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## REPORT

**Natural Relief 1222****An All-Natural Analgesic Cream Provides Effective Topical Pain Relief**

By Greg Freeman



What do injury-plagued professional athletes and ordinary Americans suffering from conditions such as arthritis have in common?

In a word, pain. For athletes, the ability to manage common injuries such as muscle sprains and conditions like tendonitis and bursitis is critical to success, as these impairments can limit their ability to compete or even end careers. For adults suffering the chronic pain associated with conditions such as rheumatoid arthritis and fibromyalgia, obtaining effective relief is critical to simply maintaining an active, productive lifestyle.

A topical analgesic cream called Natural Relief 1222 has been demonstrated to provide safe, effective pain relief for elite athletes as well as ordinary adults seeking relief from occasional and chronic pain. The result of 14 years of painstaking investigation by an innovative research scientist who himself suffered from severe arthritis pain, Natural Relief 1222 may deliver more effective relief than many currently available pain relievers. In fact, this novel, all-natural formula has been used successfully by members of the United States Olympic track and field team, as well as by players from all 32 National Football League (NFL) franchises.

The same unique, pain-relieving properties of Natural Relief 1222 that help injured athletes play to their full capacity can help people of all ages overcome the debilitating effects of conditions ranging from athletic overexertion to arthritis and fibromyalgia.

**DOCTORS, THERAPISTS TOUT PAIN-RELIEF BENEFITS**

Jay Nielsen, MD, injured his knee so severely while hiking that he was left unable to stand. As medical director of the Wellness Rx clinic in Maumee, OH, which treats patients suffering from arthritis, fibromyalgia, and similar disorders, Dr. Nielsen was well versed in pain-management strategies before his injury.

After hurting his knee, he underwent x-rays, physical therapy, chiropractic care, and various other treatments. After nearly three months, however, he realized that he had damaged the cartilage in his knee and would require surgery.



Prior to undergoing surgery, Dr. Nielsen tried Natural Relief 1222 one morning and noticed a significant improvement in his knee pain after just 20 minutes. He continued to apply the cream throughout the day, and by evening, his knee pain had diminished dramatically. After using the cream for three weeks, his knee had improved so much that he was able to get around almost normally. Dr. Nielsen cancelled his surgery and continued to use Natural Relief 1222, applying the cream four times a day. "I'm now down to one application a day," he told Life Extension. "I'll still have to have my knee 'scoped' for the cartilage, but I find it amazing that this product can postpone surgery for a knee that had me confined to a chair and unable to walk."

Dr. Nielsen calls Natural Relief 1222 the most important product he has seen for treating joint pain since glucosamine. His experience led him to recommend the cream to his patients, who have observed similar results using it. Nielsen estimates that he has at least 600 patients who use

Natural Relief 1222 regularly.

Dr. Nielsen works with Lee Kramer, who owns the Wellness Rx clinic and is a licensed massage therapist specializing in myofascial pain management. (Myofascial pain management seeks to counter restriction of the fascia, the seamless web of connective tissue covering and connecting the muscles, organs, and skeleton in the body. Injuries, stress, trauma, and poor posture can cause restriction of the fascia.) Kramer and his staff tested Natural Relief 1222 extensively before recommending it

to their patients.

“The pain relief was immediate, and we’re not an easy sell,” Kramer told Life Extension. “We’ve tried every other ointment and cream on the market, including all the products with capsaicin or counter-irritants, and this is something different. Rather than heating or cooling the skin to mask pain, Natural Relief 1222 actually seems to stop the pain, apparently because it has an anti-inflammatory effect.”

According to Kramer, Natural Relief 1222 is one of the clinic’s most popular products. Its sales have outpaced those of other topical creams since the clinic began offering it two years ago. Kramer’s own experience with Natural Relief 1222 left him with no doubt about why his patients are devoted to the product. After injuring his knee, Kramer applied Natural Relief 1222 to the injury site. Within an hour, his pain was gone, and he did not require another application for three days.

## FIRST DEFENSE AGAINST CHRONIC PAIN

David William Johnson, MD, of Evansville, IN, reports that Natural Relief 1222 is popular with his chronic pain patients, especially those suffering from fibromyalgia.

An estimated 3.7 million people in the US—primarily women who are diagnosed with the disease in their thirties and forties—have fibromyalgia.<sup>1</sup> A painful rheumatic condition, fibromyalgia is characterized by diffuse or localized pain, tenderness, and stiffness of the skeletal muscles and connective tissues. Fibromyalgia is also frequently accompanied by sleep disturbances and chronic fatigue. In addition to suffering persistent, widespread musculoskeletal pain, people with fibromyalgia often must cope with friends, family, and health care professionals who dismiss the disease as a psychosomatic disorder. Despite the widespread prevalence of fibromyalgia, its cause remains unknown.

