

You don't always have to reach for a drug when you suffer from chronic pain.



# PRESCRIPTION & OVER-THE-COUNTER PAINKILLERS vs. The Natural Remedy, Curamin

by L. Stephen Coles, M.D., Ph.D.

Are you taking aspirin, acetaminophen, or other painkillers regularly to relieve chronic joint and muscle pain? Even low constant doses of aspirin and related painkillers such as ibuprofen can cause internal bleeding in the stomach and intestine. Acetaminophen (Tylenol) has a very real and dangerous record of causing kidney and liver toxicity, especially when used at over the recommended dosages, particularly if taken by people who tend to imbibe alcoholic beverages.

This is not to say you should never use aspirin or other painkillers—but intestinal bleeding and kidney and liver damage are real complications that might lead consumers to think twice before they embark on such a regimen.

It has long been known that aspirin doses of 300 milligrams a day, which were prescribed in the past, carry a risk of gastrointestinal bleeding. Some experts thought, however, that low doses of aspirin, such as 75 mg a day, carry little risk of side effects. But this theory was debunked by scientists at the Radcliffe Infirmary in Oxford, who found that long-term use of the drug, even at low doses, does have potentially harmful side effects. They also found no evidence that using expensive “modified release”

formulations of aspirin reduces the risk of bleeding.

Writing in November 2000 in the *British Medical Journal*, the researchers warned that their findings have important implications. Patients and doctors need to consider the trade-off between the benefit and harm of long-term use of aspirin, they say.

Researcher Dr. Yoon Kong Loke told *BBC News Online*: “There is no doubt that aspirin is an effective drug. Because of this problem with gut bleeding though, aspirin treatment should be used only when there is good reason to do so.”

Tylenol is currently the most popular painkiller in the United States, according to [www.medicinenet.com](http://www.medicinenet.com). Americans take over 8 billion pills (tablets or capsules) of Tylenol each year, and acetaminophen is found in over 200 preparations. While generally safe, its danger to the liver and kidneys may be heightened in persons with underlying liver disease (which may accompany frequent alcohol consumption) or with long-term or heavy use, according to Dale P. Sandler, Ph.D., an epidemiologist at the National Institute of Environmental Health Sciences, and colleagues.

Is relieving pain a good enough reason to rely on potentially toxic painkillers? Perhaps for occasional use this may be all right, but for long-term use, perhaps not.

What if we were to tell you there is a non-drug alternative that can help your body by maintaining your health in the first place? One that is natural and has none of these side effects and that also can play a vital role in maintaining a healthy response to joint and muscle pain?

There is such help.

## THE NATURAL ALTERNATIVE

Terry Lemerond has been in the health food industry for almost 40 years and has personally designed

### Overcomes Chronic Pain

*“I'm so excited about your new natural painkiller, Curamin. I've had constant pain for so many years that I can't even remember when it started. I was taking 12 Aleve and one Vicodin every day and still had pain. I started Curamin, and within 45 minutes after taking two capsules, all my pain was gone. I just had both feet operated on, and my doctor was amazed that my feet did not show any inflammation and that I had no pain from the operation. He suggested that I take a prescription painkiller, but I refused and relied on Curamin and had no pain. Please, please don't ever go out of business or retire. I could never live without Curamin.”* —Lucille R., De Pere, Wisconsin

## More Curamin Testimonials

Many of these testimonials are from Wisconsin, since Curamin was first introduced in the United States via the Green Bay–based health food store, Terry Naturally. However, as its popularity continues to grow, we would expect to see many more testimonial accolades from throughout the nation—and, in fact, we've also included comments from Florida, Tennessee, and elsewhere. Keep in mind that due to individual variability, nobody can make a guarantee that you will receive the same results as these individuals—but these testimonials, written by actual product users, suggest that Curamin may well be the best remedy to emerge in the natural products industry in recent years.

## Finally Gets a Full Night's Sleep

*"Your product, Curamin, has changed my life. I have not slept in bed for over a year since I have so much pain in my neck. I have to sleep in a chair and catnap through the whole night. I could not believe how fast the pain in my neck was gone. The first night after purchasing Curamin, I took three capsules before going to sleep. I actually slept six-and-a-half hours straight through for the first time in over a year, and I've tried every painkiller that my doctor prescribed. The night before trying Curamin, I was taking four aspirin four times a day. I no longer need aspirin or any other painkiller. I take one Curamin in the morning and two before bedtime, and now I'm getting a full night's sleep in bed. I told my doctor about my results, but he said it was all in my head."* —Stanley H., Green Bay, Wisconsin

and developed over 300 formulations. Many of these have been industry blockbusters. He introduced standardized ginkgo, saw palmetto, black cohosh, glucosamine sulfate, and inositol hexaphosphate (IP-6) to American consumers, to name only a few of his contributions. Each of these herbs or nutrients has gone on to help millions of people live healthier, disease-free lives.

