



HEALTH BENEFITS OF NATURAL PAIN RELIEF

Most people experience pain at some point in their lives. There's no question that being in severe acute or chronic pain is miserable; with over 300 million people in the United States, the fact that one-third of the population struggles with pain is devastating. Are you one of the 100 million? If you are one of the millions who suffer from pain daily, help is available. There's hope for a **Pain-Free Future...**

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DISCLAIMER

This is a report about the health benefits of natural pain relief and is provided for EDUCATIONAL PURPOSES ONLY.

The information provided in this report should not be interpreted to suggest that similar health benefits would be realized by utilizing Nutra Relief® Trauma Max Relief Cream.

The Food And Drug Administration has not evaluated these statements and this product is not intended to diagnose, cure or treat cancer. Trauma Max Relief Cream has no adverse side effects or long-term risks



Chronic pain is a major public health challenge. That's not just because it is estimated to cost over half a trillion dollars annually in medical costs, disability programs, and lost productivity. Instead, the reason is because the treatment of chronic pain has become, in part, a hot-button political issue.

Caught in the crossfire are the **millions of innocent people** who are suffering from chronic pain who simply need some relief. Just how many of these people are there? A lot.

A new study by the **CDC revealed that 50 million Americans** (just under 20% of the age-adjusted adult population) suffered from chronic pain, which was defined as "**pain on most days or every day in the past 6 months.**" Nearly 20 million (about 7.5%) experienced high-impact chronic pain, defined as "**limiting life or work activities on most days or every day in the past 6 months.**"¹

Chronic Pain: Is considered a disease itself. It can be influenced by environmental factors and is resistant to most medical treatments.

Acute Pain: Is often results from disease, inflammation, or injury to tissues. It generally comes on suddenly.



¹ <https://www.acsh.org/news/2018/09/14/who-hurting-prevalence-chronic-pain-america-13407>



ARNICA

WHAT IS ARNICA AND WHERE DOES IT COME FROM?

Arnica comes from the perennial *Arnica montana*, a yellow-orange flower that grows in the mountains of Europe and Siberia as well as temperate climates in North America.

Arnica is a genus of perennial herbaceous plants in the sunflower family. Several species, such as **Arnica Montana** and **A. chamissonis**, contain helenalin, a sesquiterpene lactone that is a major ingredient in anti-inflammatory preparations.



ARNICA

FIVE IMPRESSIVE BENEFITS OF ARNICA

- Heals Bruises
- Treats Osteoarthritis
- Improves Carpal Tunnel
- Relieves Sprains / Muscle Pain
- Encourages Hair Growth

Arnica has been recorded as being used all the way back to the 12th century as a healing agent. It's been used extensively in Europe for thousands of years.



The most common type of arnica is **Arnica Montana** which is part of the daisy family. The daisy family contains several members which are used medicinally, including echinacea, calendula, chamomile, yarrow, and dandelion.

Arnica contains a substance called **helenalin**¹, which is a potent anti-inflammatory. It can be used for traumatic injuries, surgery, aches, pains, insect bites and sore muscles.

Since Arnica helps to decrease swelling, it also decreases pain associated with swelling. Arnica stimulates the body's healing processes and speeds up the time it takes for injuries to heal.

¹ [https://www.jbc.org/article/S0021-9258\(19\)88563-0/fulltext](https://www.jbc.org/article/S0021-9258(19)88563-0/fulltext)



BOSWELLIA SERRATA (FRANKINCENSE)



WHAT IS BOSWELLIA SERRATA ?

Scientifically known as **Boswellia Serrata**, this is not only the name of the herb but also of the large tree native to India and parts of Pakistan.

This tree is most famous for producing Indian **Frankincense**, a common name of the herb, which may also be known as salai or shallaki.

BOSWELLIA SERRATA

ALSO KNOWN AS FRANKINCENSE

The entire *Boswellia* genus is referred to as **frankincense**, but this species has been praised for the resin it produces. When this gum resin is removed from the tree, it is often burned for aromatic purposes or used in medical applications.

Boswellia Serrata is legendary in Ayurvedic Medicine, as it is associated with powerful anti-inflammatory properties and a wide variety of other health benefits.



