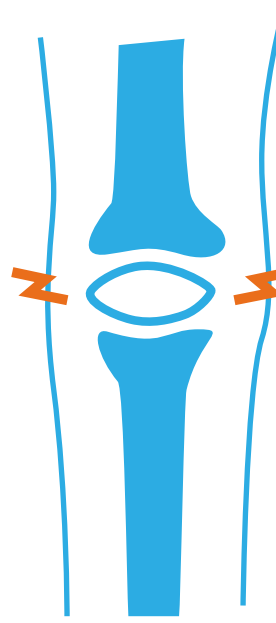


# INFLAMMATION & YOUR JOINT HEALTH



## OSTEOARTHRITIS (OA)

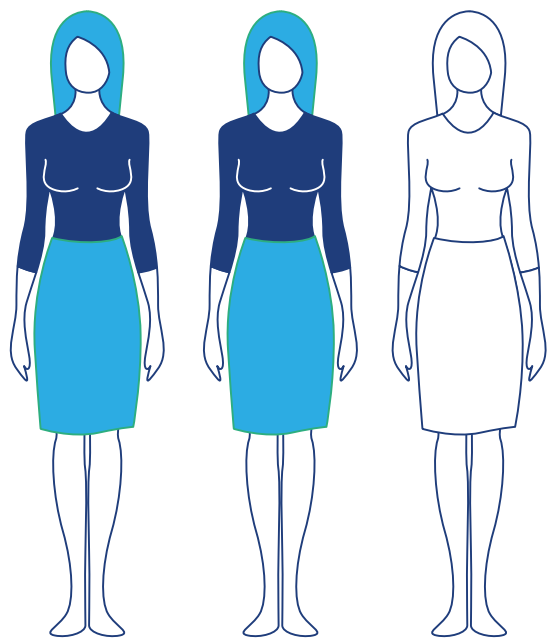
is caused by the gradual deterioration of the cartilage between joints. Symptoms may include mild inflammation, joint pain and impaired mobility experienced typically in the hands, knees and hips.



