

MD's Told To Recommend Glucosamine Sulfate

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A 2012 study in the journal *Therapeutic Advances in Musculoskeletal Disease* explains to medical doctors why they should be using glucosamine sulfate in the management of osteoarthritis. As researchers point out, clinical studies prove that glucosamine sulfate (not other forms of glucosamine) block the release of inflammatory chemicals in found in osteoarthritis. Glucosamine sulfate is also the only known substance that blocks the destruction of joint cartilage – the hallmark feature in osteoarthritis.

What Does All of This Mean?

1. In clinical trials, with human subjects, glucosamine sulfate is the only substance shown to halt the osteoarthritic process, as proven by pre and post X-ray studies of patients taking glucosamine sulfate, compared to patients not taking glucosamine sulfate, over the same time period.
2. The researchers of the study point out that glucosamine sulfate is the only known substance that is proven to reduce the requirement for knee replacement surgery, if glucosamine sulfate supplementation is started early enough in the arthritic process.
3. Recent studies reveal that glucosamine sulfate also blocks the secretion of two powerful inflammatory chemicals known as Tumor Necrosis Factor – alpha and Interleukin-1 (TNF, Il-1, respectively), which amplify the pain and swelling found in osteoarthritis.
4. Based on human clinical trials and its safety profile, every single patient with osteoarthritis should take glucosamine sulfate to help stop the progression of their disease, improve the management of their disease, reduce the symptoms of their disease, improve their quality of life, and reduce the future need for knee or hip replacement surgery - unless they are allergic to shellfish (glucosamine is mined from the exoskeleton of shellfish). As well, diabetic and high blood pressure patients require monitoring of their condition when beginning a supplementation program with glucosamine, as in rare cases it aggravates blood sugar and/or blood pressure problems.

5. There are no drugs or injections of any kind that have been proven to provide these benefits.
6. As all people over the age of 40 lose the ability to synthesize optimal amounts of cartilage material (chondroitin sulfate), everyone over 40 should supplement with at least 500 mg per day of glucosamine sulfate to prevent osteoarthritis- which will otherwise creep into everyone's joints as they age. The only way to prevent this from happening is with a preventive dosage (500-1000 mg per day) of glucosamine sulfate
7. Patients with known osteoarthritis require a therapeutic dosage of 1500 mg per day of glucosamine sulfate.
8. In my experience glucosamine sulfate works best in conjunction with MSM, quercetin and bromelain enzymes.

Example of Gold Standard Glucosamine Supplement

Amount per three capsules:

Glucosamine Sulfate - 1500 mg
MSM (Methyl Sulfonyl Methane) - 400 mg
Quercetin - 300 mg
Bromelain Enzymes (2,400 GDU) - 300 mg

Reference:

<http://tab.sagepub.com/content/4/3/167.abstract> (Therapeutic Advances in Musculoskeletal Disease 2012)