TWELVE AMAZING BENEFITS OF BOSWELLIA SERRATA

- Arthritis
- Wound Healing
- Immune System
- Cancer
- Autoimmune Disease
- Skin Health
- Prevent Headaches
- Stress
- Muscle Strength
- Digestion
- Hormone Balance
- Analgesic Abilities



B3

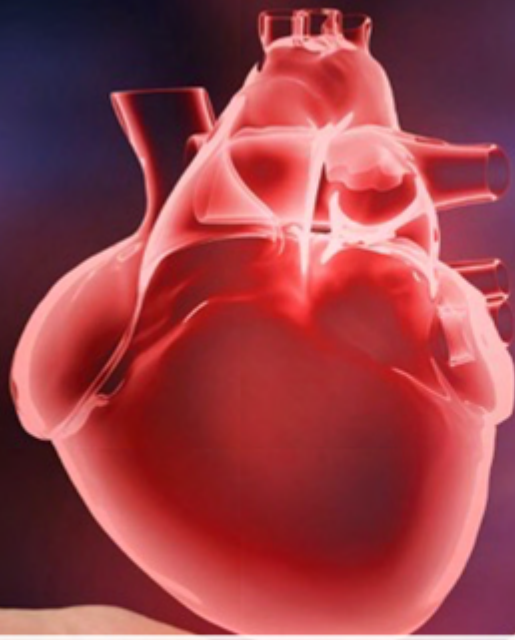
NIACINAMIDE (VITAMIN B3)



Vitamin
B3
Niacin

HEALTH BENEFITS OF NIACINAMIDE (VITAMIN B₃)

- Improves Cholesterol Levels
- Digestive Health
- Memory Recall
- Cope Against Low Moods
- Lowers Cardiovascular Disease Risk
- Can Help Treat Diabetes
- Supports Proper Brain Function
- Helps with Joint Mobility & Arthritis
- Treats Pellagra: A Disease Caused by Low Vitamin B Levels



L-ARGININE / L-CITRULLINE



WHAT IS L-ARGININE L-CITRULLINE ?

L-Citrulline is a substance called a non-essential amino acid. Your kidneys change L-Citrulline into another amino acid called **L-Arginine** and a chemical called **Nitric Oxide**.

These compounds are important to your heart and blood vessel health. They may also boost your immune system.

1998 Nobel Prize

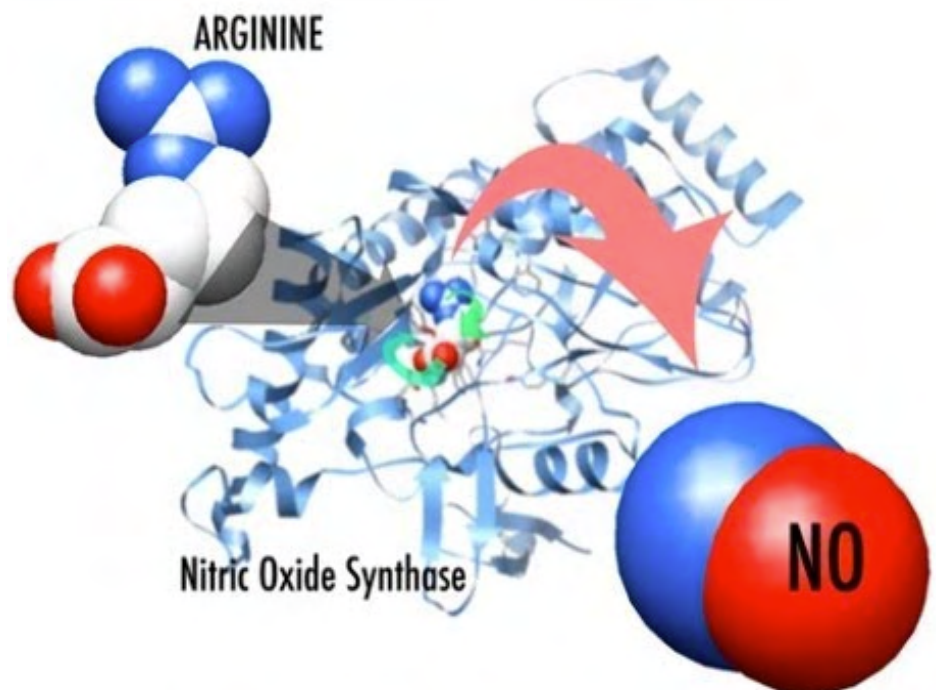


*"FOR THEIR DISCOVERIES
CONCERNING NITRIC OXIDE AS A
SIGNALING MOLECULE IN THE
CARDIOVASCULAR SYSTEM"*

L-ARGININE L-CITRULLINE

Medical research has now shown that by simply supplementing with of **L-Arginine** everyday multiple benefits can occur in the following categories:

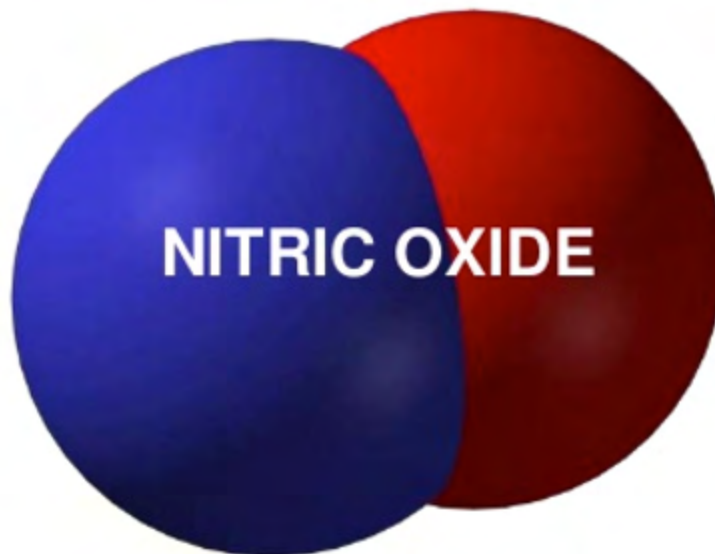
- Aging Process
- Musculoskeletal System
- Cardiovascular System
- Nervous System
- Digestive System
- Sexual System
- Excretory System
- Skin / Hair
- Immune System



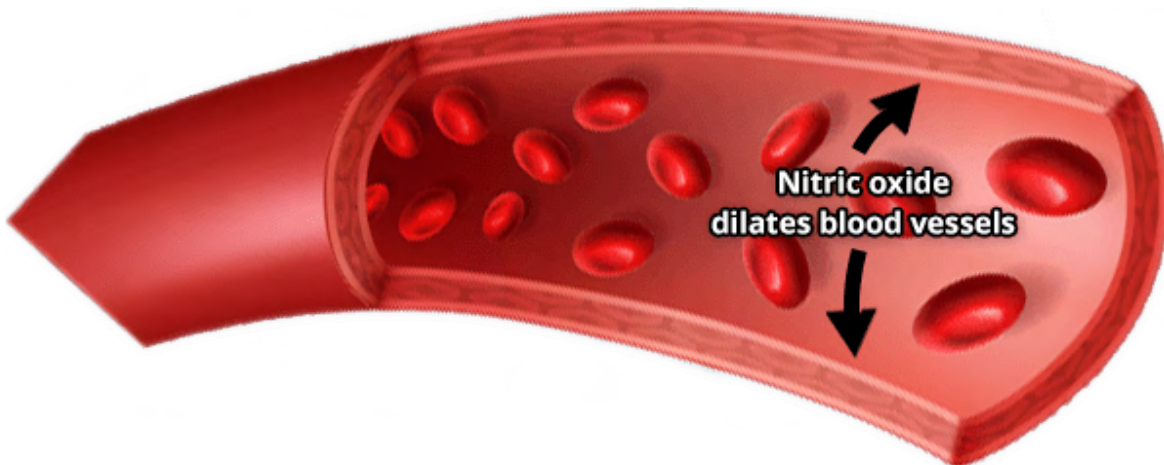
NITRIC OXIDE PRODUCTION

WHAT IS NITRIC OXIDE ?

- Nitric Oxide is a molecular compound that is primarily involved in helping cells transmit signals, allowing for intercellular communication.
- Nitric Oxide also plays a role in circulation, further contributing to citrulline's other potential effects on blood flow.
- Research also shows that Citrulline may increase Nitric Oxide levels.



