflammation, muscle pain, muscle tension
- nerve pain and problems, nervousness, nosebleeds, pain
- prostate problems, psychosis, rash and other skin problems
- respiratory problems, runny nose, skin inflammation, sleep problems
- sore throat, stiff neck, stroke, swallowing problems
- sweating, swelling around the eyes, tarry stools
- thirst, tooth disorders, tremors, tumors, twitching
- ulcer, urinary problems, vertigo, vomiting, weakness, weight changes

6.4 Celebrex

Like other NSAID medication, Celebrex could increase the chance of having a heart **attack** or **stroke**, possibly resulting in death. The risk is greater if you have heart disease or use NSAIDs for a long time. It's important to discuss the risks and benefits of using Celebrex with your doctor and to use the *lowest* effective dose for

the *shortest* amount of time possible.

Although Celebrex is easy on the stomach, it still poses some degree of risk—especially if you've had a stomach ulcer or gastrointestinal bleeding in the past. All NSAIDs, including Celebrex, can cause serious—and even life-threatening—ulcers and bleeding in the stomach and intestines. These side effects can happen without symptoms and may occur at any time during treatment. If you've ever had ulcers or stomach bleeding, make sure the doctor is aware of it. And be sure to alert the doctor if you develop any digestive problems or notice a change in your bowel movement (such as blood in the stool or black, sticky stools).

Some common side effects include:

- abdominal pain
- diarrhea
- headache
- indigestion
- nausea
- respiratory infection
- sinus inflammation

Rare but serious side effects:

- increase the chance of heart attack
- increase the chance of stroke
- blood in the stool
- black, sticky stools
- death

Please review PDR Health for more information on this drug.

6.5 Deltasone

Some common side effects of Deltasone include:

- euphoria
- insomnia
- mood changes
- personality changes
- psychotic behavior
- severe depression
- It may worsen any existing emotional instability

At a high dosage, Deltasone may cause:

- fluid retention
- high blood pressure

With prolonged Deltasone treatment eye problems may develop such as:

- a viral or fungal eye infection
- cataracts
- glaucoma

Deltasone over the long term can cause:

- buildup of adrenal hormones in your body may cause a condition called Cushing's syndrome, marked by:
  - weight gain
  - a "moon-faced" appearance
  - thin
  - fragile skin
  - muscle weakness
  - brittle bones
  - purplish stripe marks on the skin
  - Women are more vulnerable to this problem than men

Other potential side effects from Deltasone include:

- Bone fractures
- bruising
- bulging eyes
- congestive heart failure
- convulsions
- distended abdomen
- face redness
- glaucoma

- headache
- hives and other allergic-type reactions
- increased pressure inside eyes or skull
- inflamed esophagus or pancreas
- irregular menstrual periods
- muscle weakness or disease
- osteoporosis
- peptic ulcer
- poor healing of wounds
- stunted growth (in children)
- sweating
- thin
- fragile skin
- vertigo

6.6 Enbrel

Most important fact about Enbrel

TNF plays a significant role in the immune system, so blocking its action can lower your resistance to infection. Serious--and even fatal--infections have been known to occur, especially in people whose immune systems have already been weakened by advancing age, conditions such as heart failure or diabetes, or drugs such as Imuran, Prograf, Cellcept, Neoral, and Sandimmune. Due to the possibility of lowered resistance, children with juvenile rheumatoid arthritis should be brought up to date with all immunizations before starting Enbrel therapy.

More common side effects may include:

- abdominal pain
- cough
- dizziness
- headache
- indigestion
- infections
- injection site reaction
- nausea
- rash
- respiratory problems
- respiratory tract infection
- serious infections such as cellulitis and pneumonia
- sinus and nasal inflammation
- sore throat
- vomiting

- weakness

Think carefully about using this drug if you are prone to repeated infections or have a condition that encourages infections, such as diabetes. Be cautious, too, if you have a disease of the nervous system such as multiple sclerosis or a seizure disorder; such problems have been known to develop or get worse during Enbrel therapy. Enbrel should also be used with caution if you are prone to blood disorders, since they have occasionally appeared during treatment with Enbrel.

6.7 Minocycline

What is the most important information I should know about minocycline?

- Do not use this medication if you are pregnant. It could cause harm to the unborn baby. Use an effective form of birth control, and tell your doctor if you become pregnant during treatment
- Minocycline passes into breast milk and may affect bone and tooth development in a nursing baby. Do not take this medication without telling your doctor if you are breast-feeding a baby.
- Do not give minocycline to a child younger than 8 years old. Minocycline can cause permanent yellowing or graying of the teeth, and it can affect a child's growth.
- Avoid exposure to sunlight or artificial UV rays (sunlamps or tanning beds). Minocycline can make your skin more sensitive to sunlight and sunburn may result. Use a sunscreen (minimum SPF 15) and wear protective clothing if you must be out in the sun.
- Do not take iron supplements, multivitamins, calcium supplements, antacids, or laxatives within 2 hours before or after taking minocycline. These products can make minocycline less effective.
- Minocycline can cause side effects that may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be awake and alert.
- Throw away any unused minocycline when it expires or when it is no longer needed. Do not take any minocycline after the expiration date printed on the label. Using expired minocycline can cause damage to your kidneys.

To get more information on the side effects, please visit
The Drug Information Guide.

Get emergency medical help if you have any of these signs of an allergic reaction:

- hives
- difficulty breathing
- swelling of your face, lips, tongue, or throat

Stop using minocycline and call your doctor at once if you have any of these serious side effects:

- severe headache
- blurred vision
- confusion
- nausea
- stomach pain
- low fever
- loss of appetite
- dark urine
- clay-colored stools
- jaundice (yellowing of the skin or eyes)
- easy bruising or bleeding
- unusual weakness
- urinating less than usual
- worsening of pre-existing asthma.

Continue using minocycline and talk with your doctor if you have any of these less serious side effects:

- mild nausea, vomiting, diarrhea, or stomach upset
- dizziness, numbness or tingling, ringing in your ears
- white patches or sores inside your mouth or on your lips
- redness or pain where the injection is given
- swollen tongue, trouble swallowing
- vaginal yeast infection (itching or discharge)

Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.

