The New Arthritis and Pain Relief Miracle

Dr. Derrick M. DeSilva, Jr., M.D.
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With roughly 53 million adults suffering from some form of arthritis, it has officially become America’s leading cause of disability to date. In fact, by the year 2030, it’s estimated about 67 million people will be diagnosed with arthritis.

People of all ages and races are at risk for arthritis. Generally, that risk increases as you get older. But there are other factors that can also increase your risk for arthritis besides age. For example:

- **Genetics and family history** – Some forms of arthritis run in the family. Your risk for arthritis may be higher if those closest in your family line – parents or siblings – have arthritis. Also your genetic makeup might react negatively to certain environmental factors known to trigger arthritis.

- **Injuries** – Joint injuries weaken the integrity of bones, muscles, tendons and cartilage. It’s very common for injured joints to develop arthritis over time. So it’s a good idea to keep an eye on old sports or work related injuries for signs of arthritis.

- **Obesity** – Excess weight means added stress, pressure and strain on your joints. The joints that are usually jeopardized by obesity are your hips, knees and spine.

- **Gender** – Studies show men have higher risks for certain types of arthritis – like gout, while women have a higher risk for others – like rheumatoid arthritis.

The earlier a diagnosis of arthritis is established – the better your chances will be in repairing and protecting the affected joints. The most common symptoms related to arthritis include:

- **Joint pain**
- **Swelling of joints**
- **Joint stiffness**
- **Decreased range of motion**
- **“Cracking” and “popping”**

Arthritis symptoms vary on the pain scale. Symptoms can be mild, moderate or severe. They can come and go depending on the type of arthritis and – in worse case scenarios – these symptoms can
eventually lead to chronic pain... significantly impair or prohibit your daily activities... and cause permanent damage where surgical joint replacement may be needed.

If you have experienced any of the symptoms mentioned – don’t trivialize or ignore them. They could be the early warning signs of much more serious problems. Once these symptoms appear, it’s imperative you get the type of arthritis diagnosed by a medical professional. Some of the more common forms of arthritis include:

- **Osteoarthritis** – This is the most common type of degenerative arthritis. When the cartilage protecting the ends of your bones begins to wear down – it triggers pain and impairs joint function. Osteoarthritis tends to flare up in the hips, knees, hands and spinal joints.

- **Rheumatoid arthritis (RA)** – A chronic inflammatory disorder that affects the lining of your joints – particularly in the hands, feet and other small joints of the body. Women have a higher risk for developing RA as they get older. Rheumatoid arthritis is the type of arthritis that leads to joint deformities and bone erosion. With RA your immune system gets involved and mistakenly turns “traitor” on your body by attacking your tissues. RA can also jeopardize the healthy function of your skin... lungs... eyes... and blood vessels.

- **Gout** – This is a more complex form of arthritis because it’s metabolic. Attacks of gout occur suddenly and are pretty severe on the pain scale. These sudden attacks also cause tenderness and redness in joints. Typically the base of the big toe is affected by gout. It feels like your big toe is on fire. The pain can be so severe that even the weight of a light sheet or a gentle touch is unbearable. Statistics show men have a higher risk for developing gout than women.

- **Psoriatic arthritis** – This type of arthritis can potentially affect people suffering from the skin condition psoriasis.
Stiffness in the joints... joint pain... and swelling are the common symptoms associated with this form or arthritis. The pain level ranges from mild to severe. Your fingertips, spine and various other joints can be targeted by psoriatic arthritis.

Getting proper treatment for your arthritis not only helps you feel better and regain your quality of life – but it can restore the health of the joints and protect them from future damage.

**This Little-Known Fatty Acid Conquers Joint Pain**

Most people today are well aware of the amazing benefits omega-3 essential fatty acids have on improving overall health.

But I'm going to tell you about a miraculous, little-known fatty acid called *Cetyl Myristoleate*. This fatty acid is similar to omega-3 – but studies show cetyl myristoleate is stronger, faster and delivers long lasting benefits to your joints and muscles.