According to Dr. Johnson, Natural Relief 1222 provides results that are superior to those of other topical creams his patients have tried. Many apply the cream at night and find that it helps them sleep better, which in turn helps to mitigate the chronic fatigue associated with fibromyalgia. Dr. Johnson suspects that Natural Relief 1222 may be especially effective for fibromyalgia patients because it addresses muscle pain, whereas many other products are designed to primarily address joint pain. “I have pharmaceutical reps coming in all the time to tell me the great things about their products, but I rely more on what my patients tell me,” Dr. Johnson explains. “Natural Relief 1222 isn’t a cure, but it gives my patients relief so that they can sleep restfully and function better.”

One in three adults in the US—approximately 66 million people—suffer from arthritis or symptoms of chronic joint pain, according to the Arthritis Foundation.<sup>2</sup> One of the most prevalent chronic health problems, arthritis is the leading cause of disability among Americans over the age of 15. Second only to heart disease as a cause of work disability, arthritis limits simple everyday activities such as walking, dressing, and bathing for more than 7 million Americans. Arthritis is responsible for an estimated 39 million physician visits and more than a half million hospitalizations each year.<sup>2</sup> Like fibromyalgia, arthritis is usually a chronic condition, characterized by pain, stiffness, inflammation, swelling, and even destruction of the joints.



The severe, chronic pain that often accompanies conditions like fibromyalgia and arthritis can greatly compromise a person’s quality of life. Moreover, chronic pain can lead to depression, increased stress, and reduced activity levels, which can further exacerbate symptoms, producing a vicious cycle of worsening pain, depression, and inactivity. While many people suffering from arthritis and fibromyalgia seek relief from over-the-counter medications and prescription nonsteroidal anti-inflammatory drugs (NSAIDs), others avoid these drugs for fear of the adverse side effects associated with many of them. It was precisely this predicament that led H. Edward Troy, PhD, to devote 14 years of his life to developing an all-natural, topical cream that could provide fast, safe, effective relief from joint and muscle pains.

# REPORT

## Natural Relief 1222

### An All-Natural Analgesic Cream Provides Effective Topical Pain Relief

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#### A PERSONAL QUEST FOR PAIN RELIEF

Dr. Troy had long struggled with his own severe arthritis pain. As the head research pharmacologist for a major international pharmaceutical company, he was well acquainted with investigations of new and innovative drugs—and all too aware of the limited options available to arthritis sufferers. Like most people with arthritis, he had tried counter-irritant creams and capsaicin-based products, as well as NSAIDs like aspirin and ibuprofen. Eventually, he resorted to more powerful steroidal drugs such as prednisone. Yet none of these products provided truly effective relief for his arthritis, and some had harmful side effects as well.

Dr. Troy thus decided to focus his career on developing an analgesic that could offer significant pain relief without dangerous side effects. He knew that doctors and other medical practitioners had long used certain topical preparations to provide therapeutic relief for the pain and discomfort of arthritis. He theorized that through trial and error, these compounds could eventually be isolated and combined in a compatible, balanced, all-natural formula.

Identifying the ideal combination of ingredients proved maddeningly elusive. Some nutrients lacked sufficient effectiveness, while others irritated the skin or had unacceptable odors. Motivated by his own arthritis, Dr. Troy persevered and continued to explore ever more esoteric nutrient blends. He eventually achieved success with a proprietary formula that combines more than 18 different natural compounds. Dr. Troy's extraordinary quest lasted 14 years and an astounding 1,221 failed attempts to find the ideal blend. When he finally found the formulation that worked, he therefore named it Natural Relief 1222.

Natural Relief 1222 is a patented, all-natural analgesic cream that contains no traditional counter-irritants or capsaicin. Its proprietary combination of botanical and organic ingredients provides effective relief without the icy-hot sensations and overpowering odors associated with over-the-counter analgesics. Natural Relief 1222 does not cause the gastrointestinal side effects associated with the use of aspirin and other NSAIDs. Its patented blend of nutrients is the only pharmaceutically prepared analgesic compound that has been found in human studies to provide rapid, safe, effective pain relief in various body tissues—without side effects.

