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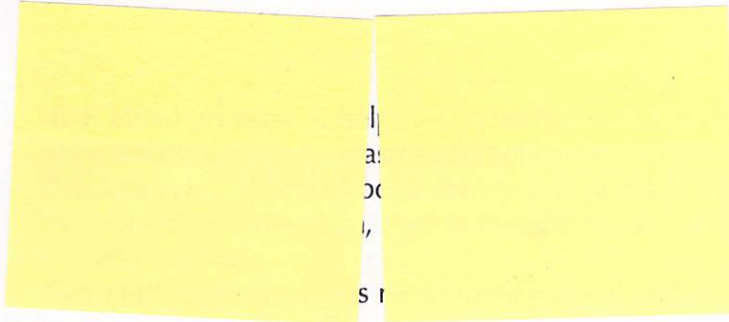
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There is a natural way to relieve joint and muscle pain caused from many conditions. Pain Relief Complex includes a patent-pending safflower extract and *Boswellia serrata*, an herb used successfully in India for thousands of years that's now a clinically proven pain reliever for overworked joints and muscles. I routinely see results in just a few weeks when patients use from 3 to 9 caplets per day.

PAIN RELIEF COMPLEX

A Word About Pain

Pain can be classified as acute or chronic. The distinction between acute and chronic pain is not based only on its duration of sensation but also on the nature of the pain itself. In general, physicians are more comfortable treating acute pain, which has as its source soft tissue damage, infection and/or inflammation. Acute pain can be modulated and removed by treating its cause and, through combined strategies, using analgesics and antibiotics to treat the infection. In general, while it is uncomfortable to experience, acute pain is easy to treat, is distinguished by having a specific cause and purpose and generally produces no persistent psychological reaction. Physicians are more likely to prescribe medications to treat acute pain, particularly in those situations when they are satisfied that they understand the pain's origin and believe the pain will be short in duration. This is why a patient might leave the hospital with two weeks' worth of adequate pain medicine, but the same medications may not be readily prescribed if the patient's pain lasts beyond an expected period of time. It is not the pain itself that is short in duration: it is the diagnosis of "acute pain" and the expectation that it will be short in nature that continues to confuse both the medical establishment and those who experience pain. The primary distinction is this: acute pain serves to protect the body after an injury. Chronic pain does not serve this or any other purpose. Acute pain is the symptom of pain. Chronic pain is the disease of pain.

Reduce joint pain and stiffness.

Chronic pain was originally defined as pain that has lasted 6 months or longer. It is now defined as a disease such as phantom limb pain, polymyalgia rheumatica or fibromyalgia. Its origin, duration, intensity and specific symptoms vary. The one consistent fact of chronic pain is that, as a disease, it cannot be understood in the same terms as acute pain and the failure both to focus on tissue healing with optimum nutrition and to cover symptoms has been and continues to be the cause of multi-dimensional suffering, depression, social isolation and helplessness. The failure to recognize chronic pain as substantially different from acute pain can be blamed on the medical profession and patients willing to substitute drug management for treating the cause. This gives people unjustified reasons to use stronger pain relievers and drug companies unjustified reasons to develop them. Pain is a serious problem that is failing to be properly addressed from a preventive and curative standpoint. From my experience, it often requires multi-professional support including chiropractic, homeopathic, acupuncture, guided imagery, relaxation, breathing techniques, massage and specific and individualized nutrition.

BOSWELLIA SERRATA (Frankincense)

Boswellia serrata produces a resin that has been a prized medicinal in the Middle East and India for over 3,000 years. The active ingredients, boswellic acids, confer a protective effect on joints and connective tissues by inhibiting destructive enzymes. Boswellic acids also affect the production of antibodies and cell-mediated immunity. Both of these factors contribute to inflammation.

- Back pain** – provides anti-arthritic activity
- Bursitis** – relieves pain of arthritis and bursitis
- Muscle soreness** – relieves muscle & joint pain
- Osteoarthritis and rheumatoid arthritis** – provides strong anti-inflammatory action
- Reduced flexibility** – improves restricted flexibility

BUILD A BETTER YOU

Dr. Richard Brouse

SAFFLOW

(Carthamus tinctorius) Chinese medicine | associated with blood ties associated with thermogenic effect warm sensation, es

- PMS cramps** – organs to re
- Muscle pain** –

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SAFFLOWER FLOWER EXTRACT

(Carthamus tinctorius)

Chinese medicine has long reported this as a remedy for pain associated with blood congestion. It is used for menstrual irregularities associated with painful swelling and inflammation. It has a mild thermogenic effect causing body temperature to increase and give a warm sensation, especially to the female reproductive organs.

PMS cramps – improves blood flow through reproductive organs to relax muscles

Muscle pain – reduces swelling and inflammation

One day we were working in the yard and noticed that the summer temperatures were sapping our energy.

As an experiment, Jennie and I started drinking chilled Performance every hour and, to our amazement, we enjoyed working the rest of the day with plenty of energy. This is an amazing product used as a model for NASA (do a Google search for Shaklee AstroAde) to help astronauts during reentry to prevent kidney exhaustion due to suddenly experiencing gravity.

One of several studies involved cyclists on stationary bikes who were given Shaklee Performance, other carbohydrate-electrolyte drinks or water. Those taking the Performance had the most endurance and best blood sugar levels for muscle energy and fluid levels for proper hydration. Mix 3 tablespoons of Performance in a large water bottle. Drink throughout and after exertion such as exercise, work or heat endurance to keep hydrated and energized.

Air travel – helps maintain energy, prevent adrenal stress effects and helps kidney function during air flights

Extreme temperatures – maintains electrolyte balance in hot and cold weather

Hydration – maintains water in cells to optimize osmotic pressure

Recovery from vomiting or diarrhea – quickly rehydrates the body

Sports endurance – helps maintain muscle energy and hydration

PERFORMANCE

*Effective
hydration and
more energy*