## White Willow Bark— Natural Pain Relief...For Excruciating Pain...

*White Willow Bark,* according to pharmacological research, reduces fever and relieves pain. *White Willow Bark* is the source of Salicin, aspirin's basic chemical, which naturally helps the body to soothe minor aches and discomforts. This is a medicinal herb but without the side effects. It may relieve discomfort while you are waiting for regeneration to take place. (Included in *TOP* and *JOI*.)

A team of German researchers conducted a four-week clinical trial designed to compare the effectiveness and safety of Willow Bark extract for alleviating flare-ups of low back pain. (Chrubasik et al., 2000). According to the researchers, results of this trial support earlier reports that Willow Bark extract "standardized to yield 240 mg. of salicin" is an effective pain reliever. (Schaffner, 1997, Schmid, 1998).