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BEATING THE PAIN GAME

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BACK PAIN

THE
BRAIN-PAIN
CONNECTION

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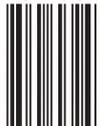
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 **betternutrition**
healthy living guide

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BEATING THE PAIN GAME

Whether it's a backache, sore muscles, or arthritis, everyone experiences pain at some point. Fortunately, most of the pain we experience is fleeting. But, for an estimated 100 million Americans, pain is a part of daily life—making it more prevalent than diabetes, heart disease, and cancer combined! For those suffering from chronic pain, even everyday tasks can be challenging. In fact, one study that appeared in the *Journal of the American Geriatrics Society* noted that people in their 50s who suffer from chronic pain can have the physical limitations of pain-free people in their 80s!

To find relief, many people reach for aspirin, ibuprofen, or other non-steroidal anti-inflammatory drugs (NSAIDs). Yet, while over-the-counter and prescription pain relievers can temporarily interrupt pain, most come with undesirable side effects including an increased risk of gastrointestinal problems, liver damage, and even heart attack—and some may actually worsen the problem by inhibiting the healing process. It is so serious that a report in *The American Journal of Medicine* revealed that more than 107,000 people in the U.S. find themselves in the hospital each year due to complications from NSAIDs.

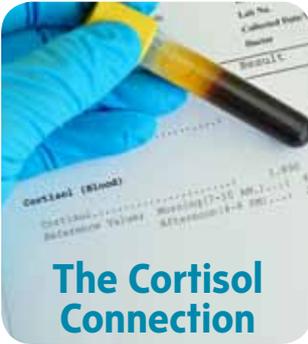
Instead of popping handfuls of potentially harmful pills that provide only short-term relief, this guide will give you the tools you need to relieve your pain and more. In the following pages, you'll learn about nutrients and botanicals that can help you heal your body and kick pain to the curb. Plus, you'll discover the best ways to eat and move to help ease existing pain and help prevent it in the future.

 **healthy living guide** betternutrition

Chapter One

The Power of Pain

The word ‘pain’ is thought to originate from the Old French word “peine” (sentence) and the Latin word “poena” (punishment). If pain is a part of your life, it may indeed feel like you’ve been sentenced to an unfair punishment. The first step toward alleviating pain is to understand the intricate brain-body interaction that occurs when you suffer from an injury or other physical damage.



The Cortisol Connection

According to one clinical trial highlighted in the journal *Brain*, people with chronic back pain have higher levels of the stress hormone cortisol. The researchers found that this correlated with a smaller hippocampus (the area of the brain that governs emotion, memory, and the autonomic nervous system) and stronger pain signals—leading them to speculate that being chronically stressed may also contribute to chronic pain. One well-documented way to ease chronic stress is with the adaptogen ashwagandha. During one randomized, double-blind, placebo-controlled trial, those taking the herb experienced marked stress reduction and lower blood cortisol levels after just 60 days.

Pain in the Brain

To best understand how to deal with pain, we first need to understand what pain is. The definition of pain is: “An unpleasant sensory and emotional experience associated with actual or the potential for tissue damage.” Did you catch that? Pain isn’t just a physical response; it is an emotional response. Technically, pain is the result of a series of signals involving the peripheral nerves, the central nerves within the spinal cord, and the brain. The level of pain that you experience is actually generated in your brain through a number of factors.

You have millions of nerve endings called nociceptors in your skin, bones, joints, muscles, and the protective tissues around your internal organs. When nociceptors detect a harmful stimulus, they relay their pain messages along a peripheral nerve to your spinal cord and brain. When the pain messages arrive in the brain, they are directed to the thalamus – a kind of central switchboard deep within the brain. The thalamus forwards the pain messages to two other structures of the brain, the cerebral cortex and the limbic system. The cerebral cortex is the part of your brain in which thought occurs, while the limbic system mediates the brain’s emotional response to events and stimuli. Combined, these two brain structures are responsible for your physical and emotional response to pain.

While these messages are in the brain, it combines the new information with past experiences, emotions, fear, anxiety, stress, and more to create the pain experience. This combination of past and present could be why each person reacts differently to the same type and intensity of pain. In other



words, while tissue damage and inflammation play a role in pain, the brain determines how a person experiences that pain. And all of this occurs in the blink of an eye.

Fortunately, Chinese researchers have found that corydalis, a specific herb native to the Zhejiang province contains an alkaloid called tetrahydropalmatine (THP) that can influence the nervous system and reduce this pain response. Clinical studies suggest that Corydalis can reduce nerve pain in 78 percent of the study participants. Other research has found that this compound is also effective for headache and PMS pain. Calming the anxiety associated with pain allows your brain to express a lower level of pain.