6.8 NSAID's

Use of over-the-counter NSAIDs can also cause serious adverse effects. While prescription cousins of NSAIDs such as rofecoxib have attracted national attention for increased risk of heart attack, the over-the-counter NSAIDs can also cause adverse effects,

including:

- gastrointestinal upset
- bleeding
- stomach pain
- gastritis
- peptic ulcers
- headaches
- nausea
- dizziness
- depression

- vomiting
- diarrhea
- cramps
- convulsions

Jonathan Cluett, M.D. states on About.com: Orthopedics, *"Furthermore, there is an indication that NSAIDs may increase the progression of arthritis, whereas glucosamine and chondroitin may offer a more protective effect to the cartilage surface."*
http://orthopedics.about.com/cs/supplements/a/glucosamine.htm

There are three categories of NSAIDs: Salicylates (acetylated, such as aspirin, and non-acetylated), the traditional NSAIDs, and COX-2 selective inhibitors.

6.9 Plaquenil

Originally a drug for Malaria, Plaquenil is now being prescribed for rheumatoid arthritis to treat swelling, inflammation, stiffness, and joint pain. It is also prescribed for lupus erythematosus, a chronic inflammation of the connective tissue.

Most important fact about Plaquenil

Children are especially sensitive to Plaquenil. Relatively small doses of this medication have caused **fatalities**. Keep this drug in a child-proof container and out of the reach of children.

Side effects of Plaquenil inlcude:

- Abdominal cramps, abnormal eye pigmentation, acne
- anemia, bleaching of hair, blind spots
- blisters in mouth and eyes, blood disorders
- blurred vision, convulsions, decreased vision
- diarrhea, difficulty focusing the eyes
- diminished reflexes, dizziness, emotional changes
- excessive coloring of the skin, eye muscle paralysis
- "foggy vision", halos around lights
- headache, hearing loss, heart problems
- hives, involuntary eyeball movement
- irritability, itching, light flashes and streaks
- light intolerance, liver problems or failure
- loss of hair, loss or lack of appetite
- muscle paralysis, muscle weakness and wasting
- nausea, nervousness, nightmares
- psoriasis (dry, scaly, red skin patches)
- reading difficulties, ringing in the ears
- skin eruptions, skin inflammation and scaling

- skin rash, vertigo, vomiting, weariness, weight loss

6.10 Vioxx

Introduced and approved in May 1999 under the generic name of rofecoxib, Vioxx has been widely prescribed and used as a cox-2 inhibitor to treat osteoarthritis, menstrual cramps and adult pain. It was later volutantarily recalled by Merek when it was discovered that vioxx could lead to a significant increase in the **risk of heart attacks** and **strokes** in patients that have been taking the medication for around eighteen months or more.

More common side effects may include:

- abdominal pain
- diarrhea
- dizziness
- headache
- heartburn
- high blood pressure
- indigestion
- nausea
- respiratory tract infections
- stomach discomfort
- swelling of the legs and ankles

Less common side effects may include:

- Back pain
- bronchitis
- fatigue
- flu-like symptoms
- sinus inflammation
- urinary tract infections
- weakness

Rare side effects may include:

- Abdominal bloating or tenderness, allergies, anxiety
- appetite change, arm pain, asthma, back strain
- baldness, black-tarry stool, blisters, bloody nose
- blurred vision, boils, bursitis, cartilage problems
- cavities, chest congestion, chest pain, chills
- confusion, conjunctivitis (pinkeye), constipation
- cough, cysts, decreased levels of sodium in the blood

- decreased mental alertness, dental pain, depression
- dermatitis, difficulty breathing, drowsiness
- dry mouth, dry throat, ear infection, ear pain
- ear ringing, ear wax, fainting, fever
- fluid in the lungs, flushing, fungal infection
- gas, gastrointestinal infection, gastrointestinal inflammation
- hallucinations, heartbeat irregularities, hemorrhoids
- hepatitis, hernia of the diaphragm, herpes infection
- hives, impaired sensitivity to touch, inability to urinate
- increased nighttime urination
- increased potassium in the blood
- infection, insect bite reaction, insomnia
- itching, joint pain and swelling, kidney failure
- laryngitis, liver failure, low blood cell counts
- menopausal symptoms, menstrual disorder
- migraine headache, mouth infection
- mouth and throat sores, muscle aches and pains
- muscle stiffness, muscle spasms, muscle weakness
- nail problems, nasal congestion, numbness
- pain, painful urination, pelvic pain, pneumonia
- rapid or slow heartbeat, rash, runny nose
- sciatic pain, severe increase in blood pressure
- severe skin peeling, skin dryness
- skin inflammation, skin tingling or burning
- sore throat, sweating, swelling
- taste disturbances, tendon inflammation
- tingling sensation, tonsillitis
- vaginal inflammation, vein problems
- vomiting, weight gain, wheezing
- yellow skin and eyes

7 Natural Alternatives

Prevention is always better than treatment, so start a good supplement before you notice, or at the first sign of symptoms. You should also use common sense on diet and excercise, areas that doctor's all agree will help reduce your chances of getting arthritis.

If prevention isn't an option for you though, there are supplements you can take which will decrease your dependence on costly, dangerous pharmaceuticals.

Our bodies are complex "bio–machines" capable of regenerating many parts of themselves, provided they have the "building materials". These building materials have traditionally been provided by the foods we eat. However, over the years, with the necessity of mass producing food, many of the nutrients have been sacrificed in the name of longevity. It takes a while to get from the fields to our dinner tables now; gone are the days when most people could pick fresh from the garden what went on the dinner table. Processing, packaging, pesticides and pasturization all take something from the foods we eat, leaving only a small portion of the necessary "building blocks" our bodies need. Supplements should be a part of your daily regime, **especially** if you are suffering with arthritis.

Natural Alternatives to your treatment or pain management falls into four main categories: Nutrition, Heat and Cold, Weight Management and Exercise. Each is covered more fully below.

7.1 Nutrients That Support The Joints

That's the secret to the effectiveness of the Nussentials product line, nutrients. Powerful antioxidents, phytonutrients and proven ingredients that focus all the nutrition into a bio–available "super food". I know, that sounds a lot like hype, but explore the information that follows about the nutrients found in the Nussentials RUN! product and how they are helping hundreds of people just like you reduce or eliminate the daily pain of arthritis.

