



Living Active

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

All Natural vs. Toxin Free

For decades, pain relief products have touted their all-natural formulas. Even as they claim all-natural status, they include such ingredients as salicylates, alcohol, paraben, and dyes. Certainly, each of these substances occur naturally and fit within the designation of all-natural. The designation, however, of all-natural is not an indication of a healthy or safe product. Nature is full of toxins that are harmful to the human body and many of these have found their way into popular pain remedies.

Much of what has been traditionally used to relieve pain works by introducing toxins into the body to interrupt or shock pain receptors. One of the favorite "all-natural" substances for interrupting pain receptors is salicylic acid or aspirin. One form used extensively in topical applications is methyl salicylate also listed as wintergreen oil. Methyl salicylate, much like aspirin, interrupts pain receptors creating temporary relief. Unfortunately it also builds up in the blood stream to the point that it can permanently damage internal organs. One government information site lists it as the "most poisonous (toxic) form of the salicylates."¹

1. <http://www.nlm.nih.gov/medlineplus/ency/article/002683.htm>

Active Product Spotlight

JOINT PLUS

Complete with Glucosamine & MSM

Attack arthritis pain and improve joint mobility from the inside out with Joint Plus from Bioforce Group, makers of Myo-Med.

What's In This Stuff?

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Have you ever looked on the back of a food or medication label and asked, "What's in this stuff?" Most of us have experienced being overwhelmed by a barrage of long words we don't understand. If you've had the same experience with Myo-Med, here's some enlightenment.

You have probably heard of menthol, the listed active ingredient. Menthol is actually derived from mint. It stimulates the skin to change temperature. This leads to an increase in blood flow to the area and an endorphin rush.

Cetyl Myrestoleate is naturally occurring fatty acid that has been treated so that it no longer bonds with oxygen and therefore won't oxidize over time. This complex was designed to enhance and lubricate cell membranes. It also may enhance the fluids that cushion bones and joints. By helping the cell membrane, Cetyl Myrestoleate may enable the cells to quickly repair and regenerate.

There are multiple homeopathic elements in Myo-Med cream. Homeopathic ingredients are those derived from plants and animals that have not undergone pharmaceutical processes. Bryonia alba, rhus tox, and deodorized garlic oil are some of the homeopathics in Myo-Med. Vitamin E and shark liver oil may also be considered homeopathic by the above definition.

Rhus tox (*Rhus toxicodendron*) is derived from poison ivy. Its use is based on the homeopathic principle that like cures like. We all know that poison ivy can cause inflammatory reactions of the skin. One study has shown that in small amounts, like that found in Myo-Med, it can reduce swelling, blood vessel leakage and pain associated with inflammation.



Bryonia Alba is derived from a vine like plant native to the woods of Europe. It is generally used to help with intense pain and inflammation. Some studies on bryonia have shown that it effectively reduces pain, fever, and inflammation.

Shark liver oil and vitamin E were added to Myo-Med cream to act as lubricators and tissue regenerators. These two agents act as lubricants by virtue of the fact they are oils.

Most people are very familiar with garlic oil. In Myo-Med, it has been deodorized for obvious reasons. Because this is in an oil, it acts as a lubricant as well. It also helps reduce clotting of the blood. This happens because garlic reduces platelet (cells that are essential to clots) aggregation or stickiness.

Finally, phospholipids are fats with water soluble parts that encapsulate the ingredients in Myo-Med and move them across cell membranes deep into injured tissues. Cetyl Esters derived from Vitamin C were added to the cream because of their reported anti-oxidant and tissue regenerative properties. The remaining listed ingredients bind or stabilize the products in the cream.

Hopefully, this information helps you decide how Myo-Med might help you maintain a more active and pain free life.