

"Dr. Krueger, I would like to tell you that I have had patients that had such knee and joint pain over the years that they were unable to walk very far, yet alone think about exercise. After using FlexEasy, within one month they have seen a dramatic decrease in their pain and now are walking for exercise. This product works great!"

**Dr. Rod Langel, DC, West Des Moines, IA, Past President IA Chiropractic Society**

**Q:** Can people who are allergic to sulfite and sulfate-containing drugs still take glucosamine sulfate?

**A:** Yes it is safe to take for those of you who are allergic to sulfite and sulfate-containing drugs. Because the word sulfate in this instance refers to the mineral sulfur and not the class of molecules categorized as sulfites and sulfates that are used in drugs and as preservatives. No one is allergic to the mineral sulfur as it is already in cells of the body.

**Q:** A medical doctor said glucosamine supplementation can worsen my diabetic condition by disrupting my sugar regulation. Is that true?

**A:** A recent report in the Journal of Endocrinology and Metabolism (Pouwels, M.J., et al, 2001: 86, 5: 2099-2103) demonstrated that even when glucosamine was infused directly into the brachial artery of 18 healthy subjects, there was absolutely no evidence of blood sugar irregularities or disruption of insulin secretion.

Furthermore, because arthritic patients can become more active with the help of glucosamine, then that in itself will improve the diabetic state as exercise improves insulin sensitivity, reduces excess body weight and improves many facets of cardiovascular health. It will still be best to keep your physician aware that you are using glucosamine so that blood sugar monitoring can be performed.

However, glucosamine is not contra-indicated in diabetic people at this time.

**Q:** If I am taking an anti-inflammatory medication, can I still use FlexEasy™ at the same time?

**A:** Yes, you can take *FlexEasy*™ concurrently with other prescription anti-inflammatories in the beginning, as there are no drug-nutrient interactions of concern here. With time you may be able to wean yourself off of the prescription drugs or greatly reduce the dosage as *FlexEasy*™ kicks in.

The only thing to be concerned about is combining *FlexEasy*™ with Warfarin or Coumadin as the curcumin content from *FlexEasy*™ may increase the anti-coagulant effects of these drugs. However, to date there are no reported cases of this nutrient producing a bleeding disorder in patients taking Warfarin or Coumadin, so it requires that the attending physician monitor the prothrombin time or INR, to be sure that it is in the ideal range. In fact, the use of this supplement should help to lower the required dosage of Warfarin to attain the desirable range in regards to the INR.

**Q:** Can I take this if I'm allergic to shellfish?

**A:** Yes, shellfish allergies are to a protein within the meat of the fish, not the shell itself.

**Q:** I am allergic to aspirin. Can I take FlexEasy™?

**A:** There is a natural aspirin like ingredient, white willow bark, within the *FlexEasy*™ that may cause mild stomach discomfort in those sensitive to aspirin.

**Q:** Will the sugar in it raise my blood sugar?

**A:** The Chinese skullcap and Curcumin in the product helps counter act this as it has been shown to lower blood sugar.

### **FlexEasy™**

Available through participating health practitioners' offices and health food stores.

More advanced arthritis and joint pain relief than plain glucosamine. The nation's most complete joint mobility formula is now available in a liquid for maximum absorption.

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# *FlexEasy*™



**Olde Country Health Store (866)700-4266**  
**www.HealthyJavaShop.com**

"My wife and I have gotten great results with your FlexEasy. Its better than anything we've used

## What makes FlexEasy™ different from other supplements?

FlexEasy™ is the **only** product (whether it be liquid or pill form) that provides ingredients that maintain and repair cartilage, fight joint and muscle inflammation, and fight the release of your body's pain triggers, the COX-2 and 5-LO pain enzymes **without the harmful side effects**. Other companies' products have one, maybe two components, but not all three helpful steps.

Or they want you to buy two or more different bottles of things to make up for all that is already included in FlexEasy™ and **at two to three** times the cost of one bottle of FlexEasy™. Plus, FlexEasy™ is in liquid form for maximum absorption so **you aren't wasting your money only absorbing a small percentage of pills or tablets**.

