

“The Best Arthritis ‘Cures’ and Deadliest Treatments to Avoid”

(With supplemental information)

***“What Drug Companies and Nutrition Stores
Don’t Want You to Know About Their
Products”***

“This FREE REPORT You Requested Reveals Little Known Information About Osteoarthritis That Most Doctors And Drug Companies Will Never Tell You!... So Before You Risk Your Health Further And Possibly Your Life, Read This Entire Report And Discover The Little Known Truth About How Improper And Bad Arthritis Treatments Have Ruined The Lives Of Millions Of Americans Just Like You!”

Keep reading this report to find out how easy it is to get arthritis relief and you'll learn:

- ✓What medical doctors do that can actually make your condition worse!
- ✓How to get the information you need so that you can make the right choices.
- ✓Why drug companies and nutrition stores are praying you don't read what's in this report!
- ✓Why so many people will needlessly suffer from headaches, neck and back pain caused by arthritis!
- ✓Why taking pills and improper exercises will never fix your arthritis.
- ✓How to end your pain and suffering right NOW and get on the right track.
- ✓What will likely happen if you don't get the right treatments now!
And much more!

WARNING: “Arthritis” is sneaky and a potentially debilitating disease that will strike millions of Americans this year...and as a result, many people will suffer for the rest of their lives due to bad information and inappropriate care. The GOOD NEWS is that you don't have to continue suffering! Keep reading this report to find out the well hidden truth you won't find anywhere else!

Arthritis is very common in the U.S. and for adults age 25 to 74 it effects:

- Hands -- 42.4 million people
- Feet -- 29 million people
- Knees -- 5 million people
- Hips -- 765,000 people
- Spine -- **Almost Everybody!**

Once given the diagnosis of osteoarthritis, many people feel doomed to a life of pain and suffering.

Osteoarthritis is a condition in which joints (where two bones meet and provide movement) start breaking down and wear out. There are many causes of arthritis but many people have **mistakenly accepted it as “part of getting old”**.

Arthritis is associated with pain and stiffness in the hands and fingers but it can affect any joint in the body and is especially painful in the spine.

Medical treatment of arthritis consists primarily of hiding the pain and symptoms with medicine.

Believe it or not, these same drugs used to “treat” arthritis actually cause the arthritis to get worse at a faster rate.

The drugs do temporarily relieve pain, but the chemicals interfere with the body's ability to feed and heal the cartilage cells inside the joints. This causes joint destruction at an advanced rate and therefore more pain, causing more medication to be used. People get caught in a vicious cycle of using these drugs in higher amounts more and more often.

THE DRUG STORY:

Steroids have been used to treat arthritis and have really **bad side affects** such as: depressed immune system, meaning you'll get sick easier and have difficulty getting well when you are sick, thinning of the bones increasing the risk of bone fractures, decreased ability to heal, small cuts become chronic sores, and long term use can cause high blood pressure, diabetes, osteoporosis and even mental disturbances.

Even with these terrible side affects, steroids are still used for this purpose today. Due to these terrible side affects a search for a less harmful drug was started and produced a class of drugs called NSAIDS which stands for Non-Steroid Anti-Inflammatory Drug.

These have also become too popular or misused and are very dangerous. NSAIDS are among the most prescribed drugs in the United States accounting for approximately **91 million prescriptions** filled every year. This class of drug was thought to be safe initially, but there are serious side affects.

Bad reaction to these medications as a group are reported to the Food and Drug Administration more frequently than any other type of medication.

These drugs cause stomach and intestine ulcers and bleeding which can lead to perforation and death. Worse yet, this type of drug induced stomach and gut problem doesn't cause noticeable symptoms until you become very ill and in some cases, it's too late. **(You die before getting help.)**

People who suffer this type of injury from arthritic drug use often end up in the hospital with an average cost of \$3,450. Some are in such bad shape that they are hospitalized and have to have **surgery with average costs \$15,700;** just from taking a non-steroidal anti-inflammatory drug.

Virtually all NSAIDS show the potential to produce a surface injury to the lining of the stomach and gut.

It has been reported in the past that a single aspirin may cause about 1 teaspoon of internal bleeding in the average adult.

By now everyone has heard about the fancy scopes that doctors can put down your throat and look inside your stomach. The bigger the dose of NSAID, the bigger the problem, but doctors have done tests showing **virtually 100%** of the people they tested have this type of **bleeding injury after a single dose of aspirin!** Researchers have estimated this exact type of problem causes **32,000 hospitalizations** and about 10% or **3,200 of those people die** every year in the United States. Even taking **buffered aspirin didn't help** prevent this problem and those who drink alcohol were at even greater risk while taking these drugs.