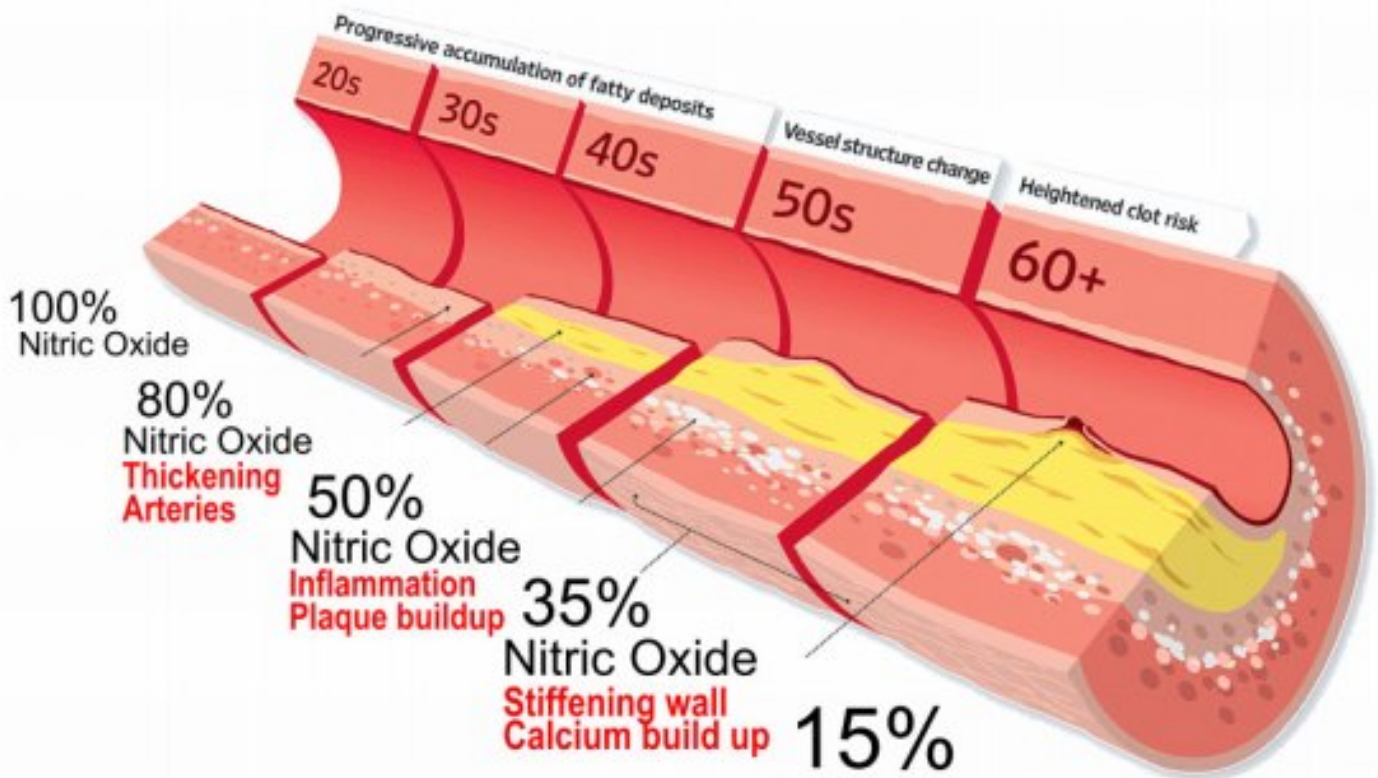
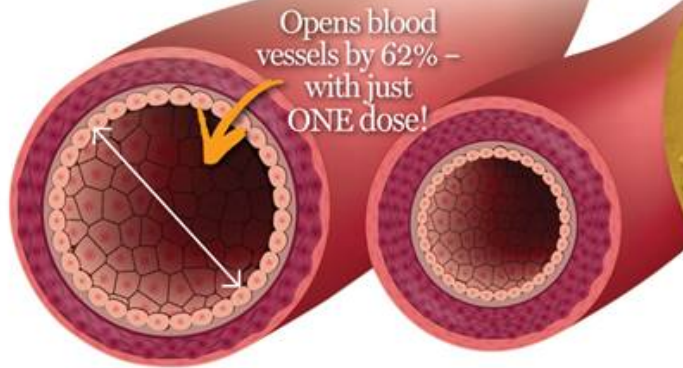
N-O, produced in the endothelium, sends a signal to the smooth muscle of the blood vessels, telling them to relax and expand (vasodilator)



NITRIC OXIDE PRODUCTION

Opens
Blood
Vessels
By 62%

Nitric Oxide
“**Miracle Molecule**”
Winner of the Nobel Prize
in Medicine



As we age, we lose 85% of our ability to make Nitric Oxide.

