

Planet Health's Newsletter

Natural Interventions for PAIN

2ND QUARTER 2018

Generally speaking, as we age, our level of inflammation increases. Whether it is from wear and tear injuries to muscles and ligaments, or a chronic disease such as arthritis, those over 40 are at much higher risk for pain and inflammatory damage. Unfortunately, the adverse effects of non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, naproxen sodium, aspirin and celecoxib are also more likely to be serious, even life threatening, as we age. Did you know that side effects of NSAIDs include gastric ulcers and bleeding, decreased kidney function, and a two-and three-fold increased risk of heart attack and stroke?

Therefore, it becomes even more important to find effective natural products that reduce pain and inflammation without the risks of NSAID use.

However, inflammation is not always the enemy. Inflammation is a necessary process for repair and recovery after an injury.

Alleviating pain with natural substances focuses on modifying inflammatory pathways, improving mood, and restoring balance in the body. Prescription medications can only target one inflammatory pathway, whereas natural substances have the unique ability to modulate many pathways simultaneously. Natural pain relievers like Curcumin, boswellia and hemp hold great promise for the pain epidemic in the United States.

Resource: vitamin retailer magazine



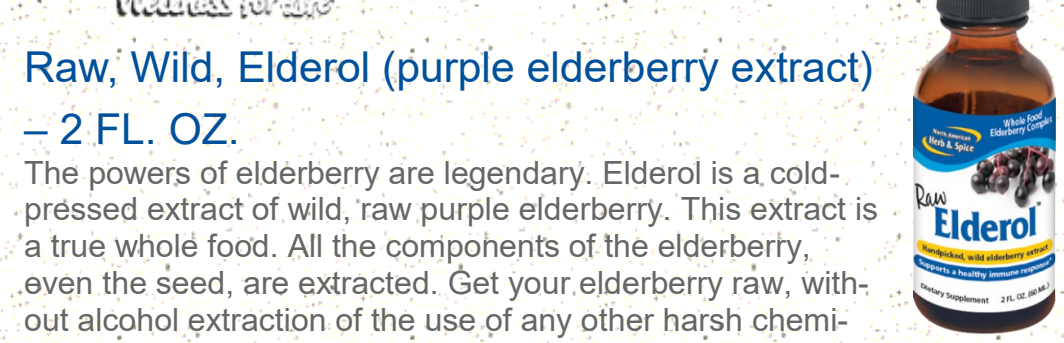
Natural Pain Relief

Curcumin: From turmeric is one of the most widely researched medicinal substances—natural and pharmaceutical—in the world. Curcumin has been investigated for health conditions such as diabetes, arthritis, Alzheimer's disease, cancer and pain.

Boswellia: A resin from a tree found in India. Reduces inflammation, pain and joint stiffness.

Hemp Oil: Contains many beneficial compounds, including a full spectrum of cannabinoids. Hemp have been identified as anti-inflammatory and pain relieving.

What's New?



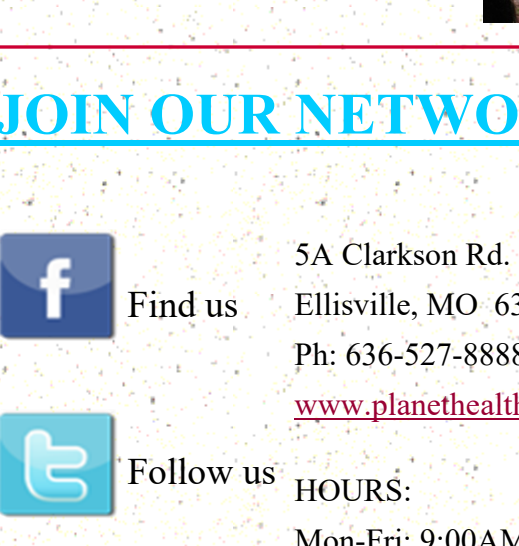
Raw, Wild, Elderol (purple elderberry extract) – 2 FL. OZ.

The powers of elderberry are legendary. Elderol is a cold-pressed extract of wild, raw purple elderberry. This extract is a true whole food. All the components of the elderberry, even the seed, are extracted. Get your elderberry raw, without alcohol extraction or the use of any other harsh chemicals.



- *Gluten Free*
- *Dairy Free*
- *Paleo Friendly*

NUTRITIONAL BLOOD ANALYSIS



WHEN: Saturday, April 7, 2018

Friday, May 4, 2018

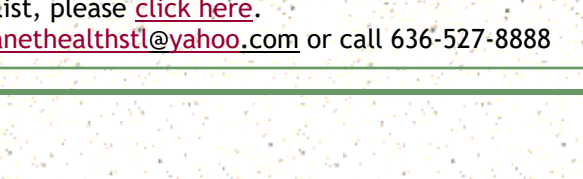
Saturday, June 2, 2018

TIME: 9:00 AM - 5:00 PM

NOTICE ANNUAL GIFT BASKET GIVEAWAY

WHEN: SATURDAY, MAY 19TH

TIME: 12:00 PM - 3:00 PM



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