



Living Active

A Bioforce F.Y.I. on Moving Beyond Pain to A More Active Life • December 2008

What Other Myo-Med Users Have to Say

Just want to let you know that I received the Myo-Med this week and have been using it day and night with wonderful results. As I told you I have been in a lot of pain with rotator cuff inflammation and was using Aleve for about a year taking 3-4 tablets 3 or 4 times a week. The Aleve has been rough on my stomach, waking me in the middle of the night. The best thing about this wonderful product is that there are no side effects at all, no stomach upset etc. and IT WORKS! I have stopped using Aleve since the Myo-Med works better and faster and lasts all day. I use it in the morning and sometimes in the afternoon depending on how active I am and again at night. I am not taking any other pain medication just using the Myo-Med and have no pain and improved range of motion. Thank you so much for sending the product to me. I do need more since I want to share it with my friends and family.

Norma - Oakland, CA

Active Product Spotlight

JOINT PLUS

With Glucosamine, MSM, & HA

Keep joints healthy and flexible with proven joint nutrients like glucosamine, methylsulfonylmethane, and hyaluronic acid in one easy to take supplement from Bioforce Group, makers of Myo-Med.

Having a Senior Moment

Lisa Hill, M.D.

“I’m having a senior moment?” We’ve all heard it, and many of us have said it. It’s that moment when our thoughts slip away – the moment when we speak up to say something important but suddenly lose track of what we were about to say, or when we walk into a room only to stand there trying to figure out what it was we came into the room to do. We jokingly call it a senior moment because we know that the more senior we get, the more bewildered moments we’re going to have. Fortunately, we can slow and possibly even eliminate these moments of declining cognition.

Some recent studies have shown that physical activity may actually improve brain function in both those with and without cognitive decline. One study published recently included over 2700 women in their 80s. The researchers measured their regular physical activity and performed brain function tests. Greater levels of activity were associated with better brain function and less likelihood of impaired brain function.

Staying active doesn’t mean you have to run marathons. The activities you can engage in to maintain a healthy activity level are diverse and endless. Brisk walking, gardening, riding a bike, and even ballroom dancing are examples of activities that provide moderate intensity workouts. Exercising for as little as 10 minutes at a time can bring about tremendous benefits. You

may want to consult your physician for recommendations on exercise especially with heart conditions or if you are over 64.

So what’s keeping you from staying active? One frequently reported barrier to physical activity can be musculoskeletal pain – commonly referred to as aching bones and joints. Two common causes of this pain we feel as we age are arthritis or muscle spasms. Gradually moving into a routine and then maintaining it consistently will help ease the pain associated with activity. Another big help to get and stay active is to reduce inflammation in joints and muscles with a topical anti-inflammatory cream like Myo-Med along with specific joint nutrition like Joint Plus. Myo-Med cream used twice a day has helped several people stay active despite muscle and joint pain. Furthermore, Myo-Med has been designed to enhance your body’s ability to heal itself. Quicker healing leads to faster return to activity. A quicker return to activity may lead to better brain function over time, and that’s something we all can use.



You are receiving this complimentary newsletter as an additional benefit along with your automatic replenishment of Myo-Med.