Back in 1964, a research chemist at the National Institute of Health (NIH) named Harry Diehl, Ph.D., made the nutritional discovery of the 20th century. He spent 2 years solely focused on identifying the key element that protected his test subjects – which happened to be Swiss albino mice – from getting arthritis.

Dr. Diehl isolated a compound called cetylated myristoleate (CMO) – an esterified fatty acid – and tested it on his mice induced with arthritis. What he discovered is rightly called “a new miracle for arthritis” and for good reason too!

The mice injected with cetylated myristoleate, after being exposed to arthritis, went on to develop arthritis symptoms. However, the group of mice that were injected with cetylated myristoleate prior to exposure of the arthritis agent were 100 percent immunized against the disease.

Even with limited funding, Dr. Diehl thoroughly tested his discovery to ensure cetylated myristoleate was truly a preventative treatment for arthritis. In all his attempts to induce arthritis in the mice given cetylated myristoleate – it just didn't happen.

This discovery awarded Dr. Diehl three patents between 1976 and 1996 for the use of cetylated myristoleate as a preventative agent.
and treatment for various forms of arthritis. But it wasn’t until some 30 years later Dr. Diehl published his remarkable findings in the prestigious *Journal of Pharmaceutical Sciences*.

**Here’s where the benefits of cetylated myristoleate took a new turn...**

By this time, Dr. Diehl himself was diagnosed with arthritis and he decided to put his research to the test. Dr. Diehl isolated myristoleic acid and then esterified it with cetyl alcohol to create the esterified fatty-acid complex (EFAC) called cetylated myristoleate. Esterifying is the chemical process needed to stabilize fatty acids so they can’t react with oxygen.

Dr. Diehl applied his solution of cetylated myristoleate to his arthritic joints topically. Within just 10 days – he completely alleviated his pain. For the next 5 years he continued treating his arthritis with cetylated myristoleate and was pain-free.

**Why is Cetylated Myristoleate So Successful?**

Cetylated myristoleate gets to the root cause of arthritis by halting the destruction of the joint itself at the cellular level. Once this happens, it gives your body a chance to repair the joint without interference so joint function can normalize once again.

There are 3 specific benefits cetylated myristoleate provides in sustaining healthy joint function:

1. **Cushions and lubricates** – Cetylated myristoleate is a SUPER lubricant for your body and like WD-40 for your joints. Its lubricating qualities allow muscles to glide smoothly across bones, bursas and other muscles. The increase in lubrication also softens joint tissues and increases their flexibility.

2. **Regulates your immune system** – Autoimmune diseases like rheumatoid arthritis cause your immune system to “turn against you.” This results in the painful symptoms of arthritis. Cetylated myristoleate acts as an immune system modulator to prevent attacks on your joints, muscles, tissues and other areas of your body.

3. **Restores cellular function** – As fats (lipids) are the main components of cell membranes, they regulate what stays in the cell and what stays out. In order for the cells of the
joints and muscles to function optimally, nutrients, waste and proteins need to be able to pass in and out of these cells. Cetylated myristoleate provides the cell membrane with lipids to enhance its function and repel stressors such as inflammatory chemicals. This reduces cartilage and tissue breakdown.

These 3 essential benefits in themselves highlight cetylated myristoleate as a powerhouse nutrient for healthier, stronger joints and muscles.

But cetylated myristoleate is just one of the 6 critical esterified fatty acids your joints need to fight the symptoms of arthritis and maintain healthy function. Now I’m going to tell you just how important these fatty acids are in keeping your joints pain-free...

**The Underlying Cause of Pain And Disability**

Simply put – the underlying cause for joint deterioration that leads to crippling disability is poor cell membrane activity.

Cell membranes are primarily made up of fats or lipids and act like “envelopes” – regulating what goes in your cells and what stays out. Your joints, tissues and muscles need to have plenty of nutrients and proteins flowing freely through their cells to stay healthy and function the way they’re supposed to. For example, your joints need plenty of fatty acids. They are key to the development of healthy cell membrane structure and function.