At the end of this document are the case studies and clinical trial references that have been conducted on the various ingredients found in RUN! and MORE!, two of the flagship products in the Nussentials arsenal of disease fighting supplements. While the references are very dry reading, I wanted you to have the information for the discussion with your doctor. Print those pages out and take them in with you when you discuss

7.1.1 Glucosamine

Glucosamine is a sugar produced in the body and found in small amounts of foods. It plays an important role in maintaining cartilage, the gel–like material that cushions joints. When taken as a dietary supplement, glucosamine helps to relieve the pain, stiffness, and swelling of arthritis, a degenerative joint disorder that affects 12% of the population, in which cartilage has worn down. Rheumatoid arthritis sufferers report improvements with glucosamine supplements as well, as do individuals with other types of joint injuries. Some 70 countries around the world sanction glucosamine as a treatment for individuals with mild to moderately severe arthritis.

Studies indicate that arthritis sufferers experience improved range of motion after taking glucosamine. Others report increased overall mobility. And several studies suggest that glucosamine may be as effective in easing arthritic pain and inflammation––and not nearly as irritating to the stomach––as the NSAIDs (nonsteroidal anti–inflammatory drugs).

Glucosamine appears to protect and strengthen the cartilage around joints, particularly in the knees, hips, spine, and hands. In so doing, it may help to prevent further joint damage. And while it can do little to actually restore cartilage that has completely worn away––or reverse joint damage that has already occurred––glucosamine appears to slow the development of mild to moderately severe arthritis. Traditional NSAIDs prescribed for arthritis, in contrast, actually impair the body's cartilage–building capacity.

Glucosamine is particularly helpful in treating osteoarthritis because it plays a role in cartilage formation and repair (Moskowitz R et al 2004). Many clinical studies have shown that supplemental glucosamine slows or reverses degenerative joint changes, with resulting reduction in joint pain, tenderness, and swelling (Drovanti A et al 1980; Pavelka K et al 2002; Pujalte JM et al 1980; Vajaradul Y 1981).

Glucosamine is found naturally in the body. It stimulates the formation and repair of articular cartilage. Over–the–counter supplements come from animal sources.

7.1.2 Chondroitin

Similarly to Glucosamine, chondroitin sulfate provides building materials for cartilage damaged by osteoarthritis. It also increases blood flow to joints, allowing antioxidants and other healing substances to protect and repair body tissue (Vergés J 2004).

Chondroitin sulfate is another natural substance found in the body. It prevents other body enzymes from degrading the building blocks of joint cartilage. The type sold in health–food stores and pharmacies is derived from animal products.

7.1.3 Methylsulfonylmethane (MSM)

Methylsulfonylmethane (MSM) is a naturally occurring organic sulfur compound found in human diets and in the diets of virtually all other vertebrates. In experiments using radioactive labeled sulfur, MSM, after ingestion, gives up its sulfur to the essential amino acids methionine, cysteine, and other serum proteins, eventually finding its way into the collagen of skin, joints, and blood vessels. It is also incorporated into the keratin of hair and nails. Animal studies have shown that joints affected by osteoarthritis have lower sulfur content (Rizzo R et al 1995), and that arthritic mice given MSM experience less joint degeneration (Murav'ev luV et al 1991).

In a double–blind trial of people who had osteoarthritis, study participants who received MSM experienced significant pain relief (Lawrence RM 1998). MSM is known to be very safe and nontoxic.

7.1.4 Boswellia

Boswellia, also known as boswellin or "Indian frankincense," comes from the Boswellia serrata tree that grows in the dry hills of India. For centuries, traditional Indian healers have taken advantage of the anti–inflammatory properties of the tree bark's gummy resin, called salai guggal. Modern preparations made from a purified extract of this resin and packaged in pill or cream form are used to reduce inflammation associated with arthritis and rheumatoid arthritis. Unlike conventional NSAIDs (nonsteroidal anti–inflammatory drugs) such as ibuprofen––the accepted treatments for joint inflammation––boswellia doesn't seem to cause stomach irritation. It is also effective for back pain and certain chronic intestinal disorders.

Boswellia can be taken internally as well as applied topically to affected joints to relieve inflammation associated with these joint disorders. This may lessen morning stiffness and increase joint mobility. In a study of 175 patients with rheumatic disorders such as rheumatoid arthritis, a crippling joint disease, 122 participants experienced reduced stiffness and inflammation two to four weeks after starting on a boswellia regimen.

It is also a potent Cox–2 inhibitor.

7.1.5 Ginger Root Powder

Ginger (Zingiber officinale) is revered around the world for its pungent taste. It is a natural spice that is also widely prized for its medicinal properties. Since ancient times, traditional healers in a diverse array of cultures have used this plant primarily to help settle upset stomachs. Chinese herbalists have relied on ginger as a medicine and flavoring for more than 2,500 years. The early Greeks mixed it into breads (hence the first gingerbread), and North American colonists sipped nausea–quelling ginger beer, the precursor of modern ginger ale. Today, many cultures continue to rely on ginger for controlling nausea and also for reducing

inflammation. Ginger helps indirectly to relieve chronic pain by reducing inflammation and, particularly when taken in standardized extract form, by lowering the body's level of natural pain–causing compounds called prostaglandins. Rheumatoid arthritis symptoms may also respond to treatment with ginger, either in massage oil or standardized extract form. In a study of seven women with rheumatoid arthritis, reduced joint swelling and pain were reported following a daily regimen of up to 1 gram of powdered ginger or 5 to 50 grams of fresh ginger.

7.1.6 Grape Seed Extract

Grape seed extract is a natural plant substance that has a concentracted source of oligomeric proanthocyanidins (OPC). These antioxidents help protect cells from free radical damage and also promotes healthy circulation. Grape seed extract is rich is polyphenols, a compound that's high in anti–oxidents. Studies have shown OPC to be more powerful antioxidents than vitamin C, E and beta–carotene.

7.1.7 Ashwagandha

Ashwagandha (withania somnifera): also known as Indian Ginseng, has been known to help reduce the discomfort associated with arthritis.

Studies indicate ashwagandha possesses anti–inflammatory, antitumor, antistress, antioxidant, immunomodulatory, hemopoietic, and rejuvenating properties. It also appears to exert a positive influence on the endocrine, cardiopulmonary, and central nervous systems.

Toxicity studies reveal that ashwagandha appears to be a safe compound.

It is also a potent Cox–2 inhibitor.

7.1.8 Yucca

Yucca is also known by the names Spanish Bayonet, Guardian Of The Desert, Needle Palm, and Soapweed.

