

Case Histories

Arthred Powder

Gender, Age, Occupation, Nationality, height and weight.	Mrs. N. V. is 56 years old & in good health. She is English and is 5ft 10 tall (179cm) and weighs 10 stone 13 (68kg)
Presenting Complaint	Mrs N.V. was knocked down on 5 August 2009 and her left ankle was trapped under the wheels of a car. There were no fractures but the ankle was badly swollen and damage to the articular structure was evident including a deep, wide gash on the ankle bone. Walking was contraindicated for several weeks so that she could concentrate on reducing the oedema by icing and elevation. Her osteopath worked on lymphatic drainage and realigning the rest of her body.
Any Investigations	Doctors inspected & treated the index injury. Since then Mrs N.V. has sought osteopathic help, and used cold compresses.
Strategy	<p>As an existing client, she already had good nutrition and regularly took a good multi (Biotics Pro Multi Plus), Vitamin C with bioflavonoids (Bio C Plus by Biotics), Body Bio Oil and Whey Protein. In the early stages the Nutritional Therapist suggested that she doubled her Body Bio Oil and took extra antioxidants, Vitamin C and Zinc. She had initially been told that the healing process would take about 6 weeks.</p> <p>But at this time she was still not very mobile, her ankle swelled up constantly and the wound was not healing, so she was making weekly visits to the doctor. She revisited the Nutritional Therapist and was recommended Arthred® collagen powder at 2 scoops 3 times a day for 10 days. Within a week, the healing process had accelerated quite noticeably the wound began healing at last: the mobility in her ankle was so improved that she soon started running again.</p>
Diet & Supplements: name and dose	<ul style="list-style-type: none">• Allergy Research - Arthred® Powder – 2 scoops, 3 X per day for 10 days, then a reduced dose. <p>Plus:</p> <ul style="list-style-type: none">• Biotics Research – Pro Multi Plus – 1 at each meal.• Biotics Research – Bio C Plus – 1 at each meal.• Body Bio – Body Bio Oil – 1 tablespoon twice daily.• Biotics Research – Whey Protein Isolate – 2 scoops at breakfast.• Biotics Research – BioProtect – 1 at each meal• Biotics Research – Zn-Zyme Forte – 1 at dinner
Duration	<p>The injured Mrs N.V. took the Arthred for 10 days at the higher dose, and then reduced the dose.</p> <p>She was already taking the other supplements but they were not having a noticeable impact on her rate of healing.</p>
Outcome	<p>After just 7 days on the Arthred® Powder Mrs N.V. had a marked improvement in her injured ankle.</p> <p>She was contacted very recently and she reported that she would not stop taking Arthred because she was now running more strongly than she was before the injury - her running partners were commenting on what it was that she was doing differently! The general stiffness she always seemed to have was now gone and her skin had improved as an added bonus. She now takes a scoop a day as part of her supplement programme.</p>

Comments	<p>Collagen is the single most abundant protein in the body. Arthred® is a patented hydrolysed form of collagen making it very well absorbed. If collagen is not pre-digested, then its absorption may be significantly compromised.</p> <p>When connective tissue requires support, it may well benefit from the addition of a pre-digested collagen powder in addition to other remedies. Collagen also has a benefit on skin health, and has a systemic anti-inflammatory effect.</p>
Practitioner	<p>MW, BA DipION MBANT, Nutritional Therapist. MW is also a Cognitive Hypnotherapist (DipCogHyp, HPD, MNLP, MNCH(Lic)).</p>