

# Terry Talks Nutrition

Compliments of Terry... Naturally

One of the gifts given to Jesus by the Three Kings was frankincense and it remains to be a gift to all humanity. Frankincense is the aromatic gum resin from African and Asian trees from the species *Boswellia*. True frankincense comes from *Boswellia carteri* which is found in Somalia and parts of Saudi Arabia, but the term is also used for the gum resins of other *Boswellia* species including *Boswellia serrata* which is found in the dry hilly areas of India. In fact, *Boswellia* has been used in Ayurvedic medicine of India for thousands of years. Our current day knowledge of the healing properties of *Boswellia* originates in India. Research studies have substantiated the traditional use of *Boswellia* which is used to treat such conditions as asthma, arthritis, intestinal bowel disease, ulcers, bronchitis and many skin disorders. From current research, we now know the active components in *Boswellia* are called boswellic acids which have shown antimicrobial activity in lab experiments. However, this is not the main indication for which *Boswellia* is now known for. The main interest in boswellic acids stems from their anti-inflammatory action based both on human and animal studies. The action of boswellic acids is equal to non-steroidal anti-inflammatory drugs (NSAIDs) minus the irritation or ulceration of the stomach. Boswellic acids are extremely safe without danger of side effects. Today, researchers have found the most active of the boswellic acids is known as AKBA (Acetyl-11-keto-B-boswellic acids). The benefit of boswellic acids is its ability to inhibit the 5-LOX, a class of compounds called leukotrienes. The compounds found in *Boswellia* are involved in numerous inflammatory disorders. Studies have shown that *Boswellia* can be used to

treat ulcerative colitis and Crohn's Disease. This is a condition that is found in over 2 million young Americans between the ages of 15 and 40 and commonly occurs again after the age of 50. Colitis is described as an inflammation of the colon and ulcerative colitis can destroy patches of the mucosal lining of the colon or rectum. Symptoms of ulcerative colitis are bloody diarrhea and stools that may contain mucus or pus. There may also be fever or abdominal pain. Crohn's Disease may go much deeper through the intestinal tract than ulcerative colitis and can cause fever, pain, bloody diarrhea and loss of appetite. A major concern of these indications is an impairment of the ability to absorb nutrients and deliver them to the bloodstream, possibly causing malnutrition. This can result in a deficiency of several major nutrients and cause anemia and weight loss. Drugs and surgery have been the choice of treatment particularly for colitis. However, drug treatment is more appropriately selected for Crohn's Disease. These drugs have major side effects while *Boswellia* has absolutely nil effects. A recent study was conducted in Germany and Austria where participants were given either *Boswellia* (herb) or Mesalazine (drug). The result of the study definitely favors *Boswellia* while it was not statistically significant according to the mathematics of the trial protocol. The conclusion was that *Boswellia* was as good as the drug minus any side effects. The authors concluded that taking both safety and efficacy into account, *Boswellia* showed a more favorable benefit-to-risk ratio than the drug. **Bronchial Asthma, an inflammatory disease** - Not only has *Boswellia* been found to be beneficial in intestinal tract disorders but also has been demonstrated by a study in India in the treatment of bronchial asthma. Asthma is an anti-inflammatory disorder of the airways often arising from allergies that is characterized by sudden reoccurring attacks of labored breathing, chest constrict-

tion, coughing and wheezing. This condition affects over 15 million Americans which 1/3 of those affected are children. Asthma is usually treated with anti-inflammatory drugs or bronchial dilators. The drugs prevent or counteract the action of leukotrienes, the same leukotrienes that are inhibited by the action of *Boswellia*. In the Indian study, 40 patients with bronchial asthma were given a *Boswellia* preparation and the result was that 70% of the patients experienced remission of their symptoms. The authors of a scientific study presented in the *Journal of Immunology*, 2006, 176:3127-3140, indicated the following. The traditional therapeutic usefulness of BA (boswellic acids) is the result of its anti-inflammatory activity possibly mediated through the inhibition of 5-Lipoxygenase (5-LOX) and leukocyte elastase. In experimental animal models of

inflammation, BA has been shown to be effective against Crohn's Disease, ulcerative colitis and ileitis, adjuvant or BSA-induced arthritis, galactosamine/endotoxin-induced hepatitis in mice, and osteoarthritis. Besides having anti-inflammatory effects, BA also inhibits antitumor effects as indicated by its activity against brain tumors, leukemic cells, and colon cancer cells, metastatic melanoma and fibrocarcinoma cells and hepatoma. BA has also been shown to inhibit azoxymethane-induced formation of aberrant crypt foci in the colon of mice. The role of boswellic acids is to lower 5-LOX and leukotrienes. Reviewing the scientific evidence into the role of 5-lipoxygenase and leukotrienes in the treatment of many inflammatory conditions, one can expect to see an increased role for boswellic acids in the first line therapy of many common complaints.

**Some of the Conditions in which 5-Lipoxygenase and leukotrienes can be excessively high and need to be suppressed.**

Acne  
Allergies  
Allergic Conjunctivitis  
Allergic rhinitis  
Arthritis  
Asthma  
Atherosclerosis  
Bronchospasm  
Cancer  
Cellulitis  
Cystic Fibrosis  
Dermatitis  
Ear inflammation  
Eczema  
Exercise induced shortness of breath  
Gastric ulcers/H. pylori infection  
Gout  
Hepatitis  
Hyperlipidemia  
Inflammatory Bowel Disease  
Ischemic organ injuries

Liver Cirrhosis  
Lupus Erythematosus  
Migraines  
Multiple Sclerosis  
Myocardial Infarction  
Neuro-degenerative Diseases  
Osteoarthritis  
Osteoporosis  
Pain syndrome  
Psoriasis  
Sinusitis  
Smoking  
Stroke  
Urticaria  
Venous Stasis  
Venous Thrombosis

**Terry recommends this formula for your best health:**

Proprietary Complex 725 mgs  
Containing *Boswellia* (*Boswellia serrata*) Extract standardized to contain >70% boswellic acid with AKBA >15% bound to a phospholipid complex, Curcumin CRX 791 Micronized (*Curcuma longa*) Rhizome Extract, phospholipids, turmeric essential oils.

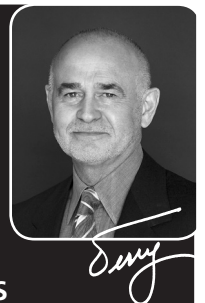
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*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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Look for this column every Wednesday.

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