Yucca, a member of the lily family, grows in abundance throughout the Southwestern United States and Mexico. The part of this plant used medicinally is the root. The name "Yucca" comes from the Caribbean name for "cassava", which was once considered part of this genus. Traditionally, this herb has been used for soap because of its foaming agents. Native Americans used the soapy leaves from yucca for numerous health conditions. Yucca is used today to treat inflammations caused by degenerative diseases like arthritis and rheumatism. The authors of a study looking at patients with arthritis & rheumatoid arthritis speculate that Yucca saponins block the release of toxins from the intestines, which tends to inhibit normal formation of cartilage.

7.1.9 Turmeric

Turmeric (Circuma longa) is best known as a spice that gives a distinctive flavor and yellow color to curry powder and mustard. It is a member of the ginger family and has long been used for healing. Ayurveda, Siddha, Unani, and other traditional medicine systems practiced in India have relied on this pungent spice for centuries. The plant's healing properties reside in its fingerlike stalk, which is scalded and then dried for medicinal preparations. This is the same part of the plant used to flavor, color, and preserve foods.

The anti–inflammatory compounds in turmeric appear to ease inflammation. This makes it potentially useful for relieving the inflammation in wrist and hand joints associated with arthritis, for example. In India, curcumin–a component of turmeric–is considered a standard anti–inflammatory medication. It appears to be most effective for acute (as opposed to chronic) inflammation.

It is also a potent Cox–2 inhibitor.

7.2 Heat and Cold

The use of heat and cold are time–honored techniques for relieving the pain, stiffness, and occasional swelling that can result from osteoarthritis. Finding the most effective treatment for you may require a certain amount of trial and error. Some people get better results with heat; others prefer cold. Do not apply either heat or cold for longer than 20 minutes at a time. Your skin should be allowed to return to normal temperature between applications. And do not combine either heat or cold with rubbing or the use of creams. This combination can cause burns.

Heat

Heat is usually used to relax muscles and sometimes to warm them up before exercising. You can heat up your sore joints with heating pads or hot packs or by sitting in a hot tub or heated pool. For many people who have arthritis, a hot shower in the morning is all they need to loosen their stiff joints.

Cold

Applying cold to a sore joint reduces the pain by numbing the area. Use ice or reusable cold packs. Never apply ice directly to your skin because it can burn the skin; wrap ice and cold packs in a towel. Although applying cold can be helpful for short–term pain relief, you have to be careful because the lack of feeling may cause you to overuse the sore joint or muscle.

7.3 Weight Management

Being overweight is the most common cause of excess pressure on the joints and can increase your risk of developing osteoarthritis. If you already have osteoarthritis, being overweight can speed the rate at which the cartilage in your joints wears down, worsening your symptoms.

Losing weight can help relieve the pressure and strain on your joints, reducing the wear and tear that can cause damage to the tissues inside the joint. Weight loss can also help reduce the pain and stiffness in the affected joints, especially those in the hips, knees, back, and feet.

The best way to lose weight and maintain a healthy weight is to eat less and exercise more. There is no scientific evidence that eating or not eating certain foods will prevent or control osteoarthritis. Basically, you should eat the same healthy diet that is recommended for everyone—one that includes lots of foods that are low in fat and high in fiber, such as fruits, vegetables, whole grains, and legumes (dried beans, peas, and lentils). If you need to lose a large amount of weight, you should work closely with your doctor to develop a weight–loss program you can follow safely.

7.4 Exercise

Although questions remain about how much exercise is too much, regular exercise is known to be very effective for relieving the pain and stiffness of osteoarthritis and may help slow the progression of the disease. Exercise also helps you reach or maintain a healthy weight, which reduces the stress on your joints. Here are some good reasons to exercise if you have arthritis:

- Exercise strengthens the muscles that support your joints, which helps protect the joints from further damage and can reduce the pain of arthritis.
- Exercise improves the flexibility of your joints; the more flexible your joints are, the more easily you can move them without pain.
- Exercise can make you feel better mentally and emotionally by relieving stress and elevating your mood.
- Exercise can spark your energy and generally improve the quality of your life.

The exercise program that will work best for you is one that fits your lifestyle and physical abilities. Doctors generally recommend a combination of stretching exercises, mild strengthening exercises (such as lifting weights), and low–impact

aerobic exercises (such as swimming, walking, or bicycling).

It's important to talk to your doctor before you begin any regular exercise program. Your doctor can help you determine which exercises are best for you, how often you should exercise, how much exercise you should do, and how to time your medication (if you are taking medication for your arthritis) to make your exercise session more comfortable. Your doctor may recommend that you work with a physical therapist to design a program that is right for you.

Make exercise a part of your life If your exercise routine is comfortable and enjoyable for you, it will become a habit that will be easy to keep up. It doesn't have to be a formal exercise program. Just fitting more activity into your daily routine, such as taking the stairs instead of the elevator and walking or riding your bike instead of driving, can provide many benefits.

You will get the most out of your exercise program if you plan workouts for those times of the day when your pain is least severe and your joints most flexible. For many people, pain and stiffness are often worse in the morning than at other times. If this is the case for you, try exercising after you have taken a hot shower, which can help loosen your joints.

When you are exercising, doing housework or chores, or engaging in other activities, rest frequently, change positions regularly, and stretch your muscles between periods of exertion. Pacing your activities throughout the day can help you save energy and reduce stress on your joints. It is best to exercise several times throughout the day for shorter periods than to do it all in one long session. Begin and end each exercise session with a warm–up and cooldown by walking around slowly for 5 minutes before and after. Exercise at a rate at which you can speak comfortably.

Warning You have exercised too much if you have sharp pains or more pain than usual while you are exercising, or if you have pain 2 hours after you exercise. Stop exercising immediately and call your doctor if you have chest pain, severe dizziness, difficulty breathing, or an upset stomach.

Stretching exercises

Stretching exercises, which are also called range–of–motion exercises, are good for helping to reduce stiffness in your joints and improve their flexibility. Stretching exercises include anything that requires regular movement of a joint to its fullest capacity. For example, holding your arms out to your sides and circling them in a windmill fashion stretches your shoulder joint. Some forms of water exercise use warm water to loosen joints and help them stretch. Doing stretching exercises for a few minutes every day can significantly improve the movement in your joints.

