

pain and stiffness of their joints when treated with fish oil. Even better pain management results have been observed when, in addition to fish oil, extra-virgin olive oil is part of the diet.

Flaxseed oil and flaxseed meal (ground flaxseed), also have significant anti-inflammatory effects, but should not be cooked. Other vegetable oils, like corn, safflower or sunflower oils, can increase inflammation and counteract the benefits of anti-inflammatory nutrients in the diet.

### 3. Eat fish three times a week.

Especially wild salmon, if it's available and affordable. Consider supplementing your diet with the natural anti-inflammatory, fish oil. The amount of fish oil needed is not fixed; it varies from about a teaspoon (4,000 mg) to a tablespoon (12,000 mg) each day, depending upon what else is in your diet. The more meat, poultry, egg yolk or dairy fat, the greater your need for fish oil, because these foods contain arachidonic acid, a pro-inflammatory omega-6 fatty acid.

### 4. Avoid sugar and foods with added sugar and refined carbohydrates.

Reduce inflammation by cutting out white flour products, white rice and white potatoes. Several studies have shown that consuming foods of this type aggravates inflammation. Instead, eat high fiber foods like whole grains and legumes. Studies have shown that high fiber diets are anti-inflammatory.

**5. Drink tea, black or green.** The notion that green tea is healthier than black tea has not been borne out by clinical trials in humans. Green tea may have anti-cancer effects, but black tea has a better track record in fighting inflammation. You need at least three cups a day.

**6. Use anti-inflammatory spices in preparing your food.** Ginger and turmeric have excellent anti-inflammatory effects, although human clinical trials with these spices are much more limited than for the other principles listed.

## Nerve Treatment

For people suffering from neuropathies, California-based health science company Gilad&Gilad developed AgmaSet supplement based on the company's discovery of the neuroprotective properties of G-aggmatine, a natural amino acid metabolite.


Gad M. Gilad, PhD, CEO of the company, explained that AgmaSet, by providing high dietary G-aggmatine, acts

like a shotgun targeting multiple molecular mechanisms critical for both neuroprotection and neuropathic pain reduction. These include: modulating several neurotransmitter receptors; providing a blockade of key ion transport channels; regulating nitric oxide (NO) production; inhibiting protein ADP-ribosylation; modulating polyamine metabolism; inhibiting matrix metalloproteases (MMPs); and blocking advanced glycation end products (AGEs) formation.

According to Dr. Gilad, these mechanisms are compromised not only as a result of nerve compression pathologies, (for example radiculopathies including sciatica), but also as a typical consequence of traumatic injuries, metabolic diseases, chemotherapy-induced neuropathies, infections, trigeminal neuralgia, fibromyalgia, and other peripheral and central neuropathies.

A recent randomized, double-blind, placebo-controlled study demonstrated the safety and effectiveness of G-aggmatine in accelerating neuropathic pain recovery and improving health-related quality of life in lumbar disc-related radiculopathy (sciatica).<sup>5</sup> "These clinical trials together with extensive scientific evidence serve a 'proof of concept' for using AgmaSet in the various neuropathies," Dr. Gilad added, noting that it is estimated that more than 20 million people in the U.S. alone suffer from various neuropathies.

"Surveys indicate that 75 percent of patients with neuropathic pain are unresponsive to current pain medications," he said. "Treatment is challenging and many patients pursue complementary treatments including acupuncture, transcutaneous electrical nerve stimulation, cognitive behavioral therapy and supplements. Of the supplements, there is evidence that alpha-lipoic acid may be effective in some cases; B vitamins may be used when there is a specific vitamin deficiency, but otherwise were not proved to be effective."

Based on the evidence, AgmaSet has a wide implications for a multitude of people whose need for a dietary supplement to support pain-free nerve functions remained unmet until now, according to Dr. Gilad. AgmaSet can also be used with animals is marketed for veterinary use and for companion animals under the brand name AgmaVet. 

## References:

1 Comparative in-vitro study of the intestinal permeability and bioaccumulation of omega-3 fatty acids in EurOmega-3™ using the CACO-2 epithelium intestinal model. Rennes, France.

2 Linder M, Fanni J, Parmentier M, Regnault P. Procédé d'obtention d'une huile et d'un hydrolysate de protéines à partir d'une source marine de tissus protéiques et huile et hydrolysate de protéines obtenus par mise en oeuvre de ce procédé. French patent number 2,835,703. August 15, 2003.

3 US Centers for Disease Control and Prevention ([www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm](http://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm)).

4 Robyn Tamblyn, PhD; Laeora Berkson, MD, MHPE, FRCPC; W. Dale Jauphinee, MD, FRCPC; David Gayton, MD, PhD, FRCPC; Roland Grad, MD, MSC; Allen Huang, MD, FRCPC; Lisa Isaac, PhD; Peter McLeod, MD, FRCPC; and Linda Snell, MD, MHPE, FRCPC, "Unnecessary Prescribing of NSAIDs and the Management of NSAID-Related Gastropathy in Medical Practice," *Annals of Internal Medicine* (Washington, DC: American College of Physicians, 1997), September 15, 1997, 127:429-438.

5 *Pain Medicine* 11: 356-368, 2010.

■ Prolotherapy, which stimulates the body to repair the painful injured area(s) when the body's natural healing process is not able to do the job on its own, has been recorded as early as Roman times.

■ Curcumin fights inflammation by suppressing the activation of NF-kB, with regulates the expression of pro-inflammatory gene products.

■ It is a myth that citrus fruits and "nightshade" vegetables like tomatoes and peppers cause arthritis.

■ Clinical trials demonstrate the safety and effectiveness of G-aggmatine in accelerating neuropathic pain recovery.

## FOR MORE INFORMATION:

- EuroMedica, (866) 842-7256, [www.euromedicausa.com](http://www.euromedicausa.com)
- Gilad&Gilad, (888) 48-GILAD, [www.fornervehealth.com](http://www.fornervehealth.com)
- <http://pilladvised.com>