



# Living Active

A Myo-Med F.Y.I. on Moving Beyond Pain to a More Active Life • April 2009

## What Myo-Med Users are Saying

I have to let people who suffer from ANY aches and pains, including muscle strain, arthritis (especially in your hands), Myo-Med is without a doubt the BEST cream I have tried and believe me I have tried many. You use such a small amount and it gives such relief, I wouldn't be without it. I receive Myo-Med each month and have shared it with my friends and my son, Bobby who suffers from old hockey injuries. If anyone has any questions about this fabulous cream, please give them my email and I will be more than happy to talk with them.

– Carole Cushing

## Active Spotlight

### Customer Service

For help with an order or questions about Myo-Med, JointPlus, or any of the great products we've mentioned in previous newsletters, please visit [myomednow.com](http://myomednow.com).

Call 877-776-0925

## Enjoy Pain Relief without Narcotics

Lisa Hill, M.D.

Narcotics can refer to a host of illegal and legal substances. In legal context, the term “narcotic” specifically refers to opium, opium derivatives, and their semi-synthetic or fully synthetic substitutes. An FDA committee recently voted to take a commonly used narcotic off the market. They felt that the benefits did not outweigh the risks associated with its use.

You are likely familiar with some of the side effects of narcotic medications including nausea and drowsiness. Their use in pain management dates back to the beginning of modern medicine. One deleterious side effect narcotics in general have that many people forget about is the risk of addiction. Addiction to prescription narcotics is a growing and difficult to treat problem in many countries including the U.S. Physicians, myself included, are frequently looking for options to replace narcotics and avoid addiction and other issues associated with these drugs. Luckily, narcotics are not the only answer to many pain conditions, especially those related to deep tissue inflammation.

My experience with Myo-Med pain relief cream has shown me that it may be an effective replacement for narcotics in certain circumstances. Recently, I had a patient

come in to see if I could help her manage some pain related to muscle spasms in her upper back. The pain was likely the result of falling while snowboarding a few days earlier. Her pain was so severe that she was crying and splinting with each breath. I located the most tender area of her back and firmly rubbed some Myo-Med cream on it. Within minutes, her pain decreased from



severe to mild, and she was breathing easily.

Muscle spasms of the back are commonly treated with narcotics and muscle relaxants. However, since this above experience, I encourage patients to try Myo-Med for back pain instead. Before you hobble to the clinic for back pain, you may want to rub in some all-natural, fast-acting Myo-Med.

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