**Natural alternatives may help with nerves, circulation and inflammation**

Neuromend Cream

**Helichrysum Italicum** - benefits may include the following properties and may help with: nerve pain and regeneration, address inflammation, spasms, fight infections, heal wounds and scars, stimulates production of healthy cells and may be an excellent essential oil for skin renewal.

**Lavender** - benefits may include the following properties and may help with: nerve pain including sciatica by acting as an anti-inflammatory, analgesic, and antispasmodic and boosting blood circulation. Lavender essential oil has also been studied and shown to relieve postoperative pain.

**Eucalyptus** - benefits may include the following properties and may help with: nerve pain, rheumatism, lumbago, sprained ligaments and tendons, stiff muscles, aches, fibrosis, may help increase blood circulation. This allows for more blood to flow and circulate around the affected area. It has antibacterial, antiviral and anti fungal properties, making it a very powerful tool against a wide range of skin conditions.

**Ylang Ylang** - benefits may include the following properties and may help with: inflammation rheumatism, lumbago, sprained ligaments and tendons, stiff muscles, aches & pains, fibrosis, neuropathy, may help stimulate the nervous system and repair any damage it may have suffered, also reduce the stress on the nerves and protect them from developing a number of disorders and may act as a health booster for the nervous system. Another benefit is that it may increase circulation and helps maintain proper moisture and oil balance of the skin, it is used often in skin care.

**Ginger** - benefits may include the following properties and may help with: pleasant, warming sensation. Contains antioxidant compounds that help the body eliminate waste and reduce inflammation. The combination of these two effects can help promote blood circulation. Ginger essential oil is commonly used on the skin for swollen extremities and sore muscles. Also, may relieve painful symptoms of arthritis, fibromyalgia and gout.

**Cypress** - benefits may include the following properties and may help with: Having strong antioxidant, antiseptic and antimicrobial compounds, this essential oil may help get rid of toxins in the body, acting much in the same way as omega-3 oils. It may stimulate blood circulation while also helping calm the nervous system.

**Rosemary** - benefits may include the following properties and may help with: pain, arthritis, local blood circulation by expanding your blood vessels, thereby warming your blood so that it reaches your fingers and toes more easily, it may be helpful with Raynaud's syndrome. As an antioxidant is may be a valuable weapon to fight off infection and disease.

**Marjoram** - benefits may include the following properties and may help with: nerve issues, back pain and soothing painful joints and muscles because of it's anti-inflammatory properties. Marjoram oil has a warming effect and it helps to improve circulation by increasing the blood flow, further warming your cells, while simultaneously relieving the painful symptoms of arthritis and rheumatism. It may inhibit the growth of bacteria and fungus and may help with infections.

**Curcumin** – benefits may include the following properties and may help with: curcumin found in turmeric can help wounds heal by decreasing inflammation and oxidation resulting in your wounds and areas affected by radiation and burns healing more quickly. Increased blood flow, those who suffer with diabetes have problems with wound healing because of reduced blood flow. High blood sugar interferes with our bodies ability to clear away damaged cells leading to cell death. It may also reduce collagen breakdown.

**Capasacin** - benefits may include the following properties and may help with: May deaden nerve pain associated with nerve issues. Do not get capasacin in the eyes, nose or mouth.