Your cell membranes also help remove harmful wastes and prevent toxins from entering joint cells that weaken and break down the joint and surrounding tissues.

Joints that are pain-free move smoothly and easily and have healthy cell membranes regulating joint cell activity. But research studies show when cell membranes become weak or are damaged by internal and external stressors – it triggers a number of rapid aging processes like uncontrolled inflammation.

When these triggers continuously assault cell membranes, it causes your joints to stiffen... cartilage to breakdown... cracking and popping noises... and bone on bone grinding. These side effects will eventually lead to arthritis, bursitis, tendinitis and chronic pain.

And if you already suffer from autoimmune or chronic inflammatory diseases – they will continue to drastically:
Deplete your cells of essential nutrients to fight back against internal and external stressors.

Increase the amount of inflammation present in your joints.

Reduce the amount of lubrication in your joints.

Decrease cell fluidity slowing down the delivery of essential nutrients.

So when it comes to properly treating joint problems, a truly effective treatment is going to help:

1. Cell membranes become fluid and permeable, allowing nourishing nutrients to pass though and feed every cell of your joints, ligaments and tendons.

2. Improve cellular lubrication to restore needed fluids that cushion your bones and joints from wear and tear.

3. Replace the damaged fats in cell membranes with healthy ones transforming them into “super membranes” that repel inflammatory agents and protect your cartilage from breaking down.

Here’s where my ActaFlex4X joint and muscle pain relieving cream comes into play...

Many so-called arthritis and chronic pain solutions focus on managing symptoms and fail to address the underlying cause. But the new ActaFlex4X cream addresses the overlooked causes of pain on the cellular level.

ActaFlex4X is my patented, clinically tested, scientifically arranged matrix of all natural, esterified oils and other synergists supported by extensive clinical research.

Or to put it simply – ActaFlex4X is my all-natural joint and muscle breakthrough that rebuilds your joints by restoring cellular fluids to cushion bones and joints. And it also eases pain too!

The active ingredient in my ActaFlex4X formula is a patented, proprietary complex known as Cetylated Fatty Acid Complex. It
contains the 6 esterified fatty acids your joints must have to stay healthy, strong and arthritis free. These 6 esterified fatty acids are: cetyl oleate, cetyl laurate, cetyl palmitate, cetyl myristoleate, cetyl palmitoleate and cetyl myristate. They are probably the most potent all-natural anti-inflammatories you can have to fight arthritis symptoms, joint and muscle discomfort and chronic pain.

Cetylated Fatty Acid Complex prevents inflammation from destroying joint cartilage... restores youthful lubrication to your joints... improves cell membrane fluidity... and stimulates cell signaling for healthier, pain-free joints. They cover the entire spectrum of pain and deliver long-lasting results.

What makes Cetylated Fatty Acid Complex an all star arthritis and pain-relieving miracle is that it works in as little as 30 minutes to give you that REAL relief from your pain.

The interaction between cell membranes and these amazing fatty acids has almost immediate results on the cellular level. In fact, one study conducted by the University of Minnesota revealed – within 15 minutes of these fatty acids being applied topically – they penetrated the skin and sent signals to cell membranes that calmed down pain symptoms.

Cell membranes with quick response activity also have a lower risk for cartilage deterioration.

In another 30-day study conducted on a group of people with osteoarthritis, 100 percent of participants in the Cetylated Fatty Acid Complex group reported significant improvements in just 30 minutes after use and cumulative benefits throughout the remainder of the trial. There were no improvements reported by the placebo group.

Even better, these potent fatty acids in Cetylated Fatty Acid Complex provide long-term benefits. You see, by continuing to reduce the presence of inflammation on an on-going basis – your joint tissues will have time to recover and regain strength to maintain comfort and flexibility. As an added bonus – it also improves the health of your skin and tone and delivers support to strengthen healthy cell membranes.