Strengthening exercises

Strengthening exercises help maintain or build the muscles around your joints, which helps keep the joints stable. Stronger muscles also improve the joint's movement. Lifting light weights, such as 1– to 2–pound dumbbells, every other day is often enough to make a difference. (Muscles need a day off in between to

rest and rebuild.) But before you begin any type of weight training, talk to your doctor. You will need to be carefully instructed in this type of exercise to avoid injury and further damage to your joints. Some forms of water exercise include strengthening exercises.

Fitness exercises

Fitness exercises, also called aerobic exercises, increase your endurance, strengthen your heart and lungs, and give you energy. Try to exercise aerobically for at least 60 to 90 minutes each week. Brisk walking, swimming, and bicycling are good fitness exercises if you have arthritis because they allow for smooth rather than jerky movements. You should avoid high-impact exercises—such as jogging, tennis, or step aerobics—because they can put too much pressure on your joints and can worsen your symptoms.

Swimming is especially good if you have arthritis in your knees or hips because the water supports your weight, which reduces stress on those joints. Many communities offer supervised swimming or water exercise programs for people who have arthritis. Call your local parks and fitness centers to see if there are any such programs in your area.

Walking is also a good exercise for relieving the pain and stiffness of arthritis. And it's convenient; you can do it anywhere, at any time. Going for regular walks with a friend or family member is a good way to develop the habit of staying active.

7.5 Nussentials - Whole Foods For Real People

If you have followed the nutraceutical industry, you already know that most nutraceutical companies are merely vitamin supplement companies. They simply reshuffle their existing vitamin and mineral base to create new combinations of old formulations, which they then market under new brand names. If you feel that there haven't been any genuinely new and revolutionary products in the market recently, you are probably right. Vitamin C is Vitamin C, no matter how you package it.

Nussentials is different! Our products are based on all-natural whole foods, primarily stabilized rice bran, not synthetically manufactured vitamins. More importantly, our products are revolutionary and genuinely different from most everything else in the market today. In fact, they are a result of a recent breakthrough in extrusion technology. Read the next few paragraphs very carefully to fully understand how unique Nussentials' products really are.

Tapping into the Nutrition

Rice is the most consumed food on earth. 65% of the nutrition of the rice kernel is locked away in the rice bran which is the outer layer of the kernel. Rice bran is considered to be one of the most nutrient-dense naturally occurring foods available but it is routinely thrown away as an unused food resource. This is

because rice bran contains an enzyme that causes rancidity within hours of milling, making it unfit for human consumption. In fact, more than 60 million metric tons of rice bran each year ends up as animal feed or dumped in landfills. In other words, the nutrient–dense part of the rice kernel never makes its way to our dinner table.

Not any more, thanks to a breakthrough in advanced extrusion technology. This gives stabilized rice bran a shelf life of up to three years and transforms it into a highly nutritious food for humans.

How nutritious?

According to a report published by the Alternative Medicine magazine, stabilized rice bran seems to be one of the most potent and accessible sources of a complex mix of phytonutrients and antioxidants. The report states: *Nutraceuticals derived from stabilized rice bran are showing enormous nutritional value. So far, the most promising uses are against diabetes, high cholesterol, liver abnormalities and cardiovascular disease.*

These health benefits are not just anecdotal references. They are not based on occasional individual testimonies; instead, there have already been a number of clinical trials on rice bran, including the treatment of Type 1 and 2 diabetes1, 2, high LDL cholesterol3, 4, triglycerides4 and treatments for joint pain as well as joint inflammation.5 The results are astonishing! The initial clinical trials demonstrated that these products help reduce Type 1 and 2 diabetics' sugar levels by up to 30% and 20%, respectively.2 Other clinical trials in the University of New Mexico Medical School indicated that 83% of test subjects demonstrated an improvement in the blood serum markers that affect their ability to dissolve blood clots – a major cardiovascular health risk for many people.

Rice bran is a treasure trove of phytonutrients, working both synergistically and in parallel. These phytonutrients are hard to come by in a typical diet, even for the health purist. They are believed to be useful in the nutritional management of certain metabolic disorders such as diabetes, hypertension and cardiovascular diseases. Tocotrienols, polyphenols, inositol hexaphosphate (IP6), non–starchy polysaccharides, gamma oryzanol and phytosterols are the major phytonutrients in Nussentials' stabilized rice bran products.

Rice bran and its products are one of the highest natural sources of phytosterols in nature. Phytosterols help reduce cholesterol by decreasing lipid (fats) circulating in the bloodstream. They are strong anti–inflammatory agents and immune–function enhancers, and decrease susceptibility to infection. They also help prevent cancer through their action of inhibiting abnormal cell growth. The following benefits of phytosterols have been demonstrated by scientific citations:

* Reducing total cholesterol

* Inhibiting the synthesis of LDL–C
* Reducing BPH (benign prostatic hyperplacia)
* Providing anti–inflammatory effect
* Inhibiting the growth of breast cancer cells
* Inhibiting colon cancer cells
* Helping in Cancer prevention
* Improving the immune system

Rice bran products are also a good source of tocotrienols. The following benefits of tocotrienols have been demonstrated by scientific citations:

* Reducing total and LDL cholesterol14
* Reducing overall cancer risk15

These studies suggest that rice bran products have tremendous health benefits with tocotrienols and high phytosterols alone. Besides tocotrienols and phytosterols, several unique phytonutrients and antioxidants naturally present in rice bran contributing to health benefits, make it a super health food.

In fact, Nussentials' stabilized rice bran products include more than 100 different natural antioxidants. They are essential to maintain health in order to fight diseases. Natural antioxidants seldom work by themselves, but are very effective as part of an antioxidant system in which there is synergistic action. Our products contain a rich cocktail of unique antioxidants that work individually through different mechanisms and elicit a significant effect in the biological system.

What's it all Mean?

So what does all this mean? Why do Nussentials' stabilized rice bran based products work? They work because they nourish your body by providing an incredibly potent mix of naturally occurring vitamins, minerals, antioxidants and phytonutrients. We believe many of our health problems are a result of the most toxic and industrially processed food on earth. If you eat food deficient in minerals, your body becomes nutritionally deficient as well. You will not be able to build and maintain a healthy body because you are missing essential building blocks. As a result, you become vulnerable to various diseases.

Nussentials' stabilized rice bran products help you correct undernourishment and vitamin deficiency while providing your body with a mix of disease–fighting ingredients, such as phytosterols. The unique feature is that you can get so many vitamins, minerals, fiber, antioxidants and phytonutrients just by simply introducing this whole food – Nussentials' stabilized rice bran products into your daily diet!

