



Cellular Nutrients in Arthritis

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Arthritis as a connective tissue disorder is not a well-accepted concept. The characteristic painful joints in arthritis are a symptomatic representation of chronic inflammation at the joints resulting in damage to the underlying connective tissue-cartilage.

We designed a pilot clinical trial by providing specific micronutrient supplementation to patients with painful knee arthritis and monitored them over a six month period. The patients were between 45-84 years old and were not using any other painkiller or other medications.

X ray evidence at the end of six months showed 50% of the patients had significant improvement in their knee joints. Moreover, their inflammatory makers such as C-reactive protein (CRP) had decreased by 30%, erythrocyte sedimentation rate (ESR) or blood sedimentation also decreased by 35% in women and 27% in men, compared to their before study values.