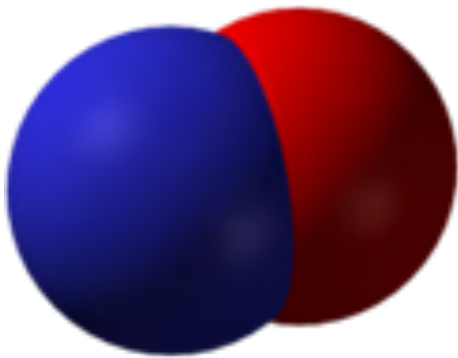
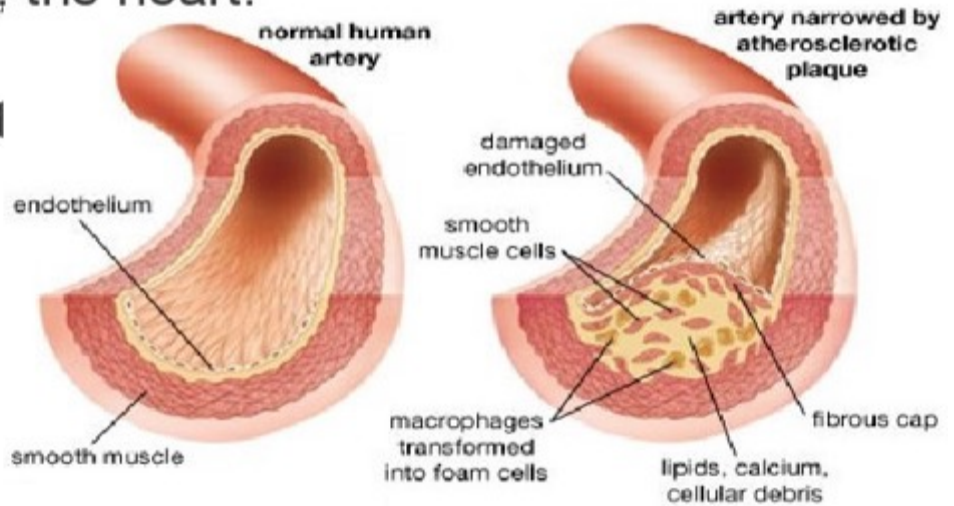
In your 60's and beyond, the aging process partly reflecting the arteries withstanding more than 100,000 heart beats a day, contributes to the attack on the lining of the arteries. Meantime, left ineffectively checked, plaques can rupture or erode, leading to blood clots that can cause heart attacks, while an overworked or scarred heart increases the risk of heart failure.

Based on average males
Compilation of data from multiple published reports in humans
Gerhardt et al Hypertension 1998
Coleman et al JACC 1984
Taddei et al Hypertension 2001
Egashira et al Circulation 1993

HEART HEALTH

Nitric Oxide influences the functioning of virtually every bodily organ, including the lungs, liver, kidneys, stomach, genitals, and, of course, the heart.

Nitric Oxide performs its role as a vasodilator, meaning that it helps control blood flow to every part of the body!



Nitric Oxide molecule

In Mother Nature, NITRIC OXIDE is produced naturally during the electrical discharges of lightning in thunderstorms. In humans, NITRIC OXIDE is an important cellular signalling molecule involved in many physiological and pathological processes.

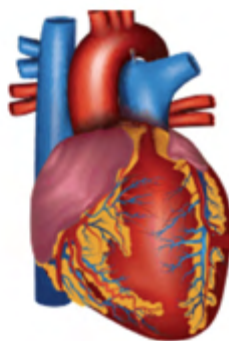
HEART HEALTH



80% OF HEART DISEASE CAN BE PREVENTED

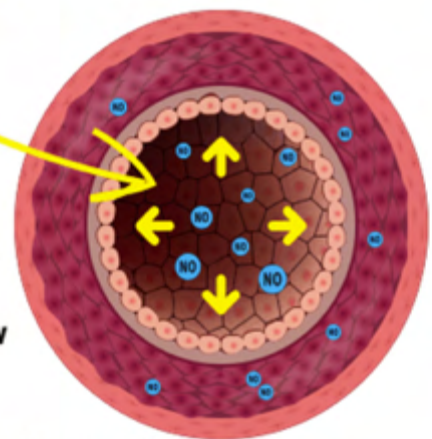
Heart Disease is the No. 1 killer of women in the United States, claiming more lives than all forms of cancer combined.