Among the ingredients contained in Natural Relief 1222's patented, proprietary formula are shark liver oil, deodorized garlic oil, vitamin E, and other complementary nutritional and botanical extracts. According to Dr. Troy, the ingredients in Natural Relief 1222 may work through several mechanisms of action. The first is by neutralizing free radicals, the unstable molecules that can damage everything from blood vessel walls to the cartilage tissue surrounding joints.<sup>3</sup> Antioxidants neutralize free radicals, and Natural Relief 1222 contains vitamin E, a powerful fat-soluble antioxidant,<sup>4</sup> as well as shark oil-derived omega-3 fatty acids,<sup>5</sup> which are known to confer potent anti-inflammatory benefits.<sup>6</sup>

Natural Relief 1222 also contains two botanically based extracts, Bryonia alba 6x and Rhus toxicodendron 6x. Bryonia alba 6x traditionally is used to treat aching muscles, stitching pains, pressure and sinus headaches, and painful stiffness in the nape of the neck and lower back.<sup>7</sup> It is also indicated for joint pain, joints that are red, swollen, or stiff, and knee pain.<sup>7</sup> Rhus toxicodendron 6x is used to manage pain in the joints and tendons, muscle sprains and strains, tenderness of the knee joints, lower back pain, stiffness of the neck, arms, and legs, and pain in the jaw.<sup>8</sup>

#### THREE CLINICAL TRIALS CONFIRM EFFECTIVENESS

Three separate clinical trials have documented the effectiveness of Natural Relief 1222.

The San Diego-based California Research Foundation, a private organization that has investigated drugs and supplements for more than 60 pharmaceutical companies, conducted a two-week study of 48 patients with rheumatoid arthritis and/or osteoarthritis. The volunteers were divided into two groups of equal age, duration of arthritis, and baseline condition. Half of the subjects were given Natural Relief 1222 and the other half received a placebo cream. After the patients were screened and their symptoms noted, the creams were applied and the patients remained in the clinic for 30 minutes to rate their pain relief. They were then instructed to apply the cream to their arthritic areas four times a day—upon awakening and at lunch, dinner, and bedtime—for two weeks.

At a second visit seven days later, the study investigators and test subjects assessed the changes, if any, in arthritic symptoms.

This procedure was repeated at the end of the study period. Statistical comparisons of the two groups show that those using Natural Relief 1222 had a significantly higher improvement score, beginning 30 minutes after the first treatment. Of the 24 patients who used Natural Relief 1222, 13 (54.2%) reported improvement in their limitation of motion, compared to just 3 of 24 (12.5%) in the placebo group. The researchers also noted an absence of systemic side effects during the study.<sup>9</sup>

In a second study led by Dr. Paul A. Repicky, 72 subjects rated Natural Relief 1222's effectiveness in relieving arthritis pain, joint pain, and muscle stiffness.<sup>10</sup> The subjects were selected from a group of patients who were using another product for symptom relief at the study's onset. They were asked to rate the effectiveness of the analgesic or anti-inflammatory medication they had been using, on a scale of 1 (least effective) to 4 (most effective). They were then asked to stop the use of their medications before beginning application of Natural Relief 1222 to the affected area once daily for three days. After three days, they were asked to rate the effectiveness of Natural Relief 1222 using the same scale as before.

The results confirmed the superiority of Natural Relief 1222. More than 80% of the participants ranked this cream as more effective than the medication they had been using before. Eighty-three percent said it was the most effective treatment for their pain, while 82% found it most effective for increasing their range of motion. In addition, 85% of patients with arthritis ranked it as best for pain, while 80% of the subjects with soft tissue injuries gave it top marks for pain relief. The speed of action was impressive as well, with many patients reporting an alleviation of symptoms after the initial application. None of the subjects reported any side effects or adverse reactions while using Natural Relief 1222.<sup>10</sup>

The Life Extension Foundation conducted its own study to validate the results of the previous trials. Sixteen study participants were asked to evaluate products they had previously used for symptom relief, and then to note any improvements experienced with Natural Relief 1222. Many reported that Natural Relief 1222 was the first product they had tried that offered substantial relief from symptoms. The participants also rated Natural Relief 1222 easier and more pleasant to use than other creams or gels they had used previously. In all, 87.5% found Natural Relief 1222 superior to what they used previously, and 93.8% said that they would recommend the product to friends and family.

## CONCLUSION

The experience of professional athletes, anecdotal evidence from physicians and other health care professionals, and documented evidence from clinical trials all suggest that Natural Relief 1222 provides safe, effective, fast-acting pain relief.

This remarkable, all-natural topical formulation has been shown to offer more effective relief than many currently available pain relievers, without the adverse side effects associated with many of those medications. Natural Relief 1222 may thus help people suffering from athletic overexertion, acute injuries, or chronic conditions such as arthritis to continue to lead active, productive, pain-free lives.

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