NSAIDS also cause high blood pressure, congestive heart failure, liver and kidney failure. Older people who use NSAIDS are 4 times more likely to be put in the hospital for this type of problem than those not taking these drugs.

Aspirin basically comes from a chemical called salicylic acid. This is the same active ingredient that is in corn remover that you would use for burning calluses off your feet. If it can burn tough skin off your feet no wonder it **burns holes in your fragile gut lining.**

Maybe you think you're safe because you don't use aspirin and you switched to Advil, or Ibuprofen. But you're wrong.

Loss of kidney function has been found doses of **Ibuprofen** lower than that required to give an anti-inflammatory or pain relieving affect.

Acetaminophen or **Tylenol** causes **liver disease** and gets even worse with alcohol use. About 8 to 10% of all **kidney failure** resulting in death has been linked to acetaminophen use, which is the main ingredient in Tylenol.

All of these drugs are aimed at covering up symptoms and none of these have ever shown to actually help improve an arthritic condition.

In fact, it has been proven over and over again **these drugs prevent a joint's repair effort**; which **makes the arthritis get worse over time at a faster rate than if no drugs were used at all**. And it has been proven, the more arthritic the joint is, the worse the effect of the drug on the joint.

So far we've only talked about drugs you might have prescribed for yourself because they are easily available over the counter.

These problems are even worse with the heavier prescription drugs. **Indomethacin** causes the same types of problems we just described. The new fangled drugs like **Celebrex** and **Vioxx** that work a slightly different way have side effects which are just as bad. Sometimes they actually cause the muscle and joint pain they were designed to prevent.

Terrible things happen to real people.

Recently, a doctor shared with me his personal story that his happy, healthy 82 year-old father started taking **indomethacin for knee arthritis**, which was his only complaint, and he was **dead by the end of the week from drug side effects**.

Another story recently printed in the newspaper by the "People's Pharmacy" told of a woman who was taking **Vioxx** for arthritis and took **Excedrin** as well when she needed more pain relief.

The combination destroyed her stomach, and she died. The pharmacist stated "Vioxx and Celebrex are new prescription anti-inflammatory drugs that are less likely to damage the stomach lining than traditional arthritis pain relievers, both over-the-counter and prescription. Nevertheless, both carry the following warning: *Serious gastrointestinal [stomach and gut] toxicity such as bleeding, ulceration and perforation of the stomach, small intestine or large intestine can occur at any time, with or without warning symptoms, in patients treated with non-steroidal anti-inflammatory drugs (NSAIDs).*

Adding Excedrin (aspirin, acetaminophen and caffeine) to Vioxx was a **tragic mistake**. This is bound to happen more and more often because 1 in 4 adults in the United States have high blood pressure. About 36% of adults with high blood pressure also have arthritis. And the Centers for Disease Control reports about 1 in 5 people 35 years of age or older take aspirin daily for heart related problems and blood thinning. Despite all these problems and known risk the brochure on Celebrex which doctors read, still states that Celebrex can be taken by patients already using aspirin. **This means they're willing to risk your life in order to sell more drugs!**

“OK DOC, I GET THE PICTURE THESE DRUGS AREN'T THE BEST WAY TO GO FOR THE TREATMENT OF ARTHRITIS, BUT WHAT ABOUT NATURAL REMEDIES?”

Did you read the book **THE ARTHRITIS CURE**? If you did, then you got some good ideas and some bad information. I think that book is largely responsible for the explosion of nutritional combination products which are largely ineffective.

What about glucosamine, and what about chondroitin sulfate? Glucosamine supplements are available in four forms: hydrochloride (HCl), hydroiodide, N-acetyl and sulfate. The sulfate form is the only well researched glucosamine and proved to show good results. When The Arthritis Cure book was published, the author gave a lot of attention to these natural remedies. Unfortunately, **the author did not do a good job interpreting the research when he wrote the book.**

Chondroitin is not well absorbed when taken by mouth, whereas it is helpful in arthritis when it is injected in a knee joint by a shot. The chondroitin molecule when taken orally is only about 13% absorbed and the author did not take this into consideration.