Nussentials' products are not medicine. They don't heal any diseases and are not intended to replace any medical treatments. But, these products nourish the body and by doing so, provide our bodies with an opportunity to correct their imbalances.

That's the secret to the effectiveness of the Nussentials product line, nutrients.

Powerful antioxidents, phytonutrients and proven ingredients that focus all the nutrition into a bio-available "super food". I know, that sounds a lot like hype, but explore the information that follows about the nutrients found in the Nussentials RUN! product and how they are helping hundreds of people just like you reduce or eliminate the daily pain of arthritis.

At the end of this document are the case studies and clinical trial references that have been conducted on the various ingredients found in RUN! and MORE!, two of the flagship products in the Nussentials arsenal of disease fighting supplements. While the references are very dry reading, I wanted you to have the information for the discussion with your doctor. Print those pages out and take them in with you when you discuss your treatment plan.

Nussentials -- whole food for real people!

7.5.1 RUN!

RUN! is one of Nussentials proprietary products, a blend of rice bran derivatives, herbs, MSM and glucosamine derivatives which works synergistically to nourish the joints.

RUN! capsules provides nutritional support to ease joint pain, restore joint mobility, and increase flexibility. RUN! is a stabilized rice bran-based product fortified with joint essentials to provide a well-balanced, *natural* combination of antioxidant's, phytonutrients, vitamins and minerals to *promote overall joint heath*.

RUN! *in the diet...*

- Provides antioxidant and phytonutrients
- Helps support joint flexibility and mobility
- Helps promote healthy joints
- Helps reduce inflammation

RUN! is a powerful combination of stabilized rice bran blended with other biologically active ingredients that are very well known for their anti-inflammatory and anti-arthritic properties such as:

- MORE! - provides potent antioxidant's, phytonutrients, vitamins, minerals and energy.
- Glucosamine Derivatives [25]
  Helps build healthy elastic cartilage and helps maintains a cushioning fluid around the joints.
- Chondroitin [25] - provides building materials for cartilage damaged by Osteoarthritis. It also increases blood flow to joints, allowing antioxidant's and other healing substances to protect and repair body tissue
- Methylsulfonylmethane (MSM) [26] - helps synthesize collagen, reduce pain and

inflammation, and helps maintain synovial fluid in the joints.
- Grape Seed Extract[27] - helps prevent free radical damage at the joints.
- Yucca[27] - helps in the anti-inflammatory process and aids in reducing pain and inflammation at the joint.
- Ginger Powder[26] - an antioxidant with powerful anti-inflammatory properties.
- These potent Cox-2 inhibitors:
  - Curcumin[28]
    Reduces the release of arachindonic acid and reduces the production of pro-inflammatory cytokines.
  - Ashwangandha[27]
    Inhibits several enzymes and tumor necrosis factor (TNR). These enzymes would otherwise dissolve the collagen, hyaluronic acid and elastin that are crucial for proper functioning of the joint cushion.
  - Boswellin[26]
    Suppresses the production of pro-inflammatory cytokines.

7.5.1.1 Testimonials

7.5.1.1.1 Sandi B, New Jersey

I have a loose bone chip and am missing cartilage in my knee. I have been told by three separate orthopedic surgeons that I have the worst case of arthritis that they have ever seen. Due to these knee problems, my ability to drive has been significantly diminished, as I am not able to drive more than 10-15 minutes without significant pain. Additionally, I have an acute allergy to cats. (I have even had reactions severe enough to cause me to pass out!)

After taking RUN! and LESS! for a few months, I have been around cats several times - without any reaction! Additionally, I recently had to drive for over three hours and was shocked that I didn't experience any pain! I feel as though I have been set free from two prisons! I have even noticed that my night blindness has gone away since I've been on the products, so now not only can I drive long distances, but I can drive at night, too!

Thank you, Nussentials, for giving me a normal life again. I am ever so grateful!

-- Sandi B., New Jersey

7.5.1.1.2 Willie S, Texas

I have had osteoarthritis for many years and have been borderline rheumatoid arthritic for a couple of years. Pain has been a constant companion of mine for a long while. The last year or so, my knees have hurt terribly when I climb stairs, so much so, that I would hesitate at the bottom of a set stairs and brace myself mentally for the pain I would encounter at each step. I thought it was just something I had to live with. A friend told me about this new product "RUN", a Nussenials product. I didn't want to disappoint my friend, so I took the capsules as directed on the bottle. After about a week, there was no pain in my knees. It's amazing. I ran out and the pain returned, I don't run out anymore. Mom didn't raise a

fool, as they say. Thank you Nussenials for this wonderful product and to my dear friend who told me about RUN.

-- Willie Smith, El Paso, TX

7.5.1.1.3 Tim J, Texas

I was diagnosed with arthritis when I was in high school, and have been on various medications continuously since then. For the last 5 years I have been taking several Aleve® every single day. If I didn't, I would experience moderate to severe pain in my back, knees, and other joints. I have been taking Run! for several months, and about 2 months ago I quit taking Aleve. Last month I got a thank you card from my liver and kidneys.

-- Tim J, El Paso, TX

7.5.1.1.4 Dr Ron, Florida

In a prior millennium, when I was young, I used to wrestle in High School and College. That was pretty super if you leave out the forever –since –then– injury results. My knee was torn up so much that I had two separate surgeries, without a cure. I tolerated that pain for many years. The pain would sometimes get so bad that when I was walking my 12–year old around Disney World, I would often have to put a temporary damper on by NEEDING a rest. (Not fun for a kid that age.) I then began to take a product that dulled the joint pain to allow me to get around better. Well, things are now even better. Just two weeks ago, I began to use the Nussentials RUN! product. After only a few days, the discomfort began to slowly go away, until I merely got used to feeling totally normal. And when it did return, it was so mild and brief that it only served the purpose to remind me of the time when my pain was constant.

NOW for the GREAT PART! I live on the ocean in Florida in a high rise condo – RIGHT ON THE BEACH FRONT. It's beautiful to gaze out onto the ocean. HOWEVER, I am on the third floor. Well, I can finally walk up and down the stairs without stopping due to pain that I had felt for so long.

DO NOT STOP PRODUCING RUN! PLEASE!!!