Normal Artery + *L-Arginine* = *Healthy Artery* 



Adding L-arginine to your diet increases Nitric Oxide production in your body.

Nitric Oxide Enlarges Blood Vessels and Increases Blood Flow

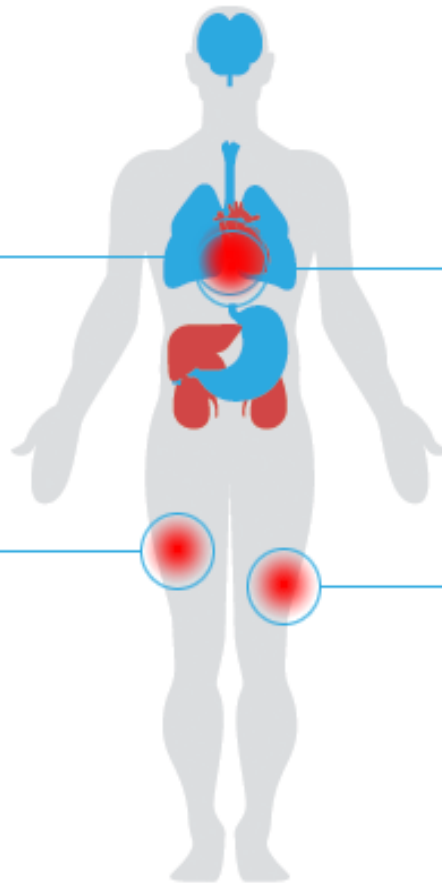


Take Your First Step Towards...

- ✓ Healthy **Blood Pressure** Levels
- ✓ Healthy **Cholesterol** Levels
- ✓ Healthy **Circulation**
- ✓ Everything You Need For a **Lean Energetic Body!**



HEART HEALTH



Heart health support

L-arginine can help to support healthy heart function and circulation. Additional conditions that may be benefited by L-arginine include discomfort in the chest.

Exercise performance







L-arginine may also increase your tolerance for exercise, especially if you frequently experience chest discomfort.

Exercise recovery

L-arginine may also help reduce the recovery from exercise. This use of L-arginine is often combined with eicosapentaenoic acid (EPA) and ribonucleic acid (RNA).

Muscle discomfort

L-arginine is often taken to help relieve muscle discomfort. This regimen typically lasts for at least eight weeks.

	Supports Healthy Blood Pressure
	Supports Sexual Health
	Increases Circulation
	Supports Energy Production
	Supports Healthy Triglyceride Levels
	Supports Artery Health



