



GreensFirst.com

DISCOMFORT - Special Report™

Here's The Special Report You Requested That Reveals...



How A Unique Natural Health Product May Help Relieve Everyday Aches & Pains!*



“Finally...A Muscle & Joint Health Kit That Works Together Topically To Help Provide Relief Of Muscle Tenderness & Discomfort And Internally To Support Joint Health & Help Relieve The Everyday Aches And Minor Pains From Over-Exertion or Physical Activity!”*

Dear Informed Consumer,

If you're one of the millions of individuals who have suffered temporary aches or minor pains at one time or another, you know that desperate feeling of wanting it to go away!

It doesn't matter whether the discomfort is caused by a backache, joint pain, muscle spasm, the result of a sports injury, skinned knee, auto accident or any number of other causes; you just want it to be gone!

But when we make choices under these stressful circumstances, we may choose the wrong direction. And the choices we make will determine whether we have found a real solution or a temporary fix that may have unwanted side effects.

Everyday Aches & Pains

When we are young and overexert ourselves, the occasional ache or pain we suffer usually goes away quite quickly. But as we age, everyday aches and minor pains remind us that we aren't as young as we used to be and waiting for them to “just go away” is just too uncomfortable.

But, to resort to analgesics, NSAID's or prescription drugs isn't always a good idea every time we have muscle tenderness and discomfort in the lower back, upper back or neck or the aches and minor pains that accompany over-exertion or physical activity.

Studies suggest there may be unwanted side effect by taking over-the-counter (OTC) pain relievers.

**LOOK AT THE NEW WARNINGS
FROM THE FDA AND AMERICAN HEART ASSOCIATION:**

FDA WARNING ON OTC PAIN RELIEVERS

REFERENCE: ASSOCIATED PRESS WASHINGTON 12-19-06



FDA LABEL CHANGES

The FDA announced proposed label changes for over-the-counter pain relievers to include the potential for **stomach bleeding** and **liver damage**.

(FDA News P06-207;12-9-06)

AMERICAN HEART ASSOCIATION NOTICE

The American Heart Association issued a scientific statement recommending doctors change the way they prescribe over-the-counter pain relievers from a first choice to an alternate of recommending non-pharmacologic treatment.

(AHA Statement 2-26-07)

**USE A SAFE
& NATURAL
ALTERNATIVE
FOR MINOR
PAIN RELIEF...**



Virtually every home medicine cabinet in America has a bottle of pain-relieving pills that may cause a variety of problems, even when properly used. Some of the reported “side effects” of pain-killing drugs may include stomach bleeding, decreased kidney function, edema, kidney failure, liver failure, ulcers, damage to cartilage, heart attack and stroke.*

Many alternative practitioners such as Chiropractors, Naturopaths, Acupuncturists, Massage Therapists, Certified Sports Nutritionists, and others have been advocating a natural approach of relief for years, but until recently, their vital message has fallen on deaf ears. As the general public is becoming more knowledgeable about the side effects of certain pain-killing drugs, more and more people are searching for safe and natural alternatives to drug therapy.

What Causes Most Everyday Aches & Pains?

Everyday aches and pains result from a variety of causes, some can be joint pain other pain can result from minor injuries, but most are easily diagnosed and handled with natural treatments and products. Some common run-of-the-mill aches and minor pains that benefit from a natural approach include:

Sprained Joints: A sprain is a common source of joint pain. In addition to receiving natural treatments and taking a natural product you should drink plenty of fluids to keep joints properly lubricated.

Pulled Muscles: A pulled muscle can happen to almost any muscle in the body. A pulled muscle happens with a sudden or a severe force is applied to the muscle and the fibers are stretched beyond their capacity. To prevent a pulled muscle, always stretch prior to any vigorous activity and stick to a regular routine, and gradually increase the intensity, rather than going at it too hard or too fast.

Shoulder & Back Aches: Often this is a variation on the pulled muscle from over use, lack of stretching, or picking up something too heavy, but other causes can give similar discomfort, such as subluxation of a spinal vertebra or other conditions affecting the back and neck.