-- Dr. Ron R., Florida

7.5.1.1.5 Charlie M, Texas

I have been using the MORE!, LESS!, and RUN! products for a little over six months and the chronic pain in my left shoulder is gone. My hunger level and appetite decreased significantly and I lost over 15 pounds in two months! One of my friends has lost 50 pounds in just 4 months! Also, I am experiencing more mental alertness and, therefore, am much

more productive each day. And, I am sleeping better, too! When someone introduces the rice bran products to their daily diet, they are giving their body an opportunity to heal itself, providing many direct benefits without any side effects.

-- Charlie M., Jr., Texas

7.5.2 MORE!

A non-chemically modified all natural product developed from stabilized rice bran. MORE! is rich in dietary fiber, thiamin, niacin, vitamin B6, magnesium and phosphorus. Good quality fat includes Omega-3 (90mg) and Omega-6 (1710mg) fatty acids.

MORE! Powder is Nussentials' flagship stabilized rice bran product. It is extremely dense in essential nutrients, and has over 100 antioxidants, vitamins, minerals, and phytonutrients as well as over 20% hypoallergenic dietary fiber. The nutrients in MORE! help to provide energy as well as nutrition for the body to help achieve optimum health. In clinical trials, MORE! has proven to help reduce cholesterol, provide more energy and normalize blood sugar levels.

MORE! *in the diet...*

- Provides energy
- Provides 483mg of phytonutrients and 483mg of antioxidants
- Provides a rich source of thiamin, niacin, vitamin B6 magnesium and phosphorus
- Helps to support normal cholesterol and blood glucose levels
- Helps to promote good intestinal health

7.5.2.1 Testimonials

7.5.2.1.1 Christi C, Texas

I am so excited. I started using the Nussentials Rice Bran Products in February 2007. Since I started the MORE! on the 16th of May, my energy level has gone through the roof. Before this time, when I took a lunch break it would be spent taking a nap so that I could make it through the rest of the day. When I got home from work, I would immediately take another nap in order to finish the day. Now I don't have to do this. But one of the greatest accomplishments and sense of satisfaction came when I was able to give blood for the VERY FIRST TIME IN MY LIFE on June 29, 2007. I have tried to give blood several times before but my hemoglobin level has always been too low. The other day when I gave blood it was accepted. My hemoglobin level would range from about 6 to 8 g/dl. My hemoglobin level is now 13.3 g/dl. This is greater than the 12.5g/dl requirement. I believe the ingredients in Nussentials MORE! has helped me to do something that is near and dear to my heart. I have always wanted to give back and not only through giving our 5% to the kids but now I can give to someone else the gift of life through the giving of my blood.

-- Christi C., Texas

7.5.2.1.2 Don W, Florida

I am a 67 year old male. I have been using Nussentials products for approximately 4 months now. In February I weighed 218 lbs. I currently am down to 191 lbs., with 6 more to go before I am down to my recommended weight. This has been accomplished by using the LESS! product along with a regular workout routine and food portion control.

-- Don W., Florida

7.5.2.1.3 Vicki R, Texas

I have been a diabetic for 35 years, and you can not imagine how many things I have tried over the years to help. I've tried it all. Then Sallie told me about MORE!. Because she is my cousin, I believed and agreed to start taking the MORE! product. I went to my diabetic Doctor 4 months ago and told her what I had just started taking. She took all the tests and I'm holding them until I go back to her on the 10th of October to take the follow up tests. These tests will let my doctor know what is going on in my body. But I really don't need to see the tests to know what is going on.

For the last 10 years I have not gone to bed with out putting on ***warm*** *socks because my feet are so cold from lack of circulation. I realized recently that I have not worn socks to bed for the last month. I have feeling in my feet and legs again! I have also reduced my insulin by 7 units and my sugar levels are steadily dropping.*

I KNOW that MORE! works, and is so easy to sell when I tell others my results. I know my diabetic Doctor will become one of my customers, so she can help all those diabetics she treats.

-- Vicki R, DeSoto, TX

7.5.3 RESTORE!

What is Hyaluronic Acid (HA)?

Hyaluronic acid (HA) is a naturally-occurring molecule in all living organisms - including your own body! When you are young HA is abundant throughout your body, but is found in larger concentrations in certain areas.

HA gels water to provide lubrication, easier movement and less pain in your joints. In your skin, HA is involved in tissue repair, including healing your skin after sun exposure. It binds to water, provides volume, and plumps out the appearance of wrinkles while holding moisture in the skin. Scientific studies have also substantiated that many age-related eye disorders, including glaucoma, are linked with a shortage of HA.

Why do I need HA?

Research shows that our body's natural production of HA and collagen reduces

dramatically after the age of 30, leading to rapid aging and deterioration. Adding HA back into the body has been shown to **significantly** reduce the signs of aging.

Hyaluronic acid (HA) has been nicknamed by many "The Fountain of Youth", as it minimizes the effects of many ailments that are traditionally associated with aging. HA increases joint lubrication, which minimizes pain and joint damage, assists in nourishment of cells, helps minimize the signs of aging in the skin, and facilitates the body's natural healing processes.

Why RESTORE!?

Research has shown that micro–ionized particles suspended in liquid form are much more readily absorbed by the body, thus offering a significantly higher level of positive health benefits when compared to capsules or pills. RESTORE! is an all–natural liquid formula for both improving joint health and creating healthier skin.

Since HA is less effective when consumed on its own, RESTORE! offers a unique formula enhanced with the other building blocks that are essential for collagen production and joint health. A unique combination of Hyaluronic Acid, Glucosamine, Chondroitin, MSM, and Vitamin C round out this powerful formula to provide a synergy of nutrients that creates the optimal impact and maximum results.

RESTORE! is available as a 16–ounce bottle which is a two–week supply when taken as directed. For maximum and continual results, regular daily consumption is recommended.

Just add RESTORE! to your daily LESS! and MORE! smoothie or add it to your favorite drink.

7.5.3.1 Testimonials

7.5.3.1.1 Vicki R, Texas

I have been taking RESTORE! since it was introduced to the product line in July (it is now late September). I am 67 years old and depsite my best intentions, at times my mind does not work like I want it to.

My children have often told me I can "hide my own Easter Eggs". Well, guess what? Since I have been taking RESTORE! I am hiding those Easter Eggs but now finding 6 out of 12. That just a fancy way of saying my mind is clearer than its been in a long time. Also my skin is beginning to be softer and smoother and the wrinkles are less noticible. Since I also have been taking MORE!, I don't know which product is contributing to what results and I don't care, I will never stop taking these products!

