



Living Active

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

LaDainian Tomlinson Talks About Pain

Most of us don't have the kind of pain that is endured each week by an NFL running back, but even pain from your daily workout or from arthritis has elements in common with the pain that LaDainian Tomlinson goes through taking hits and tackles for the San Diego Chargers.

In a recent press release, the 2007 number-one-rated running back talked about his battle with injury. Tomlinson referred to Myo-Med's anti-inflammatory properties in his recovery regimen. Tomlinson, who avoids most pain relief products because of their long-term effects on health, started using Myo-Med three years ago before its release to the general public. Its effectiveness and toxin-free ingredients fit perfectly in Tomlinson's health and performance plan.

"I've said it before," said Tomlinson. "Myo-Med is my one-stop shop for pain. I use it three or four times a day before and after training. I'm back on the field because I maintain a strong, healthy body that can recover quickly. And using safe products like Myo-Med is one of the ways I stay healthy."

Active Product Spotlight

PROLYTES

Performance Electrolytes

Increase energy and stamina, prevent cramping, and hydrate effectively with Prolytes from Bioforce Group, makers of Myo-Med.

Extra Effects or Side Effects

Lisa Hill, M.D.

Do you want to smell like you have muscle and joint pain or do you just want to be pain free? Everyone is familiar with the dilemma of balancing the side effects like bad smell or skin irritation against the benefits of a medication. This is particularly true for topical creams used to treat muscle and joint pain.

Most people are familiar with topical preparations available for musculoskeletal pain. Some people think these topicals don't have any side effects. However, all medications have some side effects even if they are minimal. These creams generally contain one of three active ingredients. These are menthol, salicylates or capsaicin.

Most people are familiar with menthol. It is the smell of an injured athlete. Creams containing a high percentage of menthol may cause irritation and rash at the application site. Some people may have intolerance or allergy to menthol. This is not uncommon and may lead to a multiplicity of symptoms. Salicylates contain the same ingredients that give aspirin its pain relieving qualities. Oil of wintergreen is a common salicylate available over the counter. Because salicylates are similar to aspirin, they have similar side effects to aspirin. They may cause some blood thinning like aspirin does. Most importantly, salicylates can be lethal if too much is absorbed through the skin. This is because of their negative affects on the nervous system. Finally, capsaicin cream can cause an uncomfortable burning sensation at the

area of application. Higher concentration capsaicin creams may even cause increased pain, inflammation and skin blisters.

Myo-Med cream is a welcome newcomer because it has no known negative side effects thus far. Most of the above medications are designed to treat symptoms. Myo-Med cream has been designed to not only help with symptoms, but with musculoskeletal healing as well. Some have even noted "extra effects" of improved skin conditions at the site of application. If you choose a medication for treatment of musculoskeletal problems, you might want to choose one that will give "extra effects" instead of side effects.

Stay active with Myo-Med.



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