

Written by EARTH Institute Asia Press Office

Tuesday, 22 December 2009 08:26 - Last Updated Tuesday, 22 December 2009 08:31

The KK! talk show discusses "Pain-Free Days at Christmas and New Year" on Wednesday, Dec. 23, at 6:30 p.m. (Manila Time) on DZRH and Channel 9 and on the Internet at <http://dzh .prepys.com>

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<http://dzh.rh.tripod.com>

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This is a festive season. But many may not enjoy it for various reasons that include being in pain. A common disease that seems to be aggravated during this cold season of much eating is arthritis. It used to be a disease of the old. But even the young ones now suffer from it due to sports injuries, food, and lifestyle.

Dr. Vibeke Strand, Adjunct Clinical professor, Division of Immunology/Rheumatology of Stanford University

School

of

Medicine

says: "More often, many prefer to hide their degree of pain and discomfort from family and friends to avoid hindering the festive celebrations which can lead to a feeling of isolation."

Arthritic pain is, thus, an issue, during this season. The good news is that there are ways to prevent, control, and treat arthritis. One solution is expressed in: "O Christmas Tree: Your Bark May Fight Arthritis."

{xtypo_quote} In the future, people with arthritis may ease their pain by eating food supplements made from Christmas trees – Kalevi Pihlaja, Ph.D. {/xtypo_quote}

“Researchers have identified a group of anti-inflammatory compounds in the bark of the Scotch pine — widely used for Christmas trees — that they say could be developed into food supplements or drugs for treating arthritis and pain. The compounds, which show promise in preliminary cell studies, are likely to be found in other pine species as well,” the scientists say. “In the future, this may mean that people with arthritis may ease their pain by eating food supplements made from Christmas trees,” says study leader Kalevi Pihlaja, Ph.D., a chemistry professor at the University of Turku in Finland.

In the meantime that we are waiting for definite results from scientists, what can we do? Tune in or watch the multi-media broadcast program, Kalikasan, Kaunlaran! (KK!), on Dec. 23, 2009, Wednesday, 6:30 p.m. to 7:30 p.m., (Manila time) as Dr. Cora Claudio, president, EARTH Institute Asia, Inc., converses with Ms. Maria Lourdes Sun, president, My T9 Asian Academy for Skills and Development and Stop Body Pain Massage Center, and Dr. Benigno A. Agbayani, Jr., Dr. R. Angelo Ochoa, and Dr. Jose Fernando Syquia, internationally-trained joint specialists from the Advanced Orthopedics for Joint Replacement, Inc., which has clinics in the leading hospitals in the Philippines.

KK! Is accessible through DZRH-AM radio (666 in Metro Manila, other kHz nationwide), TV (Ch. 9 in Metro Manila, other cable TV channels nationwide), and Internet <http://dzh.rh.prepys.com> or (

KK! Discusses "Pain-Free Days at Christmas and New Year" Tonight @ 1830H (RP Time) on DZRH and Ch

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EARTH Institute Asia and DZRH co-produce KK!, with the support of Unilever, Unilab, Toby's Sports, Delbros Supply Chain Solutions, Yehey.Com, MAP and Brahma Kumaris, and with the cooperation of GREEN Army, PFST, TOWNS, PBE, AIJC, PEIA, DENR, MabuhayRadio.com, and
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