Natural Treatments & Minor Pain Remedies For Those That Suffer From Back Discomfort

One half of all working Americans experience back symptoms each year. According to the *American Chiropractic Association*, thirty one million Americans suffer from low back pain. One third of all Americans over age eighteen had a back problem in the past five years severe enough for them to seek professional help.

The cost of this care is estimated to be a staggering fifty billion each year. One of the major costs is for prescription pain-killers and the cost is not only in dollars, these drugs take their toll in side effects too! Finding effective pain relief for seniors, who purchase 42% of all prescription drugs, has been particularly difficult.

Many Americans are turning to an affordable and safe alternative that has no side effects suggests a recent article in *Naturopathy Digest*, a monthly publication dedicated to the advancement of naturopathic medicine.

Workers in many different walks of life lift things the wrong way or sit for many hours in a chair that is ergonomically unsound. The result is a perpetual search for a natural product for sore backs that does not dull the senses and create side effects that are, at times, worse than the pain that remedy was supposed to relieve.

Drug companies have flourished in the wake of a society that turns to prescription or off-the-shelf drugs at the slightest twinge of pain but the price of the drugs themselves are high and the price paid later from continual use of those drugs is higher than most people realize.

Workers are not the only ones that suffer from muscle, joint and ligament pain. What about our leisure activities? Every athlete or part time sportsman will tell you that pain is “part of the deal” in most sports at some time or another and most athletes are reluctant to take a drug when a better alternative in natural treatment or relief is available, suggest the *International Fitness Association*, an organization that provides training and credentialing for Certified Sports Nutritionists (CSN).

The rising rates of obesity are increasingly tough on individual’s overloaded backs. A majority of spine care professionals agree that obesity plays a major role in back pain. Doctors report that people are coming in because of back pain caused by their obesity.

In addition, the daily demands put on mothers of small children often result in minor back or shoulder pain, that can have serious effects both physically and mentally, suggests a well known and prominent *Acupuncturist*. Prevention is better than cure and most health providers offer useful tips on how to avoid pain and strain when picking up babies and toddlers. Plus the wisdom of a basic exercise program to strengthen the arms and lower back is vital to anyone that plans to carry an infant around even for a short while.

Is There A Natural Alternative?

In spite of the billions of dollars spent by the large drug manufacturers in marketing and advertising their products, the average person is becoming more and more aware that their own reliance on pharmaceutical solutions to their aches and minor pains may not be the optimum answer.

A variety of side effects may be the price that they have to pay for their sometimes desperate search for pain relief. Natural treatment and natural relief of everyday aches and minor pains may offer a better solution with fewer side effects.

We need to look at natural treatments and natural products to solve the problems we created for ourselves. If we will, we’ll soon see the benefits of using a natural approach as our bodies respond favorably with no side effects.

The answer for your aches and minor pains may come from a patented all natural COX-2 inhibitor capsule called **Relief First™** and a soothing topical cream called **Relief First Cream™**. Both products are a popular alternatives that have no side effects.*



Relief First Cream is a soothing, nourishing cream. This “new generation” of cream formulas is non-greasy, free of harmful dyes and does not have that strong, offensive medicine smell.

Relief First Cream contains rice bran oil, aloe vera, an herbal blend of yucca, glucosamine derivatives, MSM (Methylsulfonylmethane), hyaluronic acid, grape seed extract, ginger, menthol, colloidal silver, rose oil and emu oil that helps drive the unique ingredients directly through the skin to nourish the problem area.

Relief First™ as a dietary supplement is designed not to interfere with other pharmaceutical drugs as they are all from natural plant sources and dietary ingredients. People allergic to Sulpha may take Relief First which has natural COX-2 inhibitors and is not a chemically synthesized compound.*

Relief First™ Capsules – A Patented, Nutrient Dense Whole Food, Joint Health Product!
Relief First - A joint health product so unique the ingredients are protected by 4 separate U.S. patents!*

- Joint Health: U.S. Patent No. 6,902,739
- Lipid Health: U.S. Patent No. 6,126,943
- Cholesterol Health: U.S. Patent No. 6,733,799
- Blood Sugar Health: U.S. Patent No. 6,350,473

Relief First – A Patented, Nutrient Dense “Whole Food” Joint Health Product!