"I took Flex Easy for 4 weeks and noticed that I had no more pain or stiffness. I was so thrilled that I told my Chiropractor about your product. He even notice the difference. Since I have been taking your product and going for my adjustments my back has been significantly better. I am able to walk for long periods of time without having to sit, I have significantly better mobility and I don't have that feeling that my back is going to explode. Recently I had an episode with my back. Where as in the past I would miss several days of work and I would feel not only the pain and stiffness but I would also have serious trouble walking or standing for weeks afterward this time the pain lasted only one day and after my adjustment I felt 98% better.

I just wanted to say Thank You for developing such a wonderful product, and for helping to give me quality of life back. Both my Chiropractor and myself are sold on the benefits of FlexEasy. I tell anyone who will listen how great this product is. "

Sincerely, **Linda Howard, New York.**

## What is in FlexEasy™ and how much do I take per day?

before."

FlexEasy™ is a 32 day supply where you take 1 fl. Oz. Per day (2 Tbsp.). It has a Tangerine-Orange flavor and you can take it alone or mix it in any drink you wish.

The ingredients and their benefits are listed below referenced from [http://www.nutra-education.com/html/arthritis\\_\\_\\_inflammation.html](http://www.nutra-education.com/html/arthritis___inflammation.html)

### **1500mg Glucosamine Sulfate, 1200mg Chondroitin Sulfate, 500mg MSM, 10mg Hyaluronic Acid**

— As we age (at around age 40) it appears that the body loses the ability to manufacture optimal levels of glucosamine. Glucosamine and Chondroitin are the raw materials from which the body makes important components (proteoglycans) of its cartilage. As such, a decrease in glucosamine synthesis often results in cartilage erosion and the development of osteoarthritis. Since the early 1980's, more than 300 scientific investigations and over 20 double-blind clinical trials have proven that glucosamine sulfate supplementation can provide the body with the raw material to help repair and regenerate its cartilage, consistently improving osteoarthritic symptoms and halting further cartilage destruction in a high percentage of cases. Now widely accepted as a treatment for arthritis, glucosamine sulfate supplementation is proven to be extremely safe and effective. The usual dose is 1500 mg per day. Medical journals such as *The Lancet* and *The Journal of the American Medical Association* have published research papers highlighting the proven benefits of glucosamine for arthritic patients.

The recent confirmation that sulfur plays a key role in maintaining the structural integrity of our cartilage has also prompted the popular use of MSM (Methylsulfonylmethane). MSM is a sulfur-rich compound, which has been shown in clinical and experimental studies to greatly improve arthritic and other joint inflammatory conditions. Experimental evidence indicates that it may provide significant anti-inflammatory effects as well. Hyaluronic Acid is yet

**Dr. William Brown, MD, Flint, TX**

another component of healthy connective tissue thought to provide [extra joint lubrication and comfort](#).

**500mg Boswellia** — In clinical studies, the gum resin of the boswellia tree (yielding 70% boswellic acids) has been shown to improve symptoms in patients with osteoarthritis, and rheumatoid arthritis. Like Curcumin, its active ingredients block the production of inflammatory prostaglandin hormones and other inflammatory chemicals.

**400mg Bromelain** — contains anti-inflammatory enzymes that have proven ability to suppress the inflammation and pain of many forms of arthritis, sports injuries, and joint conditions.

**150mg each \*\*\* Chinese Skull Cap Extract (Root) and Acacia Extract (Heartwood & Bark)** — recently discovered to [safely](#) block all of your body's natural pain triggers including Cox-2 and 5-LO pain enzymes. (One top-selling Cox-2 inhibitor prescription is associated with an increased risk of heart attack and heart problems as noted in the *Journal of the American Medical Association*. The British health journal, *Lancet*, reported prescription Cox-2 inhibitors may harm your kidneys.)

**100mg Curcumin** — is the active inflammatory agent found in the spice turmeric. It is a very powerful anti-inflammatory agent and has been shown to be as effective as the drug phenylbutazone in reducing pain swelling and stiffness in rheumatoid arthritis patients.

**100mg White Willow Bark Extract** — provides anti-inflammatory phenolic glycosides, which have been shown to be effective in the treatment of arthritis, back pain, and other joint conditions. It also provides a natural pain relieving effect.

Disclaimer: The statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, cure, treat or prevent any disease. Your results may vary.