Cetylated Fatty Acid Complex allows you to experience more joint flexibility, less pain and fewer aches in record time. Another study conducted by the University of Connecticut reported after just 30 minutes of their first application, arthritis patients who couldn't even walk up the stairs – were now able to walk up the stairs!
These fatty acids are not just limited to treating one type of joint pain in a specific area. They help relieve ALL your joints from pain symptoms. In one study a group of patients with arthritis in the knee, wrist, and elbow joints used a form of Cetylated Fatty Acid Complex twice daily topically.

Patients reported significant improvements in exercises involving balance, strength, range of motion and knee performance. All the participants experienced noteworthy reductions in their pain symptoms too.

Unlike the more common over the counter medicines – the most noteworthy benefit of Cetylated Fatty Acid Complex is that it gets to the root of your pain – not just your symptoms. It works to:

- Increase the amount of lipids to enhance cell membrane activity.

- Protect and repel cell membranes from harmful internal and external stressors that can speed up the aging process.

- Turn a cell membrane into a “super membrane” so cells can quickly repair damaged areas and regenerate healthier cells.

Cetylated Fatty Acid Complex can be taken in capsule form or applied topically. Both are equally effective with the clinical studies to lend support. However, I personally favor the topical form because it’s absorbed quicker into the bloodstream and – I feel – yields fast results. Capsules have to go through the digestive tract – which can sometimes affect potency.

My ActaFlex4X joint and muscle pain cream contains potent amounts of Cetylated Fatty Acid Complex to ensure maximum results in pain relief and joint rejuvenation.

**The Healthy Way to Live with Arthritis...**

Lifestyle changes can significantly improve – even prevent – arthritis symptoms from flaring up and worsening over time.
For example, when it comes to osteoarthritis – the degenerative arthritis that attacks joint cartilage – some simple tips to reduce frequency of symptoms include:

- Staying active
- Using natural anti-inflammatories
- Using assistive devices and walking aids
- Getting sufficient rest in between physical activity
- Maintaining a healthy weight range
- Limiting repetitive movements
- Avoiding injuries
- Hot and cold therapies

The goal is to make sure you incorporate simple adjustments into your day-to-day life to preserve joint function, increase mobility and improve your overall quality of life.

But here are a few lifestyle suggestions that can help you cope with your arthritis symptoms to a greater degree:

1. Stay Properly Hydrated

Water is the most critical nutrient your body needs to thrive... survive... and feel alive! The simple cause of so many health problems is – thirsty cells! In fact, the two most common illnesses linked to dehydration are headaches and arthritis.

Your body is made up of over 75 percent water. But by the time you reach age 40 – your water levels drop down to 50 percent or even less. Studies show 90 percent of Americans are in fact dehydrated. The reason why? Your cells are unable to hold onto water like they used to.

Every day free radicals attack and injure cells by creating thousands of tiny pinholes. So when water carrying essential nutrients travels to your cells – they can’t hold onto it. As a result, water leaks out before cells have a chance to properly absorb those nutrients.

Here’s how this really affects your joints...

Water helps minimize joint pain and damage caused by friction. Each time your joints move – a small amount of water is released to keep the individual joint lubricated.

If the supply of nutrient rich water isn’t absorbed by joint cells, they will lose that needed lubrication. This leads to symptoms like:
Joint stiffness

Grinding, popping, and cracking

Throbbing pain

Decreased range of motion

If you’re dehydrated you risk your joints becoming insufficiently lubricated. Left unchecked, poorly lubricated joints set the stage for the development of arthritis and a host of other serious joint problems.

But just increasing the amount of water you drink daily doesn’t guarantee proper hydration. Your cells need to absorb the right amount of water based on your specific health needs. If you over-hydrate it prevents healthy absorption of nutrients and if you’re dehydrated it impairs healthy joint activity and body function.

