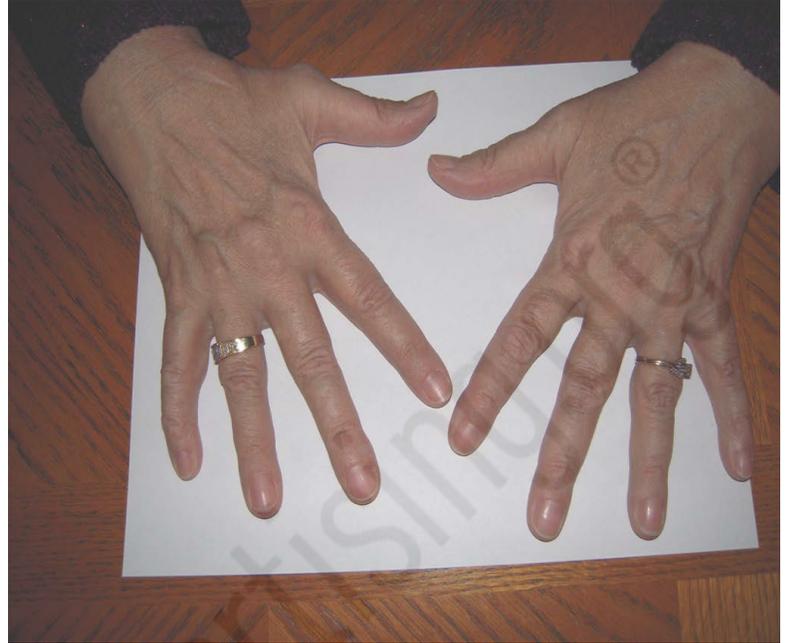


ANECDOTAL Results

Bob & Diane Wright

We can't tell you how excited we are with Diane's incredible results in just 1 month, drinking 8 oz. per day. In the second picture you can see that the swelling in her hands has gone down a lot in the last month. Her little finger was locked and is now almost straight. She can also bend her thumb in her right hand, which was also locked a month ago. We just got Diane's blood test results back and her **Westergren ESR (sed rate)* went from 34 in September to 28**. She is getting and feeling better every day.



TAKE A CLOSER LOOK



truth in advertising





Westergren ESR (sed rate)* A sedimentation rate is a blood test that detects nonspecific [inflammation](#) in the body. Nonspecific means the test does not identify the source of the problem or illness that is causing the inflammation. An elevated (abnormally high) sedimentation rate does suggest that there is an ongoing inflammatory process.

If you consult a doctor because you are experiencing persistent joint pain, the doctor will perform a physical examination and order [diagnostic tests](#). You should expect your doctor to order x-rays of the affected joints, as well as certain [blood tests](#). A sedimentation rate is typically among the first blood tests ordered when arthritis is suspected. A sedimentation rate can also be elevated when there is an infection or tumor present. Illnesses associated with the breakdown or decreased function of tissue or organs can also cause an elevated sedimentation rate. Pregnancy is yet another condition linked to an elevated sedimentation rate. Aside from diagnostic purposes, a sedimentation rate is often ordered periodically to check disease progress. Theoretically, as your condition improves, your sedimentation rate should decrease.

How Is a Sedimentation Rate Performed?

When a sedimentation rate is performed, the blood sample is placed in a tall, thin, vertical tube. The test measures how fast the erythrocytes (red cells) settle in one hour. The result is reported as millimeters per hour (that is, millimeters of plasma on top of the sediment of red cells).

Under normal conditions, when there is no inflammatory process or illness, red cells fall slowly. Increased levels of abnormal proteins in the blood or other proteins called acute phase reactants, such as fibrinogen or immunoglobulins, which are increased in inflammation, cause red cells to drop more quickly.

Normal Reference Ranges for Sedimentation Rate

The usual method used for sedimentation rate is known as the Westergren method. Results are reported in mm/hr (millimeters per hour). Generally, the sedimentation rate increases with age and is higher in women. Many laboratories do not adjust for gender or age and consider that a normal sedimentation rate is:

- Men: 0-15 mm/hr
- Women: 0-20 mm/hr

When adjusted for age and gender, the accepted reference range for the test is:

Adults (Westergren method):

- Men under 50 years old: less than 15 mm/hr
- Men over 50 years old: less than 20 mm/hr
- Women under 50 years old: less than 20 mm/hr
- Women over 50 years old: less than 30 mm/hr

Children (Westergren method):

- Newborn: 0 to 2 mm/hr
- Newborn to puberty: 3 to 13 mm/hr

The Bottom Line

While no single test can diagnose arthritis, the sedimentation rate is useful for detecting types of arthritis associated with inflammation, such as [rheumatoid arthritis](#), [lupus](#) and [psoriatic arthritis](#). [Osteoarthritis](#), on the other hand, is typically associated with a normal or modestly elevated result for sedimentation rate.

2-13-13 from Bob Wright - About 30 years ago Diane was in a bad car accident on Hwy 51 when someone was speeding , ran a red light, hit Diane and another car crossing. She was in traction for awhile and recovered. Her back was never the same as in her lower back she had a black spot about 2 inches round that never went away, and has been sore there all these years. Last night when I was rubbing her back the mark was gone and it was not sore anymore. Thank You Jusuru!!!! Every day are bodies are getting better inside and out!!!

3-3-13 from Bob Wright - Diane (my wife) went to the doctor (rheumatologist) last week. The last time she was there in September she had 17 swollen joints. This time none(00000000)!!!!!! Her doctor also said her eyes looked better. Diane did not say anything about her eye sight improving, so she could surprise her next time. She has an appointment to see the eye doctor to get different glasses. The other day she drove to work without her glasses on thinking they were on because she can see things that she could not see before without her glasses. The doctor was shocked at how well she looked and doing so good, she ordered a blood test and we have the results back. Her C-Reactive Protein was 1 (=normal) (this is an accurate test for inflammation).Wow!!! She did not mention to the doctor about the sore spot in her back that went away after 30 years either, from a car accident. Her blood pressure was the best it has been. She also said she would research Jusuru. In her research she said it can (Resveratrol) interfere with birth control pills and might delay healing. Other than that she has no concerns. She has been on Jusuru 3 months now (double dose) and keeps getting more good news all the time. She is off Methotrexate now and hopes to get off the two other drugs that have never improved her condition for years in the months to come.

