

FIBROMYALGIA

Good news for the sufferer's of pain relating to connective tissue and inflammation at the tendon and joint level.

As a sufferer of the condition "Fibromyalgia", I have suffered for the past 12 years and no remedy that all the medical Doctors and experts recommended did any good to address the problem that I suffered from. The Doctors tried many different drugs and therapies in an attempt to combat the pain and the other symptoms that were related to my "Fibromyalgia".

I have been blessed in finding the long sought after treatment to ease the pain and the other symptoms of my condition.

My dear wife found a product that has been used in the Eastern countries for centuries for its nutritional and healing properties.

Sea Buckthorn is an Herbal Bush from Tibet and has been cultivated in China, India, Russia and other countries for centuries. In historical records, Chinese people were the first to use Sea Buckthorn as a drug. More than a thousand years ago Sea Buckthorn was recorded in Yue Wang, Yao Zhen from the Tang Dynasty and in Sibu Yidian, whose writing was finished in the 8th century.

After just a few short weeks of using these products, I finally have relief from the continuous pain that has devastated my life for over a decade.

So how does the body use Sea Buckthorn to do its magical work?

After my pain relief, you can only imagine my excitement to find out how and why this works, so as I have been known to investigate things, I started to find all the information possible to discover how and why and the who of this.

My conclusion to my research is as follows:

The bio-chemical properties of Sea Buckthorn, when ingested, are used by the body to make a newly name Resolvin "E1"

(Re: Written in the March 7 issue of the journal of Experimental Medicine
[vol 201. No 5 713-722])

The authors say that the human resolvin E1 inhibits both the migration of inflammatory cells to site of inflammation and the turning on of other inflammatory cells.

The flavonoids, Quercetin, found in Sea Buckthorn Tea is known to be the strongest anti-inflammatory in the plant world.

The seed oil from Sea Buckthorn is known to increase Glutathion production, as identified in the study by the Defence Institute of Physiology and Allied Sciences, Lucknow Road, Timarpur Delhi India.

The production of free radical by chromium and the ability of alcoholic leaf and fruit extracts of Sea Buckthorn to inhibit the oxidative damage induced by chromium were investigated. Addition of chromium to the cells resulted in the enhanced cytotoxicity, apoptosis, and free radical production and decreased glutathione (reduced) levels. Chromium also caused a significant inhibition of lymphocyte proliferation in both lipolysaccharide and concanavalin A.

Alcoholic extracts of leaves and fruits of Sea Buckthorn, at a concentration of 500 micro/ml, were found to inhibit chromium-induced free radical production, apoptosis, DNA fragmentation and restored the anti-oxidant status to that of control cells. In addition, these extracts also were able to arrest the chromium-induction of lymphocyte proliferation.

These observations suggest that the alcoholic extracts of leaves and the fruits of Sea buckthorn have marked cytoprotective properties which could be attributed to their anti-oxidant activity.

It is my understanding that sea buckthorn acts as a Cox 2 inhibitor and unlike anti-inflammatory drugs, Sea Buckthorn is known to protect and enhance Cox 1 - naturally and with no side effects.

This is how I think Sea Buckthorn worked for ME!

Fibromyalgia pain is found in injured or infected areas and is caused by inflammation due to the response of prostaglandins to the damaged cells in these areas.

Sea Buckthorn inhibits the production of prostaglandins because of its biochemical compounds.

The omegas 3,6,7,9 found in the oils of Sea Buckthorn along with polar lipids, vitamins A, B C, potassium and phosphorous, and carotenoids found in the oils and tea, all enhance the cellular metabolism process.

Sea Buckthorn Tea is not only a high source of protein (24%) but it also contains large amounts of quercetin along with calcium, magnesium and potassium. The dried leaves also contain folic acid, elagic acid, catechins

Super oxide dismutase (sod) as well as beta carotene are found in the berry, all of which enhance cellular health due to their powerful antioxidants. This allows the body to naturally cope with stress and fight inflammation.

If you wish to know more contact me at: www.okanaganseabuckthorn.com