

Treat Your Rheumatoid Arthritis Naturally with Curcumin: Research

By: PF Louis, Natural News

Rheumatoid arthritis (RA) is a manifestation of joint inflammation. There are numerous turmeric and curcumin studies that have confirmed either turmeric or its isolated main active ingredient curcumin works to minimize inflammation.

A March 2012 study in India used 45 human subjects with active RA and separated separated them into three groups.

One group was given 500 mg daily of curcumin only, another group was given diclofenac sodium only, a pharmaceutical NSAID (non-steroid anti-inflammatory drug) prescribed for arthritic pain, and the third group was given a combination of turmeric and diclofenac sodium.

The **curcumin-only group** testing amassed the highest improvement scores, prompting the researchers to conclude: "Our study provides the first evidence for the safety and superiority of curcumin treatment in patients with active RA, and highlights the need for future large-scale trials to validate these findings in patients with RA and other arthritic. (1)

That last phrase, "the need for future ... trials" appears in every conclusion this author can remember reporting. How many trials does it take create to publicly endorse a natural remedy? And how does one have access to the thousands of early phase trials and their conclusions?

Enter GreenMedInfo.com

Sayer Ji, Greenmedinfo (GMI) founder pointed out in 2011 that there are 1,800 peer reviewed studies done internationally on turmeric. Turmeric as a plant has over 1,000 phytonutrient compounds, but according to Sayer Ji, "... the medical field always attempts to isolate the magic bullet compound, in the case of turmeric it's curcumin."

Amazingly - at the time of Sayer Ji's YouTube presentation, April 3 2011, there were 3,934 studies on curcumin. (YouTube source 2 below)

According to Sayer Ji, the *National Institutes of Health* (NIH) and the *National Library of Medicine*, contribute to *PubMed*, which is GreenMedInfo's source for creating their database.

But you'd be overwhelmed by the sheer numbers and left in the dark with NIH's stated "official" opinions meant to restrict attention to the medical mafia's "standard of care" and away from natural remedies.

For example - with turmeric, the NIH states it may *possibly* be effective for GI disorders while stating there is insufficient evidence of effectiveness for a whole list of diseases, including RA!

GreenMed's data base allows anyone to observe the numbers of turmeric or any other natural substance's clinical or lab trials and even indexes them according to the disease, pharmacological actions, and type of testing, human, animal or in vitro (petri dish and test tube).

This allows one to see the preponderance of evidence with testing and go to the specific medical or science journal abstracts after narrowing the search down. As a member of *GreenMedInfo* for a small monthly fee, you can dig even deeper into individual studies.

The FDA drug trial approach is systemically flawed to favor big money

Only Big Pharma corporate groups are willing and able to foot a big bill for total research, from in vitro through three phases of human trials, to obtain patent proprietorial rights for a drug.

It's usually a drug that often mimics a natural ingredient or can be synthesized from one, granting the corporation exclusive marketing rights for up to two decades. (3)

Interestingly, a newsletter that features FDA policies, proceedings, and policing rarely mentions healing. The focus is on business policies, patent rights, and other legal matters. Yes folks, medicine is big business with a white coat and black hat.

Naturopaths and supplement providers need not apply. They can't play this game, and they cannot even promote healing properties of herbs used for thousands of years effectively.

The FDA protects Big Pharma's big bucks and even gets a piece of the action for every drug it approves after accepting only Big Pharma's drug trial reports.

"Evidence based research" is the priestly phrase that commands the medical profession and holds the public in awe while ignoring and marginalizing years of empirically proven efficacy and safety for millions of humans.

You can determine your own preponderance of evidence for natural substances with

GreenMedInfo.com.

Sources for this article include:

(1) <http://www.vitasearch.com/get-clp-summary/40221>

(2) <http://www.youtube.com/watch?v=s2AZOMu0bVA>