–– Vicki R, DeSoto, TX

7.5.3.1.2 Sue R, Texas

*I started drinking the LESS! powder about four months ago, to lose some weight. While I did start to see results pretty quickly, I also notices some great additional benefits. I am normally a terrible sleeper. The first thing I realized was, I have was sleeping all night. Believe me, THAT made it worth it's weight in gold to me. I have lost about ten pounds total, but more than the pounds are the **inches** I have lost. I no longer have that ugly bulge hanging over my pants, all around my bra area and my face has slimmed. Best of all I feel great. I then started taking the MORE! product. I have gone off my Lipator and will go back to the doctor soon to see if it has reduced my cholestral. A month ago I began the RESTORE!. You should see my finger nails, which I could never grow. I am sixty three years old and I truly am seeing a difference in the smile lines and the lines around my eyes. I feel like this is money **well spent** for myself and my family. I have twenty one grandchildren and I want to be here for a long time. Better yet, I fell with getting myself healthier, I won't just be healthy, I'll be active with them.*

-- Sue R, Duncanville, TX

7.6 Decision Guidelines

While I believe that the Nussentials products will help you with some or all of your pain, you should follow these safe guidelines when considering alternatives to your current pain management regimen.

1. **Talk to your doctor**. Although many people believe that traditional physicians will dismiss their interest in supplements, many doctors are actually quite open to complementary treatments. However, these supplements are not appropriate for all forms of arthritis or for all people. Diabetics and pregnant women, for example, should be especially cautious. (Nussenitals products are safe for both diabetics and pregnant women, but not all supplements are created equal)

2. **Don't stop your current regimen** of diet, exercise, medication or other therapies abruptly. The effectiveness of these treatments is proven, and nutritional supplements should remain just that – complementary to your good health practices. You may need to take the supplements for a couple of months before you see any results, which makes it all that more important to continue your current treatments.

3. **Do some research first**. Find out about the supplement you are considering buying. Are there any side effects? Will it interact with your current medication? Write to the manufacturer and ask for documentation that supports their claims. For additional information on glucosamine, check the web site for the National Institute's of Health (www.nih.gov). For additional information on Nussentials supplements, check their website (www.Nussentials.com).

4. **Stick with a reputable manufacturer**. Because these products are not regulated, consumers are on their own. Even products labeled "standardized" don't meet

outside standards, just internal ones set by the manufacturer. Standards can vary among manufacturers, so avoid brand names you don't know. (Nussentials has one of the highest ratings for quality in nutritional supplements.

5. **If anything does go wrong** and you experience some adverse side effects, report them to your doctor quickly and stop taking the product. Remember that any supplement potent enough to help is probably also strong enough to harm if taken inappropriately.

8 Quick Facts

- Women are almost twice as likely as men to suffer from arthritis. The disease becomes more prevalent after age 45. Yet it is not a disease exclusively of the elderly, for more than 300,000 children are also affected.
- Arthritis is a costly disease: It's the leading cause of absenteeism; more than 45 million work days are lost each year.
- The estimated yearly cost in lost wages and medical bills is $65 billion –– second only to the bill for heart disease.
- Arthritis patients average eight visits to their doctor each year –– twice as many as those suffering from other chronic illnesses like high blood pressure.
- Approximately six million people are "self–diagnosed" and improperly "self–treated."
- Rheumatoid arthritis is a common rheumatic disease, affecting more than two million people in the United States.
- Rheumatoid arthritis is three times more common in women as in men
- Rheumatoid arthritis afflicts people of all races equally.
- Rheumatoid arthritis can begin at any age, but most often starts after age forty and before sixty.
- In some families, multiple members can be affected, suggesting a genetic basis.

9 Prevention

In order to avoid becoming one of the statistics, you can take an active role in your health with prevention techniques now. This may include lifestyle changes such as exercise and diet. Supplements that improve your immune system (such as Nussentials MORE! and RESTORE! products) will help you fight off infections, the presumed cause of rheumatoid arthritis. When your immune system is in balance and strong, it can successfully attack and defeat cancer growth, which is nothing more than abnormal cell growth that is out of control. Sadly, most of us has an immune system so weakened or out of balance, that any little infection that comes across finds us a wonderful host. Boosting your immune system now, will definitely help.

Manage your weight to a healthy degree so you aren't carrying excess pounds, putting strain on your knees, hips and ankles. Nussentials LESS! product can help with not only the weight management, but since it also contains MORE!, will help boost your immune system health.

RESTORE! and RUN! are both supplements that are geared towards rebuilding the gel–like material that cushions joints (synovium and synovial fluid) and provides the building blocks for rebuilding cartilage.

RUN! also contains additional nutrients that help reduce inflammation, rebuild elastic cartilage, increase the blood flow to joints which allows antioxidents and other helping substances to protect and repair body tissue. Other ingredients in RUN! helps synthesize collagen, reduce pain and inflammation, and helps maintain synovial fluid in the joints.

10 Introduction

Allow me to introduce myself. My name is Cenay Nailor, and I am Nussentials marketing representative. While I am an "independent" working from my home office, I have the full support of the entire company to call upon, anytime. I am working for myself, but not alone.

Nussentials Corporation has made working from home a fun and profitable way for me to fire my boss. I represent and promote products that address a real need into today's world, health and wellness. And unlike so many of the other wellness products out there, these aren't just a rehash of the same old supplements and vitamins but rather a new and unique type of supplements. I would take these supplements, even if I wasn't a business owner representing them.

If this sounds like something you would like to explore, please feel free to Email me. Just want to know a little more about the company or products? Click **See my Site** and explore to your hearts content. Want to make a suggestion for a "white-paper" like this one, use the **Make a Suggestion** link below. Ready to skip all that and get busy today building your own business? Use the **Become a** Nussentials **Business Owner** link and then click the "Sign up" link on the next page.

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 Become a Nussentials Business Owner

10.1 To The Nussentials Representative

To learn about getting a copy of this report that uses YOUR personal information so that customers call or order through you, please visit Get The APR Report.

11 Citations

Many works were reviewed, studied and sometimes quoted in assembling this document. All of the information found is in the public domain, or available to the general public via the websites cited below. Any errors found in this material are mine, not the referenced site, since it is my responsilibity to check and cross check each fact presented.

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Index

– O –

– P –

– R –

– S –

– T –

– V –

– W –

– Y –

– Z –