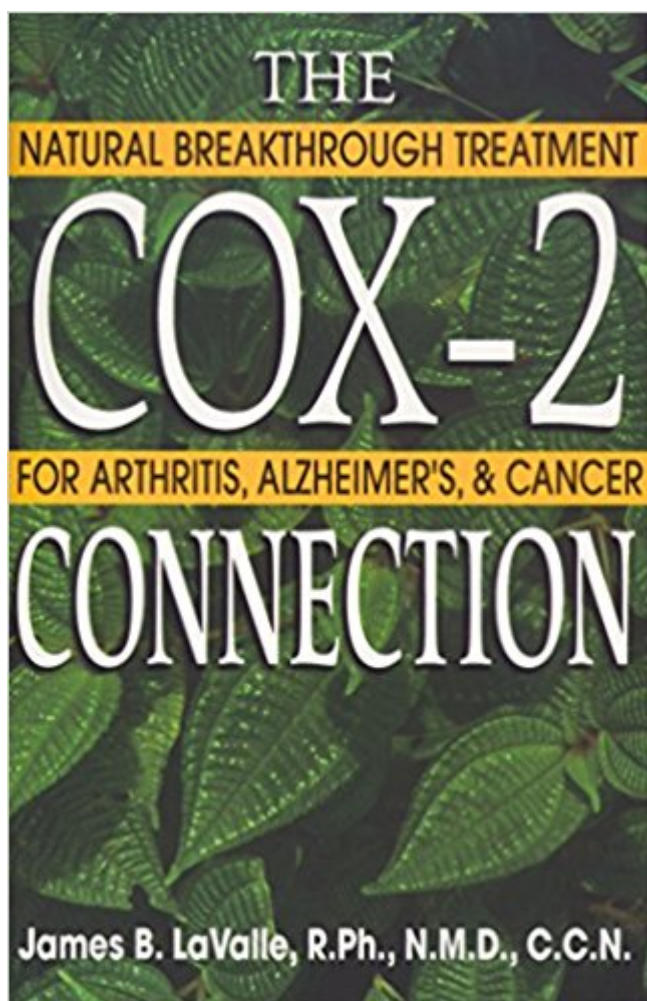


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# The Cox-2 Connection: Natural Breakthrough Treatments For Arthritis, Alzheimer's, And Cancer



## Synopsis

All of us have experienced, at one time or another, the temporary inflammation and pain of a minor injury. But those who suffer from chronic inflammation--whether the result of an injury or a biological disorder--and its coincidental pain are all too aware of the frequently crippling and debilitating effects of these conditions. In *The Cox-2 Connection*, pharmacist and naturalist James B. LaValle shares a thorough overview of treatment options for a variety of disorders for which inflammation is a primary symptom--from osteoarthritis, bursitis, and fibromyalgia to rheumatoid arthritis, gout and dysbiosis. He clearly explains the physiological mechanism that leads to inflammation and pain and includes an in-depth section on pain-management strategies useful for anyone who is experiencing this discomfort, whether temporary or chronic. Cox-2--or cyclooxygenase-2--is the key enzyme responsible for the body's inflammation and pain response in conditions such as arthritis and bursitis, and it is also linked to the inflammation that may play a significant role in the progression of Alzheimer's and cancer. *The Cox-2 Connection*, however, goes further than other pain management books by dealing with not only the synthetic, anti-inflammatory Cox-2 inhibitors, such as Celebrex and Vioxx, but also with their natural counterparts that have been used for thousands of years by people all over the world. The author thoughtfully evaluates the effectiveness of these inhibitors as well as their side effects and presents exciting new studies that indicate their possible role in preventing Alzheimer's and cancer. *The Cox-2 Connection* is an essential and timely reference for anyone trying to understand and manage inflammation and pain and make sense of the exploding availability and potential of ways to deal with them.

## Book Information

Paperback: 144 pages

Publisher: Healing Arts Press; Original ed. edition (September 17, 2001)

Language: English

ISBN-10: 0892819847

ISBN-13: 978-0892819843

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,302,501 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Brain Cancer](#) #719 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#) #815 in [Books > Health,](#)

## Customer Reviews

"We recommend Dr. LaValle's new book, *The Cox-2 Connection*, as a valuable asset to anyone concerned with confronting inflammation." (Total Health, Vol. 23, No. 5)"LaValle clearly shows the mechanism that causes inflammation and gives an overview of treatment options for inflammatory disorders." (American Herb Association)

A nationally known pharmacist and naturalist, James B. LaValle, R.Ph., N.M.D., C.C.N., has been vice president of the American Association of Homeopathic Pharmacists, and is currently the chief clinical officer and cofounder of Intramedicine, Inc., a global source for integrative medical information. He is a faculty member at the British Institute of Homeopathy and the University of Cincinnati College of Pharmacy. Dr. LaValle is coauthor of *Smart Medicine for Healthier Living*, and the author of *Drug-Induced Nutrient Depletion Handbook*, *The Cholestol Breakthrough*, and *Black Cohosh*.