The **Relief First** patents were based on the discovery that the base ingredient; a stabilized rice bran derivative (NutraMix 3000™) fortified with other potent phytonutrients and antioxidants worked synergistically creating an enhanced effect which was greater than the individual compounds acting alone or additively. Combining the ingredients made the final product more unique which may help to provide more immediate action and may require a lower dosage to be effective.* With these unique ingredients, the **Relief First** capsules are considered to be a potential candidate possessing excellent immune enhancing properties for promoting joint health.*

Relief First- Nutrient Dense “Whole Food” Synergistic Ingredients:

NutraMix 3000™: A proprietary stabilized rice bran derivative that contains a vast spectrum of various phytonutrients, vitamins and minerals, as well as high quality omega-3 fatty acids, and hypoallergenic rice protein. Stabilized rice bran is a rich and natural source of phytosterols and sterolins which may help to improve immune function and may help as a natural Cox-2 inhibitor.*

Phytosterols: Beta-sitosterol and its glycosides may help to improve immune function, joint health and may help as a natural Cox-2 inhibitor.*

Gamma-oryzanol: Acts as an antioxidant that may help to promote a proper inflammatory response.*

Tocotrienols: May help to inhibit prostaglandin synthetase activity. This process may help to promote a proper inflammatory response by assisting the suppression of pro-inflammatory cytokines and helping elevate anti-inflammatory cytokines.*

Tocopherols: Provides antioxidant support.*

Minerals: Magnesium and other trace minerals may help to increase absorption of calcium that may help in the health of bone mineralization.*

Proteoglycans: The collagen matrix may be synthesized from the amino acid pool and polysaccharide units from the stabilized rice bran derivative.*

Polyphenols: Ferulic acid, tocopherols and gamma-oryzanol present in stabilized rice bran are potent anti-oxidants which may help in joint function.*

Omega-3: Omega 3 fatty acids in rice bran products may help to enhance the anti-inflammatory cytokines and inhibit pro-inflammatory cytokines.*

Yucca: Is derived from the root of the yucca plant and is one of the strongest natural pain relievers known. Yucca’s active principle is a rich saponin which may help to enhance the DHEA (dihydroepiandrosterone) levels and assist in reducing the cortisol levels which may help to promote a proper inflammatory response. Yucca extract is approved by US FDA as a natural

food adjuvant under title CFR 172.510. These components may help to relieve pain around the joints, improve joint function and ease mobility.*

N-Acetyl Glucosamine (NAG): Helps support healthy joints and other connective tissues by providing high quality glucosamine, a naturally occurring compound in all connective tissues. Supports the synthesis of proteoglycans, which are key building blocks in the formation of connective tissue and may aid in the synthesis of hyaluronic acid, a major constituent of synovial fluid which may enhance the lubrication and mobility of the joints.*

Methylsulfonylmethane (MSM): A natural compound derived from plant source that have been widely used to support joint health and relief of minor pain. MSM is a sulfur donor for the synthesis of collagen. MSM may help to promote proper inflammatory response and assist in maintaining the synovial fluid which may help in lubricating joints.*

Ashwagandha Root Powder: A natural and powerful prostaglandin synthetase and COX-2 inhibitor that may help to inhibit collagenase, elastase and hyaluronidase which dissolves the collagen, hyaluronic acid and elastin that are very crucial for the function of the joint cushion.*

Boswellia Root Powder: A natural and powerful herb that may help to inhibit prostaglandin synthetase and act as a natural COX-2 inhibitor.*

Ginger Root Powder: Derived from plant sources, ginger is a powerful antioxidant that has powerful anti-inflammatory effects that may help to promote proper inflammatory response.*

Curcumin: Derived from plant sources, curcumin may help to inhibit phospholipase-A2 and thereby assist in the reduction of the release of arachidonic acid that may help to promote proper inflammatory response.*

To ensure you're getting the most from life, you may want to handle your joint discomfort and everyday aches and minor pains with a natural set of products, **Kit #1 - Relief First Kit** contains both **Relief First Capsules** and **Relief First Cream**. By the way, always consult your health provider should you suspect a more serious condition.*

Kit #1 – Discomfort Relief Kit



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Reminder: If you have any questions, including health related concerns consult the health provider on this website if they are your personal provider or your local health provider or emergency room if conditions warrant.

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*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.