

## Curcumin and Quercetin Found to Help Maintain Colon Health

By Greg Arnold, DC, CSCS, August 3, 2006, abstracted from "Combination Treatment with Curcumin and Quercetin of Adenomas in Familial Adenomatous Polyposis" in the August 2006 issue of *Clinical Gastroenterology and Hepatology*

Link – <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/M085561.htm>

Familial adenomatous polyposis (FAP) is an inherited colorectal cancer syndrome that develops in the lower part of the digestive system and has an average age onset of 39. It results in the development of hundreds of colorectal adenomas and eventually colorectal cancer.<sup>1</sup>

Fortunately, treatments with nonsteroidal anti-inflammatory drugs and cox-2 inhibitors like Celebrex and Bextra can effectively shrink the size of the adenomas. But these treatments can have considerable side effects that include ulcers, bleeding, headaches, and heart attacks,<sup>(2,3)</sup> and have increased the search for safe and natural alternatives to help treat FAP.

Now a new study<sup>4</sup> has found that both curcumin and quercetin, previously found to [help maintain intestinal health](#)<sup>5</sup> and [minimize cell damage](#),<sup>6</sup> respectively, may help patients with FAP.

In the study, five patients with FAP took 480 mg of curcumin and 20 mg of quercetin 3 times a day for six months. The researchers assessed both the number and size of colon polyps in each patient.

At the end of six months, the researchers observed decreases in both the size and number of polyps in all five patients. The number of polyps decreased by an average of 60.4% and the size of polyps decreased by an average of nearly 51%. What's more, "minimal adverse side effects...were noted".

Despite the lack of a control and a very small study size, the researchers still concluded that "the combination of curcumin and quercetin appears to reduce the number and size of [colon] polyps in patients with FAP without toxicity."

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### Reference:

<sup>1</sup> "What Is Familial Adenomatous Polyposis?" posted on the Genetics Home Reference Website <http://ghr.nlm.nih.gov/condition=familialadenomatouspolyposis>

<sup>2</sup> "NSAIDs" posted on the Cleveland Clinic Health System Website [www.cchs.net/health/health-info/docs/0700/0714.asp?index=4901](http://www.cchs.net/health/health-info/docs/0700/0714.asp?index=4901)

<sup>3</sup> "COX-2 Inhibitors" posted on MedicineNet.com [www.medicinenet.com/cox-2\\_inhibitors/article.htm](http://www.medicinenet.com/cox-2_inhibitors/article.htm)

<sup>4</sup> Sanchez P. Combination Treatment with Curcumin and Quercetin of Adenomas in Familial Adenomatous Polyposis. *Clin Gastroenterol Hepatol* 2006 Aug; 4(8):1035-1038

<sup>5</sup> Tunstall RG. Cyclooxygenase-2 expression and oxidative DNA adducts in murine intestinal adenomas: Modification by dietary curcumin and implications for clinical trials. *Eur J Cancer*. 2006 Feb;42(3):415-21. Epub 2006 Jan 4

<sup>6</sup> Collado PS. Quercetin Decreases Oxidative Stress, NF- B Activation, and iNOS Overexpression in Liver of Streptozotocin-Induced Diabetic Rats. *J. Nutr*. 2005 135: 2299-2304