First of all we must recognize that the book was printed in 2001, and the Cox-2 inhibitors which we start reading about from the side 50, the Celebrex and the Vioxx, first started being sold in respectively the years 1998, and 1999. So LaValle thereby had no chances to know what the future would be telling about these drugs, which he mostly believed really would go on changing the future to the better for patients. But actual then in the year 2004 the Vioxx was redrawn from the market as there then had been many heart attacks, probably resulting in 70,000 dead patients! But then in the following year, it again was back on the market, as the producers wanted it to be, and a few years later it was written that now the result of dead patient probably had reached 100.000. But throughout history, especially during the last 60 years, we again and again have been seeing equal cases concerning new drugs that resulted in side failures, and as it's often the case, taking many years before the problems are starting to show up, it will be difficult to predict the future. But besides the Vioxx, probably some of the other drugs mentioned in the book, also have shown up suffering having too many bad side problems, or maybe we now can find new parallel drugs actual being better than some of those mentioned in the book. I was hoping in the book getting more chemical informations concerning the Cox-2, but still the book is excellent by in many detailed advises telling us about what for example to do if being a patient suffering in Arthritis, Osteoarthritis, or wanting to prevent against Alzheimer and Cancer. And on the last 36 side of the text, the chapter

8, *A Smorgasbord of Ways to Manage Your Pain*, we learn about many possible treatments as for example Deep breathing, Massage, Reducing Stress, Go to the Experts, Acupuncture, a Good Night's Sleep, Hypnosis, and so on. And actual the importance concerning stress, which LaValle here is telling about, is the same which I back in the year 2003, but in vain, then told some doctors. And for example in this chapter, under the sub part *It's Never Too Late*, we are reading about a 92 year-old women who during 35 years had been unable to work without assistance, but then after she had started on an exercise program, she even when being 97 years old travelled from USA to London to participate in a walking tour! In the chapter 6, *Natural Cox-2 Inhibitors and Other Natural Remedies*, we learn that in Germany 1/3 of the pills actual are coming from the Herbs, as for example Ginger, Green tea, Curcumin, Nettle leaf, and so on, and where I learned about a couple of more Herbs. And even though the book in the title only is using Cox-2, we at one place in the book learn that many times it's not only Cox-2, but also the Cox-1 that we are getting, and where the Cox-2 is the bad one, while the Cox-1 is the good one. All together an excellent book with many advises to persons suffering from Arthritis or Osteoarthritis.

bought for a friend

A great book packed with info and research backing it up. I am a big fan of LaValle's as he has treated several family members. As a chiropractor I find this book to exceed expectations!

If you have experienced temporary inflammation and pain from a minor injury, imagine living in constant, crippling and debilitating pain. James B. LaValle shares his knowledge with a thorough overview of the treatment options for a variety of disorders in which inflammation is a primary symptom. He explains the physiological mechanisms that lead to inflammation. He explains how Cox 2, or cyclooxygenase 2 is the key enzyme responsible for the body's inflammation and pain response in conditions such as arthritis and bursitis. It might also play a significant role in the progression of Alzheimer's and cancer.

Conditions Discussed: Osteoarthritis and Back Pain  
Bursitis  
Fibromyalgia  
Rheumatoid Arthritis  
Gout  
Dysbiosis

Interesting Information: In-depth sections on pain-management strategies  
Information on Foods that actually increase pain that you should avoid  
Foods that can help reduce pain  
External and Internal Factors involved in Inflammatory Disorders  
The Immune System explained  
Signs and Symptoms of various disorders  
A Chart of

Common Drugs Isolated from Medicinal Plants  
Tips on selecting natural supplements  
Natural Remedies with detail information on herbs and alternative therapies  
Chinese Herbal Medicine  
Reflexology  
Osteopathy  
Chiropractic  
Massage  
Batherapy  
Contents:  
Part 1: The Problem and Treatment  
1. An Overview of Inflammation  
2. Understanding Your Anatomy: Muscles, Joints, and Bones  
3. Common Inflammatory Disorders and Causes  
4. Cox-2 Inhibitors: A Revolution in the Treatment of Inflammation  
5. The Cox-2 Connection in Alzheimer's and Cancer  
Part 2: What You Can Do  
6. Natural Cox-2 Inhibitors and other natural remedies: Includes information on Baikal Skullcap, Curcumin, Feverfew, Ginger, Green tea, Holy basil, Nettle leaf, Oregano, Rosemary and Turmeric. It was interesting to read more about Feverfew which is known for helping migraines.  
7. Current Treatment Options  
8. A Smorgasbord of Ways to Manage Your Pain  
Other books by the same author to consider:  
Smart Medicine for Healthier Living  
Drug-Induced Nutrient Depletion Handbook  
The Cholestol Breakthrough  
Essential Reference for Self-Care (books I find helpful when you have decided to start to consider the variety of supplements and herbs on the market today):  
The Vitamin & Mineral Book by Shari Lieberman  
Natural Health Magazine Complete Guide to Safe Herbs by Chris D. Melentis  
The Healing Power of Vitamins, Minerals, and Herbs - Reader's Digest  
The Herbal Drugstore by Linda B. White  
The Doctors Book of Home Remedies by the editors of Prevention Magazine  
ISBN 0878578730  
The Cox-2 Connection: Natural Breakthrough Treatments for Arthritis, Alzheimer's, and Cancer by James B. Lavalley is essential reading in a day where many doctors are still resisting the benefits of alternate therapies.  
Essential Reading!  
~The Rebecca Review

The Cox-2 Connection is an essential and timely reference for anyone trying to understand and manage inflammation and pain and make sense of the exploding availability and potential of ways to deal with them.

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The Cox-2 Connection: Natural Breakthrough Treatments for Arthritis, Alzheimer's, and Cancer  
Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer)  
Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure)  
Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer

Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis COX-2 Blockade in Cancer Prevention and Therapy (Cancer Drug Discovery and Development) Natural Dandruff Treatments~Natural Non-Chemical Treatments for Dandruff Psoriasis and Seborrheic Dermatitis~ Dealing with the "Root" of the Problem~ Do You Really Want to Know? Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Freedom from Disease: The Breakthrough Approach to Preventing Cancer, Heart Disease, Alzheimer's, and Depression by Controlling Insulin and Inflammation What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life

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