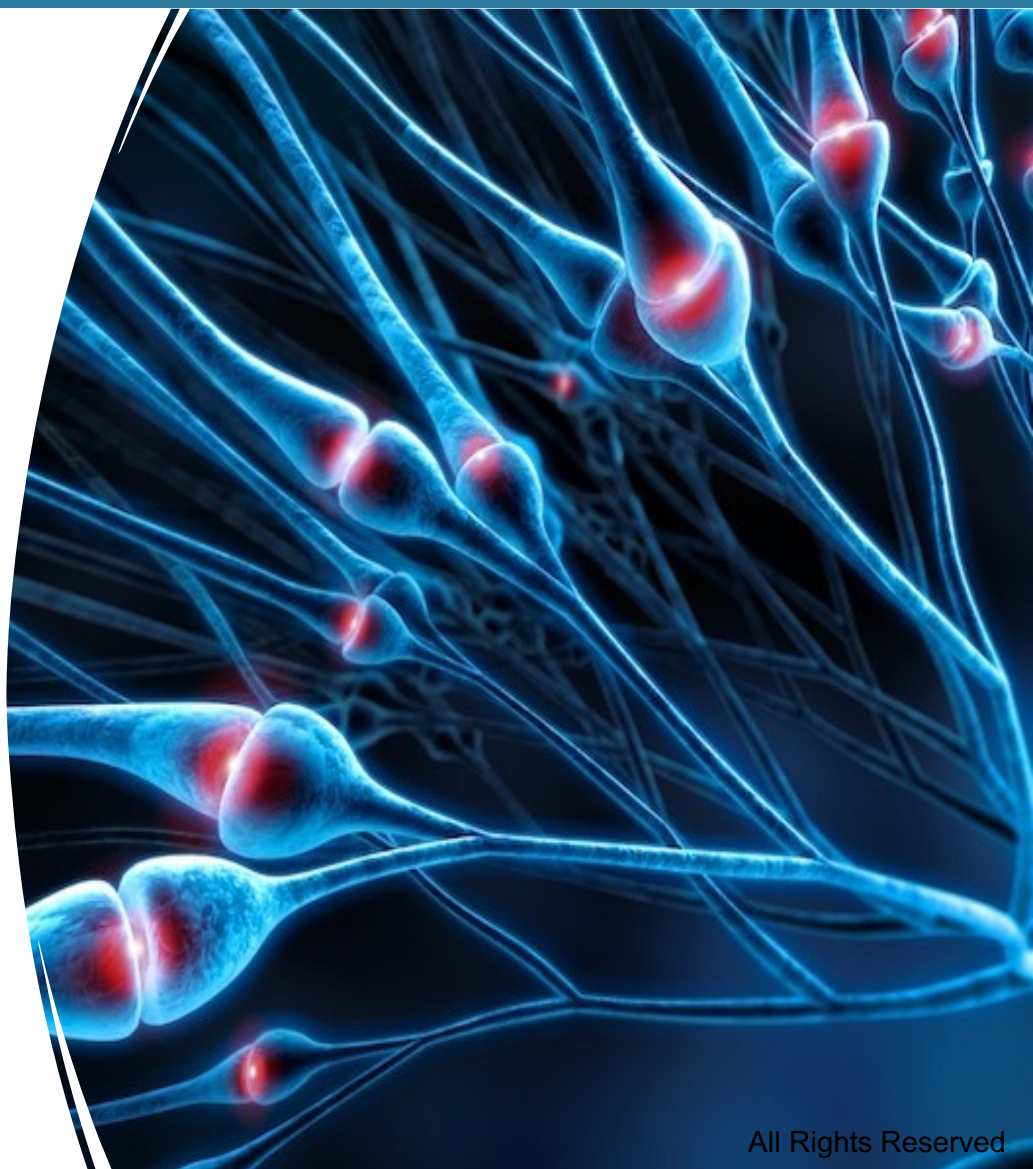


NEUROPATHY RELIEF

WHAT IS NEUROPATHY ?

Neuropathy is damage or dysfunction of one or more nerves that typically results in numbness, tingling, muscle weakness and pain in the affected area.

Neuropathies frequently start in your hands and feet, but other parts of your body can be affected too.



NEUROPATHY RELIEF



WHAT DOES NEUROPATHY FEEL LIKE ?

If you have neuropathy, the most described feelings are sensations of numbness, tingling (“pins and needles”), and weakness in the area of the body affected.

Other sensations include sharp, lightening-like pain; or a burning, throbbing or stabbing pain.



NEUROPATHY RELIEF

HOW COMMON IS NEUROPATHY ?

Neuropathy is very common. It is estimated that about **25% to 30% of Americans will be affected by neuropathy**. The condition affects people of all ages; however, older people are at increased risk.


About 8% of adults over 65 years of age report some degree of neuropathy. Other than age, in the United States some of the more common risk factors for neuropathy include diabetes, metabolic syndrome (high blood pressure, high cholesterol, obesity, diabetes), and heavy alcohol use.



People in certain professions, such as those that require repetitive motions, have a greater chance of developing mononeuropathies from trauma or compression of nerves.

HOW DOES L-ARGININE / L-CITRULLINE HELP?

- L-Citrulline and L-Arginine taken together lead to better circulation.
- By combining L-Citrulline and L-Arginine, the chances of improving nitric oxide production and blood flow levels increase.
- Enhanced blood circulation leads to better vascular health and overall satisfaction.



NATURAL PAIN RELIEF

What We Hope We Accomplished

Our mission is simple, to educate and inform people suffering from pain about their options, all their options and to provide frequent, useful transparent information in simple terms everyone can understand.

We hope we provided a few insights on how the healing benefits of Arnica, Boswellia Serrata, Niacinamide and L-Arginine / L-Citrulline can help support pain relief naturally. Bottom line...our goal is to prevent anyone who's suffering from moderate or severe chronic pain, from losing hope.

Of course, we can't know everything. Therefore, as we continue to research and learn more everyday, we'll bring you the latest information and benefits as soon as we find them. Together, we'll go through this journey to provide support for a pain free future.