Lemerond has a tremendous amount of experience and knowledge in developing and discovering natural formulations. Now he has discovered a pain-relieving formulation that he says is "almost unbelievable, even for me."

"This formulation," he says, "is stronger and more effective than aspirin or any other kind of medication in supporting the body's natural ability to deal with pain and inflammation—yet, it works much differently than a drug because it helps maintain the body's already healthy functions rather than masking symptoms. *It isn't a drug at all; rather, it is designed to work on a deeper level to help the body maintain healthy inflammation and pain-response functions.* It has no drug side effects, either. This formula will work like a miracle for anyone who uses it. I know the word miracle is a bit much in the scientific world, but if you don't believe it's a miracle, I'd be totally surprised."

Here are the natural ingredients in the formulation (known as EP612 Complex) that he says will relieve almost any kind of chronic pain: curcumin with curcuminoids, DL-phenylalanine (DLPA), and boswellia.

"This formulation has had a powerful impact on improving the health of anyone dealing with pain or inflammation," Lemerond said in an interview.

### 'ABSOLUTELY AMAZING'

Dan, of Woodland, Washington, talked about his auto accident and how the formula helped him

overcome the terrible daily pain: "I had a car accident several years ago which resulted in a broken back," he said. "I now have two plates and two steel rods supporting my spine. I had been experiencing constant pain and was taking eight 400 mg pills of ibuprofen a day and still had pain. I started taking two capsules [of the natural formula] twice a day for about two weeks. Now I have absolutely no pain and only need to take one capsule of this herbal formulation about every 10 days. About the eighth or ninth day, I start feeling a little twinge in my back, so I take a capsule, and I'm good for another 10 days. I'm taking no other drugs, and I stopped taking ibuprofen. Your product is absolutely amazing. Thanks for making such a powerful and safe natural formula."

Two chronic pain specialists recently noted, "The world suffers a tsunami of chronic diseases, and a typhoon of acute illnesses, many of which are associated with the inappropriate or exaggerated activation of genes involved in inflammation." When we recognize that high levels of inflammation are the cause of our discomfort, we see that maintaining healthy inflammation responses is critical.

## THE SCIENCE OF NATURAL PAIN RELIEVERS

In the health food industry, curcumin, obtained from turmeric, needs little introduction. There are hundreds of excellent studies that explain the wonders of this herb. "Curcumin, the active ingredient in turmeric, is better at maintaining healthy inflammation levels than even cortisone, one of the most powerful of the steroids," Lemerond says. "The curcumin that I recommend in my formula is particularly rich in various types of curcuminoids, which are the active molecules responsible for the herb's beneficial pain response. In fact, curcuminoids in curcumin are approximately 100 times as potent as regular curcumin in helping the body to maintain healthy inflammation levels, when combined with DLPA and boswellia."

The beneficial effect of curcumin is most likely mediated through its ability to inhibit cyclooxygenase-2 (COX-2) and lipoxygenase (LOX). Both COX-2 and LOX are important enzymes



## Helps Migraine Sufferer

*"My mother uses this and loves it. I tried some when I was at her house the other day, and it took my migraine away within 30 minutes."* —Dawn K., Appleton, Wisconsin

## Relieves Low Back Pain

*"We got in touch with you a couple of weeks back regarding your Curamin. You sent us some samples as requested, and we tried them. We have only one thing to say: Often you read testimonials, and you have that little doubt in the back of your mind; I guess you know what I mean. But let me assure all others, it is a fantastic painkiller. I myself had severe pain after a tooth extraction and drilling in my jaw, and my husband has off and on low back pain in the area of the sacrum joint. We both took some of the samples, and in a matter of 40 to 50 minutes the severe pain diminished. Outstanding!"* —Anke C. and John N., St. Augustine, Florida

## Prescription and Over-the-Counter Painkillers vs. the Natural Remedy, Curamin continued



### Resources

Terry Lemerond's formula, Curamin, is available at health food stores and natural pharmacies nationwide. For more information, visit [www.EuroPharmaUSA.com](http://www.EuroPharmaUSA.com).