Most people are taking this supplement by mouth and not receiving shots into their joints. For the people that chondroitin appears to have helped, they usually have a condition known as “leaky gut” which means the membrane lining of the gut has big enough holes in it to allow the chondroitin molecule to be absorbed into the bloodstream. Eventually the chondroitin helps heal the gut lining and is no longer absorbed and eventually the person ends up no longer getting a benefit for their joints or arthritis.

Additionally, chondroitin comes in a few different forms, one of which is a natural blood thinner. This **could be a problem** given the fact that in the United States it is estimated that 7 to 11 million people take warfarin which is a blood thinner. The chondroitin could potentially increase the blood thinning effect of a medication intended to do the same purpose and cause **serious complications or even death.**

Many people are price sensitive when shopping for vitamin supplements and tend to buy the cheapest product they can find.

This is the case with glucosamine HCl which has been compared to placebo, or a fake pill, in experiments and proved to have **no better benefit than the phony pill.** Clearly the best form of glucosamine to use is the sulfate form.

Glucosamine sulfate has been proven in experiment after experiment by numerous scientists to be quite effective in helping to alleviate arthritis symptoms and actually help the condition to get better within the joint.

Although many nutrition companies have produced combination products containing glucosamine sulfate and chondroitin sulfate together, *“there’s no information available to*

demonstrate the combination of the two produces results better than glucosamine sulfate used alone.”

Glucosamine sulfate is 95 to 98% absorbed when taken orally compared to only 13% absorption of chondroitin sulfate when taken orally.

To me, it just doesn't make sense to waste your money on chondroitin sulfate because glucosamine sulfate is one of the building blocks for your body to make chondroitin. So your body will make chondroitin if you supply the glucosamine. It's kind of like glucosamine sulfate is the individual bricks and blocks that help support the joint cartilage, whereas chondroitin is the whole wall that is already put together. The whole wall cannot be absorbed effectively through the intestinal lining, but the smaller blocks and bricks can be. Then the body reassembles the bricks and blocks into a wall where it needs the most help.

Glucosamine sulfate is found in nearly all body tissues including bones, tendons, ligaments, cartilage, synovial fluid (joint lubricant), heart valves, blood vessel linings, and mucus membranes of the digestive, respiratory and urinary tracts.

The bottom line is you want treatment that's going to help protect the joint cartilage, not destroy it at the expense of a little temporary pain relief.

None of this will do any good if your joints aren't moving and functioning properly. Joints deteriorate and wear out when they are not moving properly.

Back pain is the 2nd leading reason patients report for visiting their medical doctor. According to several articles written in medical journals, **family physicians are uncomfortable treating back pain** and find it an unrewarding experience. Patients feel blown off when their M.D. tells them to go home, take ibuprofen, just lay on a heating pad and maybe it will go away.

Patients have picked up on the fact that their family physicians are less confident in their diagnosis and management of back pain compared to a significantly greater satisfaction with chiropractic care.

A joint cannot heal and overcome the bad effects of arthritis if it remains stuck or not moving properly. Chiropractic adjustments are critically important for the treatment of arthritis, especially arthritis of the spine.

Clearly arthritis is manageable, to say the least, and, “reversible” in the most optimistic sense with properly applied treatment. This is a bold statement, but we have the experience to back it up. Remember that wisdom, is knowledge rightly applied. We are giving you the knowledge to make a life change. But this is going to require action on your part. If you ask most medical doctors why they haven't changed their current practices, they will repeat the saddest obituary of time, “we have always done it this way.” Dr. Gottlieb knows precisely how to help you.

“WHAT DRUG COMPANIES AND NUTRITION STORES DON'T WANT YOU TO KNOW ABOUT THEIR PRODUCTS”

Every time you buy medicine over the counter, you should read the warning label on the side and realize these **bad side effects happen to real people like you and me.**

We are the individuals who get injured and make up the staggering statistics of bad side effects and even death.

You see, in business, a winning product is one that is consumable. You notice you never see in the news or hear about a toilet paper or napkin company going out of business. It's just always assumed that you are going to have to consume those products for a lifetime. Drug companies think the same way.

They have a product that provides a little bit of pain relief as a teaser that allows your arthritis to get worse over time, causing more pain, and thereby making you consume more of their drug that made you worse in the first place.

Don't ever start this terrible cycle.

Nutrition supplements, while often are not as harmful as the medicines, have their own share of secret issues. Making claims based on inaccurate interpretation of research is a common problem, which we already mentioned.

