



# Relief Formula

## Natural alternative to NSAIDs for relief of pain

An estimated 50 million Americans live with chronic pain, and an additional 25 million suffer acute pain. Many of these people rely on synthetic drugs such as NSAIDs to relieve their pain. What many people do not realize is that these drugs have numerous and sometimes very serious side-effects, especially when used long term.

Fortunately, there are natural alternatives to these drugs. Relief Formula is a blend of herbs and natural substances that can help to relieve many kinds of aches and pains. It can be used for headaches, arthritis and other types of acute or chronic pain. Relief Formula reduces inflammation, detoxifies the body to remove causes of pain and affects the prostaglandins associated with pain transmission.

Here are the ingredients in this formula and what they do:

### Turmeric Root Extract

Native to India and southern Asia, turmeric is generally known for its yellow coloring and spicy flavor in Indian food, but it also has valuable medicinal properties. The rhizome is antioxidant, antibacterial and anti-inflammatory. Turmeric's powerful antioxidant and anti-inflammatory properties have caused renewed interest in researching the uses of this plant. Studies suggest that turmeric's anti-inflammatory action is even stronger than hydrocortisone.

### Willow Bark Extract

As a source of salicylic acid, the natural chemical on which aspirin was based, white willow bark helps reduce inflammation, joint swelling and pain and fever. A natural anti-inflammatory agent, it works by inhibiting the production of prostaglandins that mediate inflammation. It is also an astringent which has a toning effect on tissue.

### Protease Enzyme Blend

This enzyme blend is an excellent support for soft-tissue injuries. Proteases support a healthy inflammation response and can help to speed tissue healing and repair.

### Hops Cone Extract

Hops is a natural sedative and mild analgesic. This extract of hops contains a high concentration of alpha acids, isolated and enriched by state-of-the-art supercritical carbon dioxide extraction technology. Alpha acids are strong antioxidants, recently linked to support of the body's natural response to inflammation and pain.

### Boswellia Gum Extract

Medicinally, boswellia gum is aromatic, astringent and anti-inflammatory. Clinical trials in India and Germany noted significant improvements in pain and stiffness in patients suffering from rheumatoid arthritis and using boswellia. The extract is also used to

relieve osteoarthritis, bursitis and tendonitis, as well as abdominal and menstrual pain.

### Phellodendron Bark Extract

Commonly known as Amur cork tree bark, this ingredient acts as a cooling and detoxifying agent used to relieve inflammation. It is effective in relieving arthritic swelling and pain, vaginal swelling and pain, urinary infection, and skin diseases such as eczema. (This plant is not "philodendron" – a popular but poisonous house plant).

### Mangosteen

Mangosteen fruit and particularly the pericarp (rind) is loaded with antioxidants that exhibit powerful anti-inflammatory qualities. One of the key constituents in the pericarp is xanthenes, which inhibit free radical damage, ease pain, boost the immune system and relieve inflammation. These antioxidants are helpful for easing pain and inflammation while promoting tissue healing and repair.

### dl-Phenylalanine

An essential amino acid, dl-phenylalanine is metabolized into l-tyrosine, the amino acid precursor to the mood-enhancing neurotransmitters norepinephrine, epinephrine and l-dopamine. In excess, they produce feelings of mania (being invincible and "on top of the world"), but when deficient, feelings of lethargy, depression and fatigue take over. D-phenylalanine is believed to modulate the enzyme that degrades endorphins. By inhibiting the breakdown of endorphins, D-phenylalanine may help to ease pain and improve mood.

### Andrographis

An herb from India, the roots and leaves of andrographis have been used for centuries in both Ayurvedic and Chinese medicine for a variety of health problems. A classic bitter, andrographis contains diterpene lactones, diterpene glucosides and flavonoids. Like most bitters it is useful for cooling fevers and inflammation, fighting infection and counteracting poisoning. The plant has analgesic and astringent properties.

### Selected Use

Take 2 capsules twice daily prior to meals. Best if taken on an empty stomach. Under times of body system stress, take 2–5 capsules.

### Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing  
*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*The Encyclopedia of Medicinal Plants* by Andrew Chevallier  
*PDR for Herbal Medicines* by Medical Economics Company  
*PDR for Nutritional Supplements* by Medical Economics Company

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