



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Amazing Heart Studies

*Using Just
Supplements*



Amazing Heart Studies

“Most people think of glucosamine and chondroitin sulfate in terms of joint repair, but new research adds longevity to its benefits.”

Most of us are familiar with the use of Glucosamine and Chondroitin Sulfate for joint repair, but new research adds longevity to its benefits. A May 14, 2019 study from the British Medical Journal shows glucosamine reduces cardiovascular disease events by 15% and reduces cardiovascular disease deaths by 22%. Senior author, Lu Qi, MD, PhD, from Tulane University School of Public Health and Tropical Medicine and colleagues used data from 466,039 UK Biobank participants without baseline cardiovascular disease who completed a questionnaire on regular supplement use, including glucosamine. Researchers found people who were already taking glucosamine and followed them for 7 years.

They found:

- 15% reduction in total CVD events
- 22% reduction in CVD death
- 18% reduction in CHD (*cardiovascular heart disease*)
- 9% reduction in strokes

People who were identified as glucosamine users took it more than four times a week for more than three years. The dose and kind of glucosamine were not identified. 466,039 is a big study, and a 15% reduction in total cardiovascular events and a 22% reduction in death are striking. This study comes on the heels of another large prospective cohort study published in 2010 that boasted a 17% reduction in all cause mortality. Let me explain.

364,418 Washington state residents, aged 50-76 years old, were identified from a purchased commercial mailing list, and sent a cover letter and a 24-page questionnaire to be self-administered. The letter asked supplement users to participate in a study comparing supplement use and cancer risk. The time frame was between October 2000 and December 2002. Of the 79,300 questionnaires that were returned, 77,719 met eligibility and quality-control checks. Participants were followed for mortality for an average of 5 years. Results showed a reduction in all-cause mortality by 17% by participants taking either glucosamine or chondroitin sulfate more than 4 times per week for more than 3 years.

Let's go back a few years and look at the work of Dr. Lester Morrison. Dr. Morrison was Chairman of the Department of Atherosclerosis Research at Loma Linda University. He spent 50 years of his life studying heart disease, which killed his mother, father, and many other family members.

Dr. Morrison conducted a clinical study with 120 patients diagnosed with heart disease. 60 of the patients received standard care and served as controls. 60 patients were given standard care with chondroitin sulfate. At the end of the 2.5 year observation period, 21 of the 60 patients in the control group experienced cardiac episodes, 4 were fatal. The 17 survivors were hospitalized with various cardiovascular conditions. In the matched chondroitin sulfate treated group of 60 patients, there were 5 deaths. Autopsies were conducted in all cases. Three deaths were cardiovascular in nature and two were not.

Here is the exciting part. Authors stated, "The surviving 55 patients of this group have not required treatment or hospital admission for acute cardiac symptoms or recurrent cardiac illness." 21 patients in the control group had recurring cardiovascular incidents vs. 3 coronary episodes in the chondroitin sulfate group.

Noting Dr. Morrison's work and the positive effects of chondroitin sulfate on joint repair, Biotics Research was the first company to introduce chondroitin sulfate into the market place. Dr. Morrison always used a purified form of chondroitin sulfate where the collagen was

removed. The cross linked fibers in collagen impede absorption. Based on Dr. Morrison's work, Biotics also used a purified form. Chondroitin sulfate has been shown to be the active fraction of cartilage powder and is 3-10 times more effective than an equal amount of cartilage powder. Each capsule of Biotics Purified Chondroitin Sulfates is 250mg, so 2 capsules tid would give you Dr. Morrison's dosage.

Biotics Research makes 2 high dose combination glucosamine/chondroitin products, one with glucosamine HCl and one with glucosamine sulfate. Be sure to ask your wellness clinician about which product may be right for you.

As I said opening our conversation, most people think of glucosamine and chondroitin sulfate in terms of joint repair. Circulation to joints is slow, so sometimes it can take time to see results with glucosamine and chondroitin, and people can get discouraged. Studies in Europe are conducted a minimum of 6-8 months. It's a rebuilding, repairing process, and it takes time. Chondroitin can also help the body produce natural collagen, which is essential for skin health, healing, and fighting the effects of aging on the skin.

People want to see results right away, but once we know there are anti-aging benefits, it increases motivation. I like side effects like that. By the same token, if heart disease is a part of your health equation, the use of glucosamine and chondroitin sulfate may be a serious consideration and worth the wait.