So healthy hydration means focusing on “cellular hydration” – your body’s ability to utilize water and nutrients within the cell. That’s how you protect your joints and stay healthy overall!

HydraBurst is my unique drink mix you add to water that’s designed to keep you hydrated on the cellular level. HydraBurst is more effective than water alone because it’s supercharged with antioxidant fighting power that prevents cells from being damaged by free radicals.

It’s also 75 percent better at re-hydrating your body than leading sports drinks. Just one serving of HydraBurst yields amazing results in human clinical studies. For example, studies show HydraBurst significantly increases your cell’s ability to consume healthy oxygen levels by 136 percent within 1 hour! And in just one glass of HydraBurst you can experience a 35 percent reduction of inflammation and a 42 percent reduction of cellular free radicals.

HydraBurst helps you drink smarter. It’s the healthy cellular water you need to create adequate blood flow... cushion and lubricate joints... and remove waste products to promote better overall joint, muscle and tissue health.

Hydrated joints are happy – healthier joints. Your bones, muscles and tissues will become stronger on the cellular level to preserve and strengthen your joints for years to come.
2. Supplements for Pain Management

When it comes to supplements, what you don't want is to take a bunch of different pills every day that only treat one aspect of your pain.

For example, the nutrient glucosamine works on pain through the rebuilding of cartilage. It’s only going to help with pain symptoms related to cartilage deterioration. So it wouldn’t be effective in treating the various pain symptoms associated with arthritis and other joint conditions.

Now compare that to ActaFlex4X. This topical cream contains the needed nutrients that work on the entire pain spectrum – which includes arthritis, tendonitis, bursitis and other pain problems.

That being said, when choosing supplements, you need to make sure what you take for pain relief is truly giving you long lasting results that won’t be detrimental to the rest of your health.

Neurocet is another powerful supplement effective in treating chronic pain – especially related to arthritis. Studies on Neurocet reveal it works fast to:

- Relieve arthritis pain in your knees, hips, fingers, shoulders and wrists.
- Quickly reduce inflammation.
- Enhance joint mobility, flexibility and range of motion.
- Help increase the levels of certain endorphins known to stop pain symptoms.

The ingredients in Neurocet are all FDA approved and numerous studies have proven Neurocet is a safe, legal, non-narcotic pain medicine alternative.

Neurocet works to address your pain in 3 specific ways:

1. Soothes joint pain and stiffness
2. Cools fiery inflammation
3. Promotes the release of certain endorphins – your body’s natural pain relievers

What’s more, in human clinical trials, the ingredients in Neurocet have been shown to deliver significant results in as little as
five days, with additional benefits over two weeks.

For example in one double-blind, randomized, placebo-controlled study, 59 subjects with pain were given 100 mg of AprèsFlex – a primary ingredient in the Neurocet formula – or a placebo daily for 30 days. Three different tests were given to measure pain, stiffness and physical function.

Within 5 days, the AprèsFlex group showed a 14.8 percent better reduction in pain. By the end of the 30 days, the AprèsFlex group experienced a 40.1 percent improvement in pain relief... a 41.3 percent improvement in stiffness... and a 38.8 percent improvement in overall physical function.

Neurocet does wonders in treating chronic pain – especially related to arthritis. It’s much more effective and safer than prescription medication with virtually no side effects. Further test and studies on Neurocet reveal it provides you with the following benefits in pain management:

- Effective in controlling pain symptoms.
- Well tolerated by the body.
- Significantly improves pain symptoms in patients with debilitating pain.
- Reduces withdrawal symptoms in patients weaning off hydrocodone and opioids.
- Little to no dependency or addiction risk.
- Relieves anxiety and depression symptoms linked to chronic pain and withdrawal.
- Improves the overall quality of sleep.
- Increases energy levels to boost exercise activity.

If your arthritis or pain symptoms are severe – talk with your doctor about Neurocet and start getting the relief you deserve.

