



Why Doctors Recommend Zyflamend®

by Richard L. Sarnat M.D., President and Cofounder of Alternative Medicine Integration Group

I have been an integrative physician for over twenty-five years and I am the founder of one of the nation's leading networks of integrative health care professionals. In my professional opinion, **New Chapter's Zyflamend®** is the premier herbal strategy for total body health. I say this because modern science now recognizes that the health of major organ systems – immune, cardiovascular, metabolic, skeletal, the brain – is intimately connected to a healthy inflammation response, and **Zyflamend** represents the finest herbal approach to supporting a well-functioning inflammatory process. I also have confidence in **Zyflamend** because it provides the finest extracts of select herbs that are time-tested, by many millions of people for thousands of years, for efficacy and safety. And as a physician, it is also of great importance to me that **Zyflamend** is supported by scientific research from respected research centers such as Columbia University and the M.D. Anderson Cancer Center. Simply put, I recommend **Zyflamend** with enthusiasm to physicians and patients alike. **Here are the most frequently asked questions I have encountered with Zyflamend and some brief answers.**

What is Zyflamend?

Zyflamend is a combination of ten herbs, most of which have been used for thousands of years by many millions of people to promote health and longevity. The herbs have been extracted and formulated in such a way as to maximize their effectiveness. According to recent market research data, **Zyflamend** is now the best selling general herbal formulation in the natural products industry.

What are the principal benefits of taking Zyflamend?

Zyflamend contains numerous constituents that modern science has recognized can promote a healthy inflammation response. A healthy inflammation response is a key to healthy joint function, long-term mental clarity, the cellular integrity of many organ systems, cardiovascular health, and even healthy blood sugar metabolism.

Please explain the difference between the herbal formula Zyflamend and COX-2 inhibiting drugs

Zyflamend is not a drug, nor is it promoted as a substitute or alternative to drugs. **Zyflamend** is a combination of well known, time-tested and safe herbals including such spices as rosemary, oregano, ginger and turmeric. Drugs typically contain one synthetic molecule designed to impact one biochemical pathway. Pharmaceuticals like **Vioxx®** and **Celebrex®** are “selective” COX-2 inhibitors. **Zyflamend** is neither “selective” nor a drug. It was not formulated to disrupt just the COX-2 pathway, and the herbs in **Zyflamend** have shown a broad range of inflammation modulation. Herbs in **Zyflamend** are used by traditional medical systems and modern herbal formulators to support healthy cardiovascular functioning. One serving of **Zyflamend** for example delivers more than 6 milligrams of naturally-occurring resveratrol. This is greater than the amount existing in 6 glasses of wine!

I understand there is also a formula called Zyflamend® PM.

What is different about Zyflamend PM?

There are herbs in the basic **Zyflamend** formula that, for some people, may have a slightly stimulating effect if taken at night. The **PM** version of **Zyflamend** substitutes for those herbs other inflammation- modulating herbs like hops, chamomile and valerian, which are known to promote a deep and satisfying sleep.

Are there any specific recommendations on how to take Zyflamend?

As with any dietary supplement, I recommend letting your health care practitioner know in advance of your intention to take **Zyflamend**. **Zyflamend** is a concentrated herbal formulation containing some herbs that are pungent or spicy. To acclimate the system to these herbs and what we call **Zyflamend's** “internal sauna” effect, it is recommended that you start **Zyflamend** by taking one capsule a day for the first two weeks and then increase to two capsules after two weeks of comfortable and regular use. If you have a very sensitive digestive system, or are uncomfortable with the sensation of digestive warmth that can accompany spicy food, we have a few additional suggestions. First, that sensation often diminishes and disappears after a short period. Second, you may want to take your **Zyflamend** capsules with a full meal and a glass of water. Most people who have sensitivity will find that these suggestions are sufficient. For those with extreme sensitivity, we recommend using the smaller **Zyflamend** doses available in our **Zyflamend EasyCaps™** and **Zyflamend Liquid**. The **Zyflamend EasyCaps** are easier to swallow and one third the regular serving size, and the **Zyflamend Liquid** can be metered to individual preferences, so with them you can gently introduce smaller amounts of **Zyflamend** as you build up tolerance. Finally, the benefits of **Zyflamend** are also available in an evening formulation called **Zyflamend PM**, where many of the more stimulating herbs have been replaced with herbs that gently support restful sleep.

