

Featured Topic: Boswellia (5 slides)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

The next “everything herb”?

- According to SPINs data, boswellia products in the joint health category grew 132% last year (to a total of \$14 million)
- Boswellia is for more than just joints, however:
 - Cancer
 - Lung diseases
 - Liver protectant
 - Heart disease
 - Pain reliever
 - Anti-inflammatory

What makes boswellia so good for so much?

- Boswellia stops the 5-LOX inflammation pathway
 - One part of the 5-LOX pathway leads to inflammatory **leukotrienes**, which are associated with asthma and allergies, arthritis, and inflammatory bowel diseases
 - The other part of the 5-LOX pathway involves compounds that **interfere with the body's ability to kill cancer** cells
- Non-Steroidal Anti-inflammatory drugs (NSAIDS) stop inflammation on the COX pathway but do **NOTHING for the 5-LOX pathway**
 - This is why asthma isn't treated with ibuprofen
 - NSAIDS have a lot of adverse effects
 - In fact, **25% of individuals using NSAIDs experience some type of side effect**, and as many as 5% develop serious health problems

Boswellia Research: Brain Cancer

- In Europe, boswellia is an orphan drug for the reduction of brain swelling associated with cancer
- Clinical trial: 44 patients treated with radiation therapy for brain cancer received either boswellia or placebo
- Results: **60% of the boswellia group had a 75% or greater reduction in brain swelling**, versus only 26% of the placebo group participants
- Additionally, in cases of malignant brain cancer, animals treated with boswellia extract had **double the survival time** versus the placebo group

More Uses for Boswellia

- **Cancer Treatment and Prevention**
 - In a cell study of pancreatic cancer, exposure to AKBA, the key compound in boswellia, **suppressed pancreatic cancer cell formation by 50 – 90%**
 - In an animal model of pancreatic cancer, animals receiving AKBA had a **70% reduction in tumor size** versus untreated animals
- **Asthma and Allergies**
 - **70% of asthma patients treated with boswellia had improved lung function** versus only 27% of participants in the control group
- **Colitis and Inflammatory Bowel Diseases**
 - **63% of patients with chronic diarrhea and colitis achieved remission** after 6 weeks of boswellia treatment versus 26% in the placebo group
- **Arthritis and Joint Diseases**
 - After treatment with boswellia (plus curcumin) **93% of people with arthritis of the knee could walk 1000 meters** versus just 85% in the drug treatment group

How to pick a boswellia extract

- The beneficial activity of boswellia is strongly associated with the key compounds, boswellic acids and AKBA
- However, one specific boswellic acid – beta boswellic acid – actually CAUSES inflammation, it doesn't reduce it
- Look for boswellia extracts which are labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Take 500 mg boswellia, or take in combination with curcumin or other natural anti-inflammatories
- Boswellia has no known adverse effects