# 2.1

## MILLION

Australians affected by osteoarthritis.<sup>1</sup>



# 2/3

Females suffer from aching joints, pain & inflammation.<sup>2</sup>

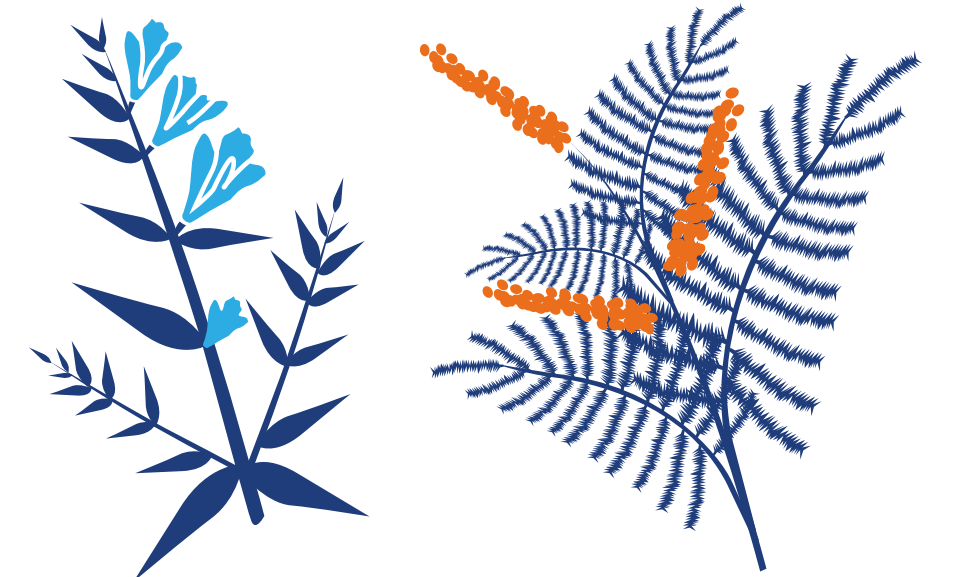


## CURCUMIN

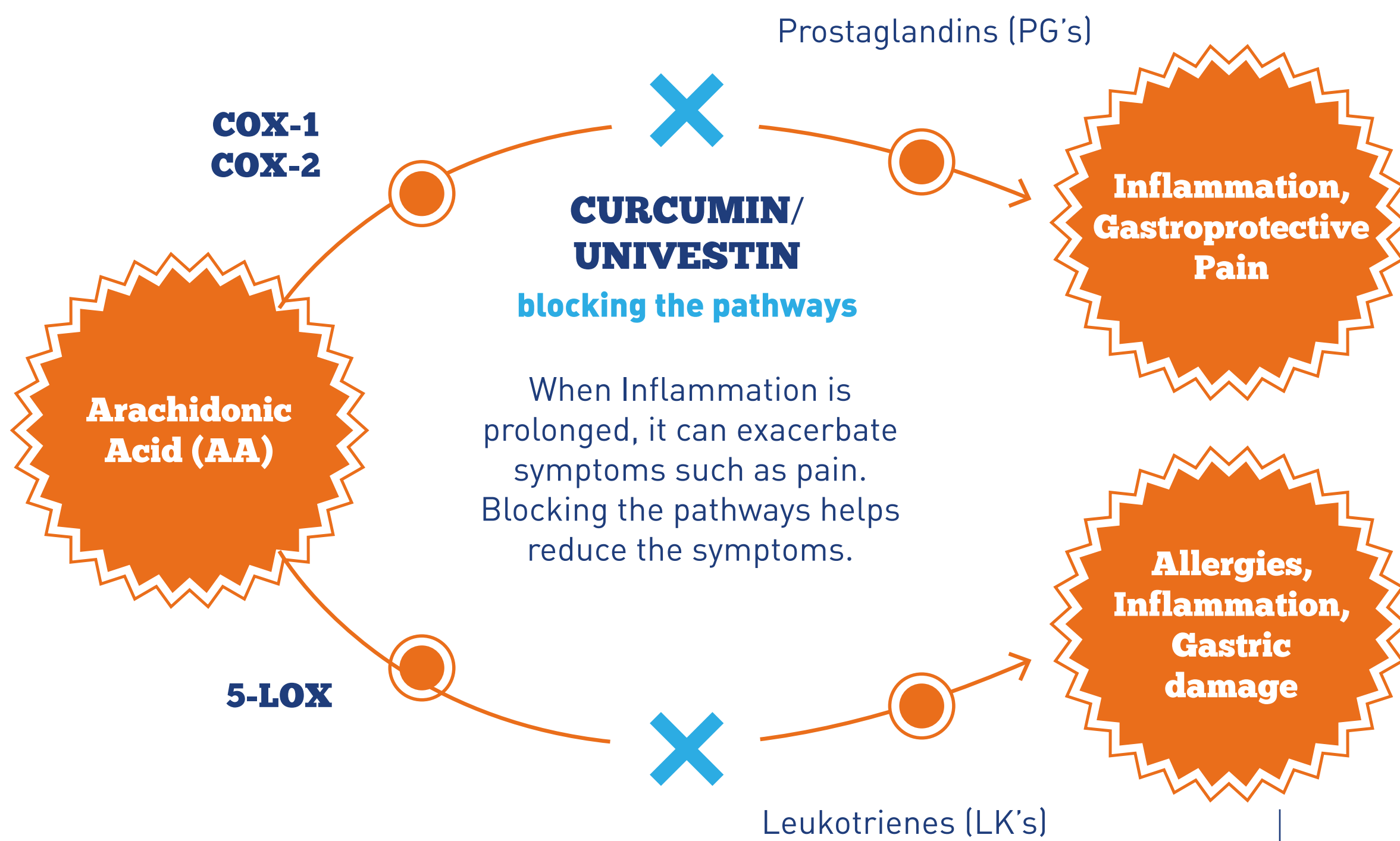
is the active compound of **TURMERIC**, sourced from South East Asia & Africa, and hailed as a natural anti-inflammatory from ancient to modern times.

## BAICAL SKULLCAP & ACACIA CATECHU

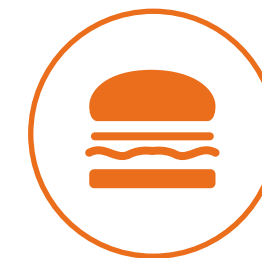
are herbs with a long history of use in traditional herbal medicine to relieve inflammation.



### Inflammation is a key part of the body's immune system



### Inflammation is exacerbated by<sup>3</sup>



Processed foods



Excess sugar & alcohol



Poor sleep & stress



Sedentary Lifestyle



Smoking



Oxidative Stress



Infections



Nutrient Deficiencies

### Nature's anti-inflammatory COX & LOX inhibitors - Curcumin, Baical Skullcap & Acacia Catechu



**Curcumin** alone is not easily absorbed.

**Adding a fat** or phospholipid, as complex as **Meriva®**, makes it more easily utilised and absorbed. Clinically trialled **Meriva®** has been shown to reduce symptoms of mild OA, including pain, inflammation, swelling and improving joint mobility.<sup>4</sup>



**A unique combination** of Baical skullcap and Acacia catechu bark, as **Univestin™**, has been shown to reduce pain and improve knee joint flexibility<sup>6</sup>. It works together to inhibit the COX and LOX inflammatory pathways (as shown above).<sup>5</sup>



Consult your health practitioner on how you can reduce your inflammation naturally.  
[www.eaglenaturalhealth.com.au/health-wellness](http://www.eaglenaturalhealth.com.au/health-wellness)

### Anti-inflammatory foods



Leafy Green Vegetables



Avocado



Tomatoes



Olive Oil



Coconut



Nuts



Fatty Fish



Orange Fruits



Berries



Turmeric & Ginger



Onion & Garlic

1. Australian Government, Australian Institute of Health and Welfare, Osteoarthritis Web Report, 22 December 2016, viewed 6 October 2017

2. Based on self-reported data in 2014–15. Australian Government, Australian Institute of Health and Welfare, *ibid.*

3. Bosma-den Boer, M. M., et al. [2012]. "Chronic inflammatory diseases are stimulated by current lifestyle: how diet, stress levels and medication prevent our body from recovering." *Nutrition & Metabolism* 9(1): 32.

4. Belcaro, G., et al. Efficacy and safety of Meriva®, a curcumin-phosphatidylcholine complex, during extended administration in osteoarthritis patients. *Alternative Medicine Review*, 2010. 15(4): p. 337-344

5. Arjmandi, B.H., et al., A combination of scutellaria baicalensis and acacia catechu extracts for short-term symptomatic relief of joint discomfort associated with osteoarthritis of the knee. *Journal of Medicinal Food*, 2014. 17(6): p. 707-713