



Cornerstone of Life  
Healthy Living for Mature Adults

## ((( Healthy Living Alert )))

### **Glyconutritional Research and The Two Prevalent Types of Arthritis**

**Osteoarthritis:** Cartilage is a smooth, rubbery material coated with a lubricating fluid that acts as a shock absorber, protecting our joints, allowing movement to be made smooth and pain free. This cartilage is composed of glycoproteins that are constantly repaired and replenished from proteins and glyconutrients obtained in our food. Most people get enough protein in their diet, but almost every person is deficient in the eight essential glyconutrients. The reason this happens is our modern diet comes mainly from processed and fast foods that contain little or no quality nutrition. Even our fruits and vegetables contain about 15% of the same nutrients available 25 plus years ago. Over time without proper nutrition the cartilage in our joints deteriorate and if the deficiency is not corrected, we end up with osteoarthritis, swelling and pain.

An international team of scientists showed in an article in the British Journal Lancet, the subjects that were given glyconutrients saw their arthritis symptoms alleviated, further damage prevented and damaged cartilage repaired. Studies released in the Rheumatic Disease Clinics of North America journal supported this finding by showing that glyconutrients encouraged cartilage rebuilding which led to increased mobility and a decrease in pain. These are merely a sampling of many such studies that have concluded that glyconutrients are safe, effective and needed for combating osteoarthritis.

**Rheumatoid Arthritis:** Rheumatoid arthritis falls in the category of an autoimmune disease. This means that the immune response has gone into overdrive and is mistakenly attacking healthy tissue. In this type of arthritis the inflammation response is raised and immune cells begin attacking the glycoproteins that comprise the cartilage in body joints. This attack is the result of a communication breakdown where immune cells see the healthy tissue as foreign. If this miscommunication is allowed to go unchecked and inflammation of the area is prolonged, devastating effects, such as joint deformities, severe pain and even life threatening spinal column instability can result. Rheumatoid arthritis can start at early ages and is most common between 25 and 55. It is therefore never too early to begin the changes that can either prevent or reverse this destructive disease.

According to a German study, completed at Leipzig University, this communication breakdown may occur because the glycoproteins composing the cartilage, lacks most of the essential glyconutrients and its molecular alphabet is no longer recognized by the body. These scientists have found that over 70% of patients with Rheumatoid Arthritis registered essential glyconutrient deficiencies. In fact, the deficiency was a better indicator of arthritis than the blood tests typically issued. Scientists also found that when issued glyconutrients, subjects saw a marked decrease in inflammation and an increase in repair and growth of damaged areas.

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“Excerpts from various Glyconutrition articles”