

## **PAIN AND INFLAMMATION MANAGEMENT**

## **Improving pain management**

Topical pain medication is becoming a popular form of pain management. Neuropathic pain, which is usually caused by an inflamed, hyperactive nerve, can be challenging to treat. Whether the pain is due to arthritis, trauma, or neuropathic issues, topical pain creams can be very beneficial.

However, for all the effectiveness of topical prescription agents, there are also supportive nutritional agents, which when taken orally, can significantly improve the effectiveness of topical therapies. Arthritis can be very debilitating, as the joints tend to lose the spongy cartilage that protects the bones from rubbing against each other. Ultimate Joint Complex is an excellent option for this type of pain. Herbal agents such as curcumin, which is found in Curcumin Complex, or the combination of boswellia, turmeric and devil's claw found in InflammMove can be valuable adjuncts to effective topical pain management.

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Alpha Lipoic Acid 300 mg has been shown to be effective in addressing neuropathic pain when used at therapeutic doses. One of the most effective means to address nerve pain is to enhance body stores of the essential neural antioxidant, glutathione. The combination of glutathione found in Liposomal Glutathione 250 mg and methylcobalamin found in Methyl B-12 Lozenges 3,000 mcg has been shown to improve nerve function and protect the nerve cell from damage.



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Ask our nutritional team about these options for pain and inflammation:

- Ultimate Joint Complex
- Curcumin Complex
- Bromelain 400 mg
- Proteo-Zymes Joint/Muscle Formula
- Alpha Lipoic Acid 300 mg
- Liposomal Glutathione 250 mg
- Methyl B-12 Lozenges 3,000 mcg