

## Nature's Relief

Four powerful anti-inflammatory herbs to reduce pain and inflammation of tendonitis, myofascitis, bursitis, neuritis, rheumatic and advanced OA conditions.

Contains a powerful and potent blend of 4 natural anti-inflammatory agents capable of managing the swelling, pain and stiffness of many chronic rheumatoid and autoimmune diseases, as well as tendonitis, bursitis and the inflammation associated with facet irritation and disc herniation. These anti-inflammatory agents are proven to be effective in variety of human studies. This product can be taken with aspirin and other NSAIDs as well as prednisone, but more importantly, it can help reduce or eliminate the requirement for these harsh medications, which are known to damage the intestinal tract, liver and kidneys. In general, Nature's Relief contains the four most powerful natural ingredients that nature has to offer in regards to blocking the formation of pro-inflammatory prostaglandins and leukotrienes, which invariably contribute to joint and tissue inflammatory reactions.

More recently, it has been shown that blocking these reactions may also reduce risk of certain cancers (e.g. aspirin may reduce risk of colon, breast and prostate cancer). Additionally, a genetic risk for colon, breast and prostate cancers is now associated with increased expression and firing of Epidermal Growth Factor Receptors (which appear on the cell surface). Studies show that curcumin is able to reduce firing of these Epidermal Growth Factor Receptors and in a study of patients with Familial Adenomatous Polyposis of the colon, curcumin supplementation was able to reduce the size, number and malignant potential of recurring polyps in these individuals.



### Clinical Applications:

#### Musculoskeletal Inflammatory States:

- Tendonitis
- Rheumatoid arthritis and associated connective tissue disorders
- Bursitis
- Fascitis
- Muscle inflammation
- Osteoarthritis with pronounced inflammatory component
- Post-traumatic joint inflammation (e.g. whiplash, sports injury)

### Active Ingredients

|   |        |
|---|--------|
| Turmeric extract (95% Curcumin)         | 632 mg |
| Boswellia (std. 70% Boswellic Acids)    | 600 mg |
| White Willow Extract (15% Salicin)      | 100 mg |
| Ginger Root Extract (std. 5% Gingerols) | 150 mg |

Amounts for 2 capsules, 60 per bottle

### Contraindications & Considerations

#### Conditions:

- |                               |  |  |
|-------------------------------|--|--|
| - GI Ulcer <sup>1</sup>       | - Kidney Failure (Renal Failure) <sup>2</sup>    | - Kidney clearance problem (e.g., a dialysis patient) <sup>2</sup> |
| - Pregnancy                   | - Received a transplant of any kind <sup>2</sup> | - Active Gout  |
| - Breast Feeding or Lactation | - If kidney has been removed <sup>2</sup>        | - Hemophilia   |
|                               |  | - Child under 12 years of age                                      |

#### Medication/Apparatus:

- Anti-coagulant therapy or drug such as Warfarin or Coumadin<sup>1</sup>

<sup>1</sup>Monitor patient intolerance with supplementation

<sup>2</sup>Requires approval from specialist/physician