**PLEASE NOTE:** Do not start taking any supplements before you speak with your doctor or health care advisor. Some supplements can react negatively with medications you might currently be taking so it’s best to allow a professional to properly recommend the dosage for your specific health needs.

**3. TENS Unit**

A TENS (Transcutaneous Electrical Nerve Stimulation) unit is a
small device that stimulates nerves in an aching, stiff joint.

The pulses from the device “disrupt” or block the pain signal to the brain. The goal is to have this disruption calm the physical pain symptoms you experience during an arthritis flare up.

It’s possible too that a TENS unit helps your body release more endorphins – your body’s natural pain relievers – in order to reduce pain symptoms.

The TENS unit works by placing the electrodes on the skin of the affected area of pain. Then you turn the unit on to the recommend degree of stimulation.

Keep Your Body Moving

Physical exercise and activity drastically decreases once an arthritis diagnosis has been confirmed. In fact roughly 38 percent of adults with arthritis reported no leisure time aerobic activity.

But here’s the thing – staying physically active helps manage arthritis pain symptoms. For example, studies show weak quadriceps (thigh muscles) increase your risk for osteoarthritis in the knees. And if you already have knee osteoarthritis – weak quadriceps increase the chance of having disability in those joints.

When it comes to physical activity – the key is to engage in the right type of exercise for the right amount of time to improve joint function. Here are 4 types of exercises I recommend to help preserve the strength and health of your joints:

- Flexibility exercises
- Aerobic exercises
- Strengthening exercises
- Body awareness exercises

Talk with your doctor about a safe alternative plan if your symptoms flare up when you plan to engage in exercise.

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Within a short period of time pain symptoms should lessen or go away entirely depending on the severity of the flare-up. Pain symptoms can reappear shortly after use so it might be best to use a TENS unit in combination with other therapies to get longer relief.

4. Acupuncture & Massage

Relaxing the muscles and surrounding tissues of arthritic areas can also be beneficial in reducing pain symptoms. The light kneading and stroking of muscles helps increase blood flow and warm joints that are stiff or cold. Before getting a massage let the massage therapist know where you have arthritis so they can assess the joints prior to the massage.

Acupuncture may also be beneficial. This ancient form of Chinese medicine helps your body regain balance in stagnant areas of energy. These stagnant areas could be caused by joint injuries as well as arthritis.

The art of using needles to stimulate the flow of energy has been proven to reduce pain symptoms and help blood flow uninterrupted through your body.

New research also indicates a strong link between chronic pain and low endorphin levels. Endorphins are like your body’s natural morphine for pain symptoms.

Acupuncture works to naturally release blocked areas that prevent endorphins from being released. With higher endorphin levels you tend to feel less pain and fewer negative effects caused by stress. Typically speaking, an acupuncture treatment will leave you feeling very relaxed, calm and pain free. The increased flow of endorphins helps explain the relaxed response the body can have after undergoing acupuncture.

Start Protecting and Restoring Your Joints Today!

A recent survey found 80 percent of Americans think their pain is a normal part of aging and that they have to live with it. But this
couldn’t be further from the truth. Thanks to the amazing discovery by Dr. Diehl and the advancement of technology in pain management – you can treat... manage... even cure your joint issues in record time.

Now you can get real relief from:

- Arthritis
- Bursitis
- Tendonitis
- Knee pain
- Tennis elbow
- Wrist pain
- Backaches
- Neck pain
- Frozen shoulder
- Muscle pain
- Sports injuries
- Shin splints
- Everyday aches and pains
- Leg pain
- Tight muscles
- Soreness/stiffness

...In record time with long-lasting results! That means no more enduring the pain for days... weeks... or months at a time. When your pain symptoms flare-up – you now know how to effectively treat them from the cellular level in as little as 30 minutes.

So whether you have arthritis now or are at risk for developing arthritis in the future – NOW is the time to be proactive about your joint care. Start incorporating these lifestyle tips today to take the stress off your joints so you can enjoy a more active pain free life.