



Eating Red Raspberries May Ease Arthritis, Promote Joint Health

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Lynden, WA (June 25, 2012) Raspberries are delicious and good for you. If you need even more reason to eat them, scientific research continues to find more motivation to indulge in these tasty treats. A recently published study in the *Journal of Agricultural and Food Chemistry* reveals that natural ingredients in raspberries may help ease the debilitating effects of inflammation-related arthritis and joint pain. The National Arthritis Foundation estimates 20% of the US population suffers from arthritis. With a growing aging population, this percentage is expected to grow significantly in the decades to come.

Arthritis is characterized by pain and inflammation, particularly in joints. One common treatment for managing the symptoms of arthritis is taking aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen. These drugs work by blocking two enzymes (COX 1 and COX 2) produced by the body in response to pain. As a result of this treatment, the body doesn't feel pain or become inflamed. In the course of their investigation, scientists discovered that substances in red raspberries (anthocyanins and other polyphenolic compounds) block arthritis-related inflammation in much the same way that aspirin and NSAID's do. Eating raspberries may offer relief from arthritis symptoms without the unwanted side effects of many medications.

To examine the effects of red raspberries, researchers at the University of Rhode Island used raspberry extract to conduct animal and cell studies on cartilage protection and anti-inflammatory properties. Rats were induced with arthritis, and divided into 3 separate groups: one group was administered a raspberry extract dosage of 30 mg/kg and another 120mg/kg. The third group, the control group, was given no raspberry extract. Compared to the control group, the rats given the higher dosage of extract had fewer incidences and less severe arthritis. In the cell study, the extract reduced the breakdown of 2 key components of joint cartilage. Investigators showed that raspberry extract inhibited inflammation, cartilage damage, reabsorption of the bone as well as the formation of pannus, tissue that may form in the joints and lead to bone erosion and destruction of cartilage. Lead researcher Navindra Seeram explained that while additional research on human subjects is needed, regular consumption of raspberries may protect cartilage and prevent or delay the onset of arthritis.

Marketing Director, Tom Krugman expressed, "We are very encouraged by the results of this study. It contributes to a significant body of science on the health benefits of raspberries especially with respect to inflammation."

Chronic inflammation is implicated in chronic illnesses related to cardiovascular health, cancer, diabetes and neurological disorders. In addition to promoting overall health and wellness, science demonstrates that eating raspberries plays a serious role in fighting several debilitating and sometimes fatal diseases.

For more detailed health information, serving suggestions and recipes, visit www.raspberrinfo.com.

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