The following comments support the use of Zyflamend

"As the Director of Columbia University's Center for Holistic Urology, I have recommended that my patients take Zyflamend to promote normal prostate functioning. Zyflamend has shown great promise in our urology lab as a highly active herbal formulation, and it has properties that may uniquely promote normal cellular activity in the prostate. My patients and I are pleased with the results obtained with Zyflamend, and I recommend it to doctors and patients alike."

—**Aaron E. Katz, M.D.**

Director, Columbia University's Center for Holistic Urology

"As Medical Director of an integrative health center, I use Zyflamend in my practice to promote a healthy inflammation response. I have observed great benefit in patients with a wide range of needs, and I encourage the integrative use of this broad-spectrum herbal formulation."

—**Roberta Lee, M.D.**, Medical Director,
Continuum Center for Health and Healing

"As a practitioner of Integrative Medicine, I am always looking to use natural and safe interventions whenever possible. Science is beginning to show that a healthy inflammation response is important to the immune and cardiovascular systems, mental health, and virtually every other indicator of quality of life and longevity. I've found Zyflamend by New Chapter to be the perfect supplement for my patients whenever inflammation support is required."

—**James P. Nicolai, M.D.**

Medical Director Franciscan Center for Integrative Health

"As an adjunct to my therapy, I have recommended Zyflamend to hundreds of patients and found it helpful in promoting a healthy inflammation response. Our profession and other doctors interested in integrative therapies should encourage the use of herbal inflammation modulation, which has been an important part of natural and traditional medical systems for thousands of years."

—**David Radford, D.C.**

"Zyflamend is the safe herbal formulation I use in my practice to promote a healthy inflammation response. It actually acts as a "silent partner" by creating referrals and has helped me build my practice and my patient satisfaction."

—**Randall Schwartz, D.C.**

Integrative Therapies

"As a Chiropractor, my goal is to balance the spine and relieve nerve interference. To modulate inflammation, Zyflamend is my product of choice. The positive response has been overwhelming. You know you have a great product when patients come back asking for more."

—**Dr. Mark Joseph, D.C.**

"I am a physician and surgeon, specializing for over twenty-five years in gynecologic oncology, and am now practicing urogynecology in which I have integrated complementary medicine. I was also the principal investigator of a human clinical trial using a Zyflamend-based protocol with women undergoing chemotherapy treatment for recurrent ovarian cancer. Using the FACIT quality of life index, we determined that the Zyflamend protocol significantly enhanced the quality of life of the patients in the trial, and on the basis of that trial and my clinical experience, I think Zyflamend holds great promise as an adjuvant therapy for cancer patients undergoing conventional treatment. I also recommend Zyflamend for my patients to support a healthy inflammation response."

—**Earl Surwit, M.D.** Tucson, AZ

"The majority of my patients can value a supplement that supports a healthy inflammation response. I use Zyflamend as part of my treatment plan and I have seen great results restoring normal, healthy function to the prostate, gastrointestinal tract, and musculoskeletal system."

—**Dr. Eliot W. Edwards, N.D.**

Center for Integrative Health and Healing, Delmar, NY

"As an integrative pharmacist with expertise in herbal preparations, I believe that "best practices" in modern medicine should include the use of well-studied and safe herbal formulations that promote health and the quality of life. One such excellent preparation is Zyflamend, with strongly documented ability to support healthy inflammatory processes. My patients and I have enthusiastically embraced Zyflamend, and the herbs in that formula have been shown to also promote normal cardiovascular and joint function. It is an important part of my integrative practice."

—**Dave Foreman, R.Ph., N.D.**

Host of the Natural Pharmacist, author of the forthcoming
The Herbal Pharmacist's Guide to Natural Cancer Therapies

"It is our belief that a combination of plant-based products obtained through a unique extraction process may provide a product where multiple components interact synergistically at relatively low doses. We think that this is a strategy for control of inflammation that may be more appropriate and perhaps even safer compared to the single targeted high dose pharmaceutical agent."

—**Robert A. Newman, Ph.D.**

Professor of Medicine and Pharmacology
Director, Pharmaceutical Development Center
University of Texas M.D. Anderson Cancer Center