

OurHealthNews

Making Health Affordable
Together

NOTES FROM THE KAT

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Meow,

Two New Positive Studies For Osteoarthritis Sufferers

Osteoarthritis (OA), the most common form of arthritis, afflicts more than 21 million humans in the U.S. - many of those over the age of 65. While osteoarthritis can occur with almost any joint, osteoarthritis of the knee is the most frequent, affecting more than 10 million Americans.

But there's hope! In the last few weeks, two very promising clinical studies were published on glucosamine and selenium, both of which appear to have a direct effect on knee OA.

Study Links Low Selenium with Higher Risk of OA

Selenium is a highly recognized trace mineral when it comes to anti-carcinogenic effects in the human body - at that is according to the FDA. Also, selenium has been shown to increase the immune system's response to infectious diseases (which we will talk more about in an upcoming newsletter on colds and flu).

Yet another significant study released just weeks ago from the University of North Carolina at Chapel Hill Thurston Arthritis Center found that people deficient in selenium had a higher risk of knee osteoarthritis.

The researchers reviewed over 900 participants' x-rays and toe-clippings to determine the amount of selenium in their bodies. (yes, I said toe-clippings - not claw clippings ^..^)

According to the one of the investigators, the group with a highest selenium levels faced a 40 percent lower risk of knee OA than those in the lowest-selenium group.

Selenium is found in the soil where your veggies and fruit grow. And Americans are relatively lucky since most U.S. soils are abundant in selenium, whereas, soils in Asia are severely selenium-deficient.

FAST FACT: Kashin-Beck is a disorder of the bones and joints found particularly in some areas of eastern Siberia, Korea, China and Tibet - areas that have selenium deficient soils. Studies show that this disease occurs in children who move into these endemic areas, but children who move away get better.

So if you are not eating your veggies and fruits, then you are probably missing out on the selenium. Or you may be eating veggies and fruits that were grown in selenium-poor soil.

What's a kat to do? Well, you can find selenium in our [Multi-Vites](#), or [Sam's Antioxidant Plus D](#).

As it turns out, the human need for selenium is quite small - measured in micrograms versus the standard milligrams for most supplements.

As a trace mineral, the suggested daily amount of

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Member Spotlight

"I have been taking the Co-op's [Arthro-3](#) and [Heart Plus](#). I recently took a C-reactive test and expected bad results because I have recurring (almost chronic) sacrum inflammation. But voila...my test came back with good results."

Member Glorianne S.



Tell-A-Friend



Please "Tell a Friend"!

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you! ^..^



Contact Us

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selenium is woefully low at only 55 mcg (enough to prevent Keshan's disease); however, informed practitioners typically recommend 200 mcg per day to produce maximum benefits (not to exceed 400 mcg daily though!).

For more information on this study and other background on selenium, check out these links:

- [Study links low selenium levels to higher risk of OA](#)
- [Dietary Supplement Fact Sheet: Selenium](#)
- [Prostate Cancer Research Institute: Selenium](#)
- [Science News: Selenium's Value to Prostate Health](#)

Glucosamine to Lessen Knee OA Symptoms, Study Says

If you have kept up on our newsletters or have read about our [Glucosamine Sulfate](#) product on our website, you probably are saying, "Guido, I have heard this before!"

And you are right! Since the early 80's, there have been several clinical studies on the positive effects of glucosamine on osteoarthritis. But when there is more good scientific evidence to report, I just can't hold back!

This recent [European study](#) was presented a few weeks ago at the American College of Rheumatology Annual Scientific Meeting in San Diego, California.

The study included 318 patients (88% women) with knee OA. The patients were given either a daily dose of 1500 mg of glucosamine, or 3000 mg of acetaminophen or a placebo. All the patients had access to 400 mg of ibuprofen in case their pain was unbearable.

After 6 months, the three groups were compared using a variety of pain parameters. The glucosamine sulfate efficacy versus the placebo was significant on all parameters. Glucosamine versus acetaminophen efficacy was not significantly different. However, more patients on acetaminophen reached for the 400 mg of ibuprofen than those on glucosamine sulfate!

The researchers concluded that an oral daily dose of 1500 mg of glucosamine sulfate might be the preferred symptomatic medication for knee OA patients.

Here at the Co-op, we offer two glucosamine products: [Glucosamine Sulfate](#) and [Joint Complex](#) with glucosamine, chondroitin, MSM and collagen.

Eat Thanksgiving Turkey for Your Health!

Cats and birds typically don't mix (which is really best for the bird!). But when it comes to a Thanksgiving spread with turkey as the main course, cats will find themselves right there with their human counterparts ready to give tribute to this holiday bird.

We felines appreciate all of the turkey's nutritious benefits, and recommend that turkey becomes a more regular part of your diet (and I am not talking about the weeks of leftovers following Thanksgiving or those turkey TV dinners!)

The skinless breast of turkey is one of, if not the leanest-meat protein sources on this planet, according to Stephen Pratt, M.D., author of *Superfoods Rx*.

Dr. Pratt says that turkey is high in protein and nutrients while being low in saturated fat and calories. Even lower than skinless chicken breast. Turkey also supplies lots of amino acids, the building blocks of human proteins.

Dietary Reference Intakes suggest that adult humans should consume between 46 to 56 grams of protein a day. Three ounces of turkey provide about 26 grams - which is about half of the protein requirements.

While most people in the U.S. get enough protein in

their diet, it usually comes from red meat which is higher in saturated fats.

FAST FACT: While protein is important in the diet, one does not necessarily need to consume a high-protein food at each meal. The amino acids from the protein remain in the human body for at least four hours and as long as forty-eight hours.

Turkey contains a few notable nutrients for health: B vitamins, zinc and selenium (yes, selenium again!)

- Turkey is a good source of niacin, vitamin B6 and B12. Heart health is quite dependent on these B vitamins which have been shown to reduce the risk of heart disease. And as this kat has mentioned again and again, vitamin B6, and B12 along with folate are responsible for lowering homocysteine levels.
- Zinc is an optimal nutrient when it comes to a healthy immune system. Actually, zinc in turkey is more bioavailable than in non-meat zinc sources.
- Selenium...well, I gather I don't have to repeat how critical trace mineral is since it was discussed above. But turkey supplies about 32 micrograms of selenium per 3 ounces. Enough said?

After the leftover Thanksgiving turkey is consumed, don't go too long without this high-protein, lean meat in your diet...your health will thank you all year around!

Still purringly yours,

Guido

Guido Housemouser
Chief Kat and Community Manager
Our Health Co-op

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Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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