Another problem is attracting your attention to their product with the name on the label. For instance, you might see a product in a store labeled glucosamine and think that's the product which you want. But until you turn to the side label and read the small print and discover that it is glucosamine, HCl, which is not the most effective form of glucosamine instead of glucosamine sulfate (which is the well-researched and effective form)! **This is how you're duped into buying a cheap, ineffective product.**

Nutrition companies also know that shoppers are price sensitive and they have a bunch of different packaging tricks to fool you.

The first problem we just mentioned is supplying you with the cheap, ineffective form. The next is offering different size bottles or different size amounts of the substance within the pill. This makes it **nearly impossible for you to shop smart and compare apples with apples.**

Worse yet, one of the fastest growing business franchises in this country is a nutrition chain, where you can be misled by the teenager running the cash register. Wouldn't you rather get your information from a well trained doctor who can point out exactly what you do need and exactly what you don't need?

The quality of products bought from nutrition stores also varies greatly.

In other words, when tested in the laboratory what's printed on the label of the product may not actually show up in the pill within the bottle. Or, the pills themselves may have contamination or extra things you weren't counting on. There are ways to make sure this doesn't happen to you.

In the examples of chondroitin and glucosamine, these substances can be harvested from the gristle around the joints found in cows. **Hormones** and **antibiotics** are often shot into cows and are already making it into our **food supply** and we definitely **don't want those substances in our vitamin supplements either**. Also, for the future we are concerned about "**mad cow disease**" making it into the United States.

Glucosamine can also be harvested from the shells of seafood, like crabs. There are certain areas around the country where the salt water has become heavily polluted and so has the seafood living in those polluted waters. Additionally, if the product is not purified 100%, potentially someone allergic to seafood could have an allergic reaction to a poor quality glucosamine pill.

We have our own set of rules that we follow to make sure the companies we use always supply the best possible products.

If you are a smoker, I'm sure your doctor has told you or you already know, smoking causes heart and lung problems, not to mention cancer. But I'll bet you didn't know that smoking also increases the destruction of your joint cartilage and disc cartilage, making arthritis much worse at a faster rate. The best thing to do is to stop smoking, but for those who have tried and really can't, there's only a few things we can do to help offset the bad effects of smoking.

Smokers are much more likely to experience back pain and much more likely to have a work related injury compared to people who don't smoke.

I'm Dr. Marc Gottlieb and I've spent years researching safe and effective arthritis treatments. I felt so strongly about what I've found that I went through a grueling two-year process to get my research findings published in an international medical journal. I thought this would be a good way to have an effect on society by getting doctors to read this information and change their ways.

I'm sad to report, that I have not seen a great deal of improvement in the way that arthritis treatment has been handled over the past five years, despite the information that I have published.

Drug companies are big businesses that are not motivated to change.

Doctors who specialize in kidney problems (nephrologists) and doctors who specialize in stomach and gut problems (gastroenterologist) make a large part of their living from people who have suffered the bad side effects of these arthritis drugs.

There comes a point when you have to think it would be better to put a fence around the cliff to keep people from falling off the mountain instead of paying for more ambulances in the valley to pick people up after they have fallen. Pardon the silly analogy, but it really is that simple. Fix the cause of arthritis rather than create new life threatening conditions by using dangerous drugs that only temporarily hide pain.

I'm still doing my part to change these unsafe practices. I get invited to speak to large groups of doctors all around the country to set doctors straight once and for all. I have given up many weekends to fly to different parts of the country and give 12-hour talks to accomplish this goal.

Most importantly, I'm still on the front lines of my very own office trying to **help people one at a time**. I've probably saved more lives than I'll ever know by offering more effective and safer arthritis treatment methods in my office. For sure, I've saved the quality of countless numbers of peoples' lives. Who cares about living long if you don't feel good? Your health span should match your life span.

Nobody dies from arthritis but thousands die from bad arthritis drugs every year. In many cases, the treatment is worse than the ill.

We've got great treatment options, just the kind you've been waiting for.

Natural methods that are highly effective and don't require drugs or surgery. Call on me (870-9500) to start the ball rolling in the right direction.

I want you to start treating your body like a temple, not a tent.

Although this report has been lengthy, we've only touched on some of the basics. There's so much more that we can do on a one on one basis. I made a comment earlier about knowledge and wisdom.

Now we must talk about your personal character. And that is your ability to carry out a worthy decision, well after the emotion of making the decision to read this report has passed. If you're not on the right track or just need a little extra health coaching, call my office so we can get started.

Sincerely,

Dr. Marc Gottlieb
Raleigh's Arthritis Treatment and Recovery Center