

Read our interview
with Dr. Sam Yanuck



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Joint Optimizer Inflammation Balance Formula*

Special Feature

An Interview with Dr. Sam Yanuck, D.C.

Dr. Sam Yanuck, formulator of Joint Optimizer, shares his rationale for creating this specialized complex and explains how it differs from the many joint health products available. Dr. Yanuck is a graduate of Cornell University and Palmer Chiropractic University and has an extensive background in nutritional biochemistry. He is a featured guest speaker at hospitals and universities and has lectured in the U.S. and abroad. Dr. Yanuck has been in practice for 16 years and is currently located in Chapel Hill, North Carolina.



Why was it important for you to develop this product?

Dr. Yanuck: Finding the right joint support formula can be a challenge. If a supplement has too much of a blocking action on the prostaglandin system, contrary to what some might expect, it will not produce the desired result and may even cause deleterious effects. The goal for a product should be to help support the proper balance of prostaglandin activation/suppression, rather than to just suppress prostaglandin activity. This helps to maintain both healthy inflammatory and immune processes critical to joints as well as overall health.

What are the specific problems associated with suppressing the prostaglandin system too much?

Dr. Yanuck: Prostaglandins (PGs) are a key part of

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the chemical conversation between cells. This allows the body to function properly. If you block the PG system too completely, you disrupt the body's ability to:

- (1) regulate inflammation, including the initiation, continuation, and *cessation* of the inflammatory response and
- (2) calm excessive immune responses that lead to inflammation.

Your main concern, then, is that blocking prostaglandins too completely will interrupt the conversation between cells that's necessary to stop the inflammatory process?

Dr. Yanuck: Yes—the main problem occurs when prostaglandin synthesis is blocked to the point that cells aren't able to communicate with each other to stop the inflammatory process. Without these signals, the inflammatory process continues. Prostaglandins are also required to modulate immune response, so blocking prostaglandins can also lead to excessive immune reactions, yielding food sensitivities or effects on the respiratory, gastrointestinal and of course musculoskeletal systems.

So that would mean more inflammation in the long term, in addition to immune related effects?

Dr. Yanuck: Yes, that's exactly what I'm saying.

How does Joint Optimizer address this issue?


Dr. Yanuck: The formula starts with glucosamine, boswellia, curcumin and bromelain. These provide joints with the building blocks they need for healthy composition (glucosamine), along with support for maintaining healthy lipoxigenase, cyclooxygenase, and fibrinolytic enzyme activities; actions that help to moderate occasional pain.* What is especially unique about the formulation is the inclusion of glutamine, vitamin D and CMO, which have very important effects on immune mediator activity.* Supporting normal immune modulation is a crucial step in supporting healthy inflammatory balance. Together, and in the proper ratios, the substances that comprise "Joint Optimizer" support normal prostaglandin and immune mediator activity, maintaining healthy inflammatory and immune responses.*

What has been your own clinical experience with this product?

Dr. Yanuck: I did a small, four-week trial that was completed by 27 volunteers. It involved 14 females and 13 males, with an approximate average age of 56 years. The youngest subject was a thirty year old equestrian and the oldest was an eighty year old grandmother. Individuals took 3 capsules in the morning and 3 capsules in the evening. Of these, 21 (77.78%) reported positive support for occasional pain and range of motion as well as the ability to resume or enhance physical activity. In the more difficult to manage cases, I have found clinically that 12 capsules per day provided remarkable results.

Thank you Dr. Yanuck, I am confident that this product will be of clinical significance for many people.

Dr. Yanuck: It's my pleasure. I take great satisfaction in sharing my clinical experience with others and in providing people with what I think is the best approach for joint function, joint comfort and quality of life.

three vegetable capsules contain		0	
vitamin D ₃		600 i.u.	
glucosamine sulfate (crab, shrimp)		750 mg	
proprietary blend.....		910 mg	
boswellia serrata extract (gum resin) (standardized to contain 70% boswellic acids), turmeric (curcuma longa extract) (root) (standardized to contain 95% curcuminoids), l-glutamine (free-form), bromelain (2,400 gdu/gram), cetyl myristoleate complex (bovine) ascorbyl palmitate (fat-soluble vitamin C)			
		40 mg	
3 capsules in the morning and 3 capsules in the evening, with meals, with 8-10 ounces water.			
	quantity	order code	sug. retail price
Joint Optimizer	180	JO11	\$30.50



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