



## **Biofreeze:**

Biofreeze is a pain relief product that comes in the form of a gel and uses ilex, an herbal extract, as one of the main ingredients to help relieve arthritis pain, aches, sore joints and stiff muscles.

## **Tiger Balm:**

The tiger balm ointment is an herbal-based balm considered to be one of the first treatments used in traditional Chinese medicine. It has been used for more than 100 years. It is a topical over-the-counter pain reliever. It contains camphor, menthol, cajuput oil, and clove oil, plus other ingredients.

## **Cryoderm:**

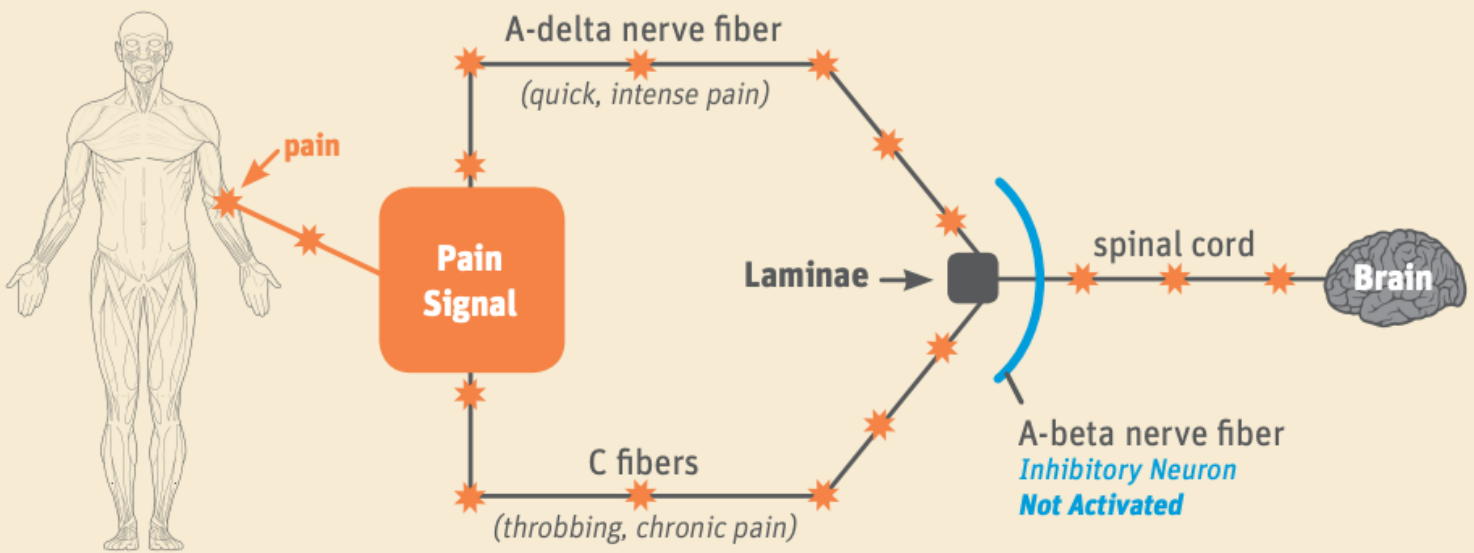
Cryoderm is Formulated to immediately break the pain spasm cycle by overwhelming the topical receptors thereby eliciting the Gate Theory Of Pain Control. Once the pain signal is completely or significantly reduced the muscles no longer need to be in involuntary contraction, as they begin to release blood flows to the area breaking up the ischemic condition. Energy begins to be made aerobically as opposed to anaerobically stopping the production of lactic acid and the buildup of metabolic waste. While this is happening the essential Natural ingredients in the formula are penetrating deep into the tissue to create a long term anesthetic affect.



How some of these topical gels work:

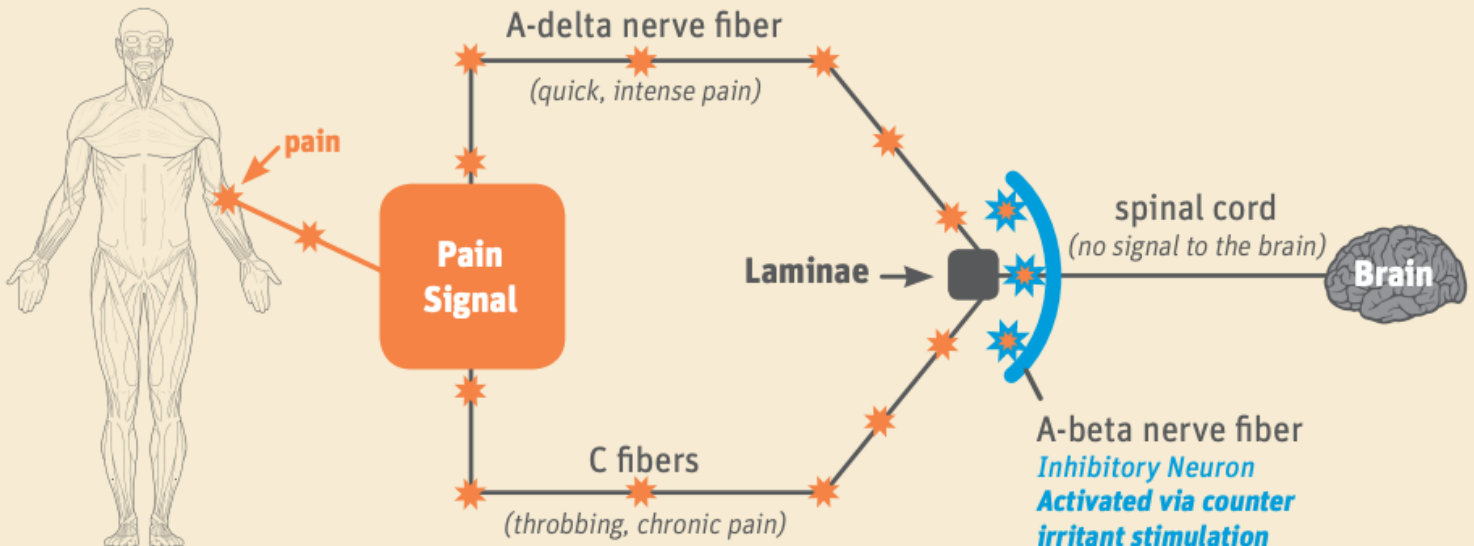
### The Melzack-Wall Pain Gate

#### Pain is Perceived



#### Pain is NOT Perceived

Apply Biofreeze to painful area





## **Moist heat:**

Soaking your body in warm water can alleviate many forms of muscle pain and muscle spasm, as well as various types of arthritis. There are many options for a warm soak, including a deep bathtub, whirlpool tub, or warm pool for water therapy. You can also use moist heating pads.

## **Exercise:**

Endorphins are the natural pain killers produced by your body. They work by binding to the opioid receptors in your brain to block the perception of pain. Spurring increased production of these natural hormones can substantially help reduce your pain, as well as produce profound feelings of pleasure and satisfaction.<sup>1</sup> While any activity that gets your blood pumping for a sustained period will release endorphins into your system, check with your doctor before starting a new exercise program.

## **Rounded Diet/Sleep:**

Your body wants to heal when possible. It's important to get enough rest and nourishment for your body to maintain and build. If you find yourself getting very sore after exercise you might want to take a closer look at your sleep and nutritional needs as well as your calorie intake.