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Clinical Trials Show Medication's Effectiveness in Relieving Symptoms of FM and Other Conditions

by, Elisabeth Deffner

Many who suffer from the chronic pain and other symptoms of fibromyalgia have tried numerous medications and supplements, seeking a product that can help them manage their symptoms and regain the life they used to lead. Some of them have discovered Mirac, a non-prescription medication on the market since August 2002.

In and outside of medical trials, Mirac has proven helpful to people with fibromyalgia, lupus, and other conditions. Dr. Pat Ahearn is one of those who has benefited from it.

"I started Mirac at the full dose and noticed a distinct improvement in residual pain and fatigue within three weeks," writes the Southern California internist, who was diagnosed with systemic lupus erythematousus in 2001. "Sleep patterns improved immediately. At six weeks I was essentially pain free."

She's not the only one to have found relief through this product. Dr. Dawn Hnat, a Southern California rheumatologist who has conducted several clinical trials using Mirac, describes significant improvements in patients with fibromyalgia, lupus, and rheumatoid arthritis who have used Mirac: reduced joint tenderness, elimination of joint inflammation, and reduced pain and fatigue.

"It sure does seem the majority of the patients of mine who use this have felt the benefits," says Ahearn, "whether it's those with lupus, rheumatoid arthritis, fibromyalgia, or even osteoarthritis."

Mirac has also been shown to be effective against Sjögren's syndrome and Raynaud's phenomenon, both of which can be symptoms or overlapping conditions of fibromyalgia.

The bioactive component of Mirac is vitamin P, a bioflavonoid found in broccoli and onions. Mirac also contains a proteolytic enzyme that comes from the stem of the pineapple. (Those who are allergic to pineapple should not take Mirac.)

"It shuts down the inflammation in the pancreas and the glands that are secreting hormones," explains Randy Ziegler, chairman of Berean Development Inc., which produces Mirac. "By abating that inflammation, the body is able to balance its hormones and stop the neuro-endocrine pain loop."

"We're an anti-TNF [tumor necrosis factor]: we stop white blood cells from dying in your joints, which is what causes arthritis. That [also] helps the people with FM because they don't have white blood cells dying in their joints."

This non-prescription medication is available through doctors' offices and directly from Berean Development (www.bereandev.com). Some people get results in less than two months, while others need to take Mirac for six months to get the full benefits, Ziegler says.

Dr. Ahearn first heard about Mirac from a patient who had fibromyalgia, lupus, and multiple sclerosis. That patient asked Ziegler to tell the doctor about the product. His presentation convinced Dr. Ahearn that the science behind Mirac was sound.

"After all is said and done, there are no side effects really, unless you're intolerant to vitamin C, [and] there are no interactions," she remembers thinking. "What's the downside, other than the cost of a month's supply of the supplement?"

In December 2002, Dr. Ahearn decided to try Mirac for a month. If she didn't see any benefits in that time, she planned simply to stop taking it.

But before the month was up, she noticed a difference. "There were clearly some benefits

sneaking in—less pain, more energy, more sleep, and that really has continued to this point, even a year later. I continue to really be off all the [lupus] medication still.”

“I don't think it's appropriate to think Mirac can take care of everything,” adds Dr. Ahearn, noting the importance of a healthy diet, exercise, and plenty of sleep.

As far as the genetic expression of lupus, she says, Mirac “covers that base—but the rest is really up to me.”



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