

can provide significant improvement, as seen in the following case study published last year in the journal *Pharmacotherapy*.<sup>1</sup>

At 37, Kris, a veterinary surgeon and researcher at a major university, became so debilitated from fibromyalgia she had to give up her practice.

But then she joined a clinical study on fibromyalgia and began taking 5 grams of ribose two times per day (10 grams per day). Within a week, she felt better. Within two weeks, she was back at work in the operating room.

Over the course of the following month, she continued to improve. After a month, however, Kris stopped her treatment. Ten days later, she was totally debilitated again and could no longer perform surgery. So she began ribose treatment for a second time, again with dramatically positive results, and has remained symptom-free as long as she takes the supplement regularly.

While there's no official explanation as to why ribose is so effective for fibromyalgia, it could go back to its roots in ATP production. People with fibromyalgia have lower levels of ATP and a reduced capacity to make ATP in their muscles.<sup>2</sup> The effect of ribose on the production of ATP may be the link to reducing the strain in affected muscles and allowing patients to return to their previously active lifestyles.

There are other nutrients that, like ribose, are necessary for ATP production. One is malic acid, which also helps to combat fibromyalgia's chronic muscle soreness. I have been recommending it along with magnesium to my fibromyalgia patients for years with relatively good success. But adding ribose

has sparked even better results. Corvalen M, mentioned earlier, combines all three nutrients into one powdered formula, lending a much-needed touch of simplicity to this complicated disease.

### **Ribose gets to the heart of the matter**

I've seen similarly remarkable results in people with heart problems. Heart disease, heart attack, heart surgery, and organ transplants can all lead to restricted blood flow, called ischemia in which your cells don't get the oxygen they need to properly burn ATP for energy.

In addition, individuals who are on inotropic drugs to make the heart beat harder then have an additional strain on the heart's energy production.

So it is especially important that patients with congestive heart failure, chronic coronary artery disease, or cardiomyopathy take extra ribose to offset their energy-draining effects.

Research shows that supplementation with ribose can offset this energy drain without interfering with the effects of any other medication the person might be taking.

### **Side-effect free at 12 times the standard dose**

One of the best parts of the ribose story is that, despite it's being so powerful, it has almost no side effects, with thousands of patients having taken ribose in doses up to 60 grams per day.

How can we be so sure that ribose is safe? Well, first, ribose is made naturally by the body and works with the body's own chemistry. Glucose, the main sugar of the body, is converted to ribose in the cells. **Corvalen M contains**

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### **And another thing...**

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Japanese study has shown that coffee intake may cut the risk of a common type of liver cancer in half. The 10-year study of more than 90,000 subjects also revealed that only one or two cups per day offered protection from the cancer, while three to four cups had an even greater preventive effect.

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And, in case you didn't see it in the *e-Alert*...

...Children diagnosed with ADHD may suffer chromosome damage when treated with Ritalin. In a three-month trial of 12 8-year-olds who took Ritalin, every child experienced a dramatic increase in chromosome damage to white blood cells. While this doesn't mean that Ritalin may cause cancer, the lead author of the study said the outcome presents a "very large risk factor."

...Women who are willing to speak their minds in disagreements with their husbands tend to have healthier hearts, according to a 10-year study that examined health records for more than 3,600 subjects. Female subjects who were "self-silencing" when conflicts arose were four times more likely to die from all causes compared to women who felt comfortable standing their ground in domestic disputes.

...Postmenopausal women on weight-loss diets may need to up their calcium intake. In a recent study, researchers found

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## And another thing...

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that women who exercised and reduced their calorie intake absorbed considerably less calcium than women who didn't diet or exercise. Women in the diet/exercise group who had a daily calcium intake of 1,200 mg did not absorb enough calcium to support good bone health. For these women, 2,000 mg of calcium per day was required to prevent bone loss.

...Bromelain (an enzyme extracted from pineapples) is a natural anti-inflammatory that helps some patients manage pain. But it may also help relieve asthma. In a test with laboratory animals, bromelain significantly reduced the total white blood cell count. (A high count of white blood cells increases the risk of an asthma attack.) A marker for inflammatory asthma was also reduced by half in the animals given bromelain.

To your good health,

  
Jenny Thompson

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## erase pain and fatigue

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Bioenergy RIBOSE™, which is chemically identical to the ribose made by the body from glucose. Second, the amount of ribose recommended for supplementation is very small: only about 5 grams one to three times per day. And finally, there's virtually no chance of over-supplementation: Your body safely eliminates what it doesn't need. The only warning I give patients is that it may cause over-stimulation if taken too close to bedtime. In that case, I recommend that they take it earlier in the day, i.e. not past 4 p.m.

### How much ribose should you take?

No matter what end of the health spectrum you're on, ribose may help restore energy levels. To keep cellular ATP levels at their highest, ribose should be taken daily.

Maintenance doses of 1 to 5 grams per day should be enough to maintain normal ATP levels. Corvalen M comes in a powder form than can be mixed with water: 5 grams is about 1 teaspoonful of the powder.

If you're concerned about your cardiovascular health, you may want to take more—perhaps 5 to 10 grams per day. However, you should try the lower dosage first and increase as needed. For fibromyalgia sufferers, I recommend 5 grams two or three times daily. For you athletes: To supercharge your workout and recovery, take 5 grams before and afterwards.

Although ribose is a sugar, for those of you watching their carbohydrate intake, including diabetics, ribose does not act like glucose in raising blood sugar. In fact, it causes a brief dip in glucose, which then normalizes.

So whether you have fibromyalgia, cardiac problems, low energy, or simply want to enhance your workouts, you can recharge your cellular batteries with Corvalen M's special combination ribose formula. **HSI**

Hyla Cass, M.D., is Assistant Clinical Professor at UCLA School of Medicine and author of several books including *Natural Highs: Supplements, Nutrition and Mind-Body Techniques* (with Patrick Holford) and *8 Weeks to Vibrant Health: A Woman's Take-Charge Program to Correct Imbalances, Reclaim Energy, and Restore Well-Being*. She also serves on the board of Vitamin Relief USA, which provides daily nutritional supplements to at-risk children across the country. For more information see [www.drcass.com](http://www.drcass.com).

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**AdvaJOINT**, CompassioNet; ph. (800)510-2010; [www.compassionet.com](http://www.compassionet.com). A bottle of 60 capsules is US\$26.95 plus shipping. HSI members are eligible for a 15% discount on first time orders. Mention order code HSI15 to qualify for the discount.

**Corvalen M**, Valen Labs Inc., ph. (866)267-8253. A 12-oz. jar of powder is US\$69.95 plus shipping. Mention Dr. Cass' article to receive a \$20 discount on your first order.

**OcuPhase**, Pure Tango; ph. (866)778-2646 or (605)275-3589; [www.puretango.com](http://www.puretango.com). A box of five 2-ml vials costs US\$32.00 plus shipping.

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