### Curamin Marks Milestone

*"I wanted to write and tell you that I have received the bottle of Curamin that you sent me. I thank you. It has now been four weeks and two days since I began using Curamin, and the pain in my hips and legs has been reduced by about 80 percent. In the six months before Curamin, there was not much reduction in the pain, even though I was trying many different supplements. At this time, I can walk and bend without the almost constant pain in my hips and legs that I have had over the last year, and it is wonderful. Curamin has been an answer to my many prayers, and give God all of the praise and glory for my progress, and I thank you and all of [your] employees for their help. One of the milestones in my life is now: before and after Curamin. EuroPharma is in my prayers. Have a blessed day, in Christ." —Eddie M., Chattanooga, Tennessee*

that mediate inflammatory processes. Improper up-regulation of COX-2 has been associated with arthritis, human cancer, and other inflammatory disorders. Curcumin works to achieve the same benefit of the COX-2 drugs but without their dangers, say researchers, adding, "Curcumin...has been shown to be nontoxic, to have antioxidant activity, and to inhibit such mediators of inflammation." They further state, "Because inflammation is closely linked to tumor promotion, curcumin with its potent anti-inflammatory property is anticipated to exert chemopreventive effects on carcinogenesis."

As for the other components of the formula, says Lemerond, "Boswellia is also a well-known herb which has very powerful healthy-inflammation properties." As for DHPA, he says, "This common amino acid has the ability to increase serotonin levels in the brain." Increasing levels of serotonin, a neurotransmitter, has been linked to a decreased sensitivity to pain.

Pat from Green Bay said, "I have been dealing with pain throughout my whole body. I have been getting chiropractic treatments several times a week, and it has helped some."

It was her chiropractor, knowing of Lemerond's great knowledge and ability to create helpful formulas, who insisted she try the formula.

"In 45 minutes my pain was gone," she said. "I suggested that my 80-year-old mother try it, and her relief was even better than mine. She has been suffering for years, and in 30 minutes her pain was gone."

Pat also mentioned she had been dealing with a bladder problem and that the formula worked for that too. "I'm telling everybody in my garden club and my book club..."

Another user of the formula said, "On this beautiful summer morning, I could not resist sending you our gratitude..." The herbs and nutrients are "a real blessing and have taken

me off Celebrex." The letter writer, Sister T. of the Holy Family, also said, "In three days, I have had astounding results, and I am so deeply grateful to be able to serve my Sisters better because I feel better."

Other benefits of this formula include turmeric's growing reputation for perhaps being able to stave off cancer spread and Alzheimer's disease. While the scientific jury is still out on just how beneficial turmeric will prove to be, we know of a lot of scientists who are taking turmeric themselves (this doctor being one of them). These are additional benefits that may actually help to make you healthier and live longer, in contrast to the more than 7,500 deaths and 76,000 hospitalizations in the United States for the use of aspirin, ibuprofen, naproxen, diclofenac, ketoprofen, and other related painkillers.

If you are concerned about pharmaceutical drugs and all of their side effects, and if you are tired of not dealing healthfully with everyday pain, then Curamin may be the answer you have been looking for. Keep in mind, it is simply a natural formula, a nutritional supplement, and it works far differently than a drug. And unlike a drug, it is without side effects.

When in doubt, always consult your physician or health care practitioner. ■

### REFERENCES

- Bengmark, S. "Curcumin, an atoxic antioxidant and natural NFkappaB, cyclooxygenase-2, lipoxygenase, and inducible nitric oxide synthase inhibitor: a shield against acute and chronic diseases." *JPEN J Parenter Enteral Nutr*, 2006 Jan-Feb;30(1):45-51. Comment in: *JPEN J Parenter Enteral Nutr*, 2006 Jan-Feb;30(1):61-2.
- Ringman, J.M., et al. "A potential role of the curry spice curcumin in Alzheimer's disease." *Current Alzheimer Research*, April 2005; 2[2]:131-6.

### Alleviates Hip Pain

*"I have bursitis in my hip, and the pain was unbearable. I started taking [Curamin] this Friday afternoon, and by the evening I was feeling so much better and actually got a good night's sleep." —Helen C., Leipsic, Ohio*

### 'Awesome'

*"I received and tried the curcumin; it worked awesomely. I couldn't believe the results. Thanks again." —Jim W., Green Bay, Wisconsin*

### Helps Dairy Farmer

*"I have been a dairy farmer all my life and have had to cut back on my workday because of the pain in my hips. When you said I would get relief in 45 minutes if I took Curamin, I thought, 'Oh, yeah! What a sales job.' After I left your store, my wife and I stopped at Target. While she was shopping I got a glass of water and took two Curamin. By the time my wife finished shopping and we walked back to the car, I could not believe how good I felt. I had no pain in my hips. Thank you for a great product. I will tell all my friends." —Dick J., Luxemburg, Wisconsin*