The Role of Inflammation

Pain is also a result of inflammation. When you are injured, the body responds with COX-2—technically known as cyclooxygenase-2—an enzyme that speeds up the production of certain chemical messengers called prostaglandins which play a key role in promoting inflammation and increasing the sensitivity of pain receptors. While this can be a good thing in the short-term and aid in healing an injury, chronic low-level inflammation is thought to contribute to chronic pain.

In one study, published in *The Journal of Neuroscience*, researchers at the University of Toronto discovered that inflammation increases a protein responsible for persistent pain. This may cause the brain to remember and mimic the pain long after the source or stimulus has been removed. A raft of more recent studies suggest that ongoing inflammation in the brain may be an underlying cause of chronic pain. Making matters worse, many modern lifestyle choices—a diet high in pro-inflammatory foods, sedentary habits, smoking, and alcohol abuse—can prolong pain by stoking the fires of low level inflammation throughout the body.

Chapter Two

Relieve Joint Pain

It can start as just a little stiffness when you wake up. But over time, that morning stiffness in your joints turns to pain. Making matters worse, cold, damp weather amplifies painful joints, turning everyday activities—taking a walk or climbing the stairs—into a difficult task. Welcome to the challenges of chronic joint pain.

Joints are the places where bones come together to allow coordinated movement. There are 206 bones in the human skeleton and the vast majority of them come together in joints, where a cavity filled with fluid separates the bones from each other. Cartilage—the spongy tissue on the end of each bone—cushions the connection and helps keep everything moving smoothly. But if you have osteoarthritis (OA)—the most common cause of joint pain—cartilage begins to break down, causing bone to rub against bone. The result is inflammation, pain, and stiffness. Luckily, there are some simple strategies that can relieve the symptoms of OA, compliments of Mother Nature.

Keep Moving

It may sound counter-intuitive, but one of the best things you can do for creaking joints is to exercise them. That's one reason why exercise is often prescribed for people with arthritis. In one analysis of 13 randomized clinical trials, British researchers found that both walking and engaging in muscle-strengthening exercise improved disability and reduced pain in those with osteoarthritis of the knee. More recently, scientists in the Netherlands and the U.K. reported that regular exercise is both safe and effective for patients with arthritis of the hip or knee.

What you eat can also have an impact on the severity of joint pain. Pro-inflammatory foods like refined sugar, dairy, gluten, and vegetable oils high in omega-6 fatty acids

A photograph showing a person's hands resting on their knee, suggesting joint pain or discomfort. The person is wearing a light-colored t-shirt and dark shorts. The background is a blurred outdoor setting with trees and sunlight.

7

The number of days some studies have documented improvement among patients taking NEM.

can worsen your symptoms. However, a diet filled with colorful fruits and vegetables provides antioxidants that can counteract inflammation and may help protect cartilage. Fatty fish high in omega-3s also help tame joint-damaging inflammation by creating anti-inflammatory bioactive lipids called resolvins.

Joint-Saving Supplements

Supplements can also help to tame the chronic inflammation that affects joints. Two of the best are boswellia and eggshell membrane.

Boswellia is an Ayurvedic herb that has been used for millennia to treat inflammatory diseases, including arthritis. Studies show that boswellia inhibits the synthesis of leukotrienes, the agents responsible for inflammation. Not only has boswellia withstood the test of time, there is strong scientific evidence supporting its use. In one double-blind, placebo-controlled study, patients were given either boswellia or a placebo for eight weeks. By the end of the study, those taking the herb not only reported a reduction in pain and inflammation, they also experienced an increase in flexibility and walking distance. But be aware that typical boswellia supplements are not well absorbed by the body. Luckily, a proprietary form of boswellia extract, found on labels under the name of Boswellin PS, has been developed that combines beneficial boswellic acids with a water soluble polysaccharide fraction from the gum resin of *Boswellia serrata*.



Curtail Pain with Curcumin

Whether it's your joints, your lower back, or the muscles in your arms and legs, curcumin—the highly pigmented compound from the curry spice turmeric—can effectively quell both pain and inflammation. With a long history of medicinal use in both Ayurvedic and Traditional Chinese Medicine, curcumin is a safe and effective alternative to NSAIDs and other pain medications.

Studies show that curcumin downregulates specific enzymes involved in inflammation, including the COX-2 enzyme. It also inhibits the metabolism of arachidonic acid and targets inflammatory compounds secreted by the immune system. Because of these actions, a growing number of athletes are relying on curcumin supplements to tame post-workout muscle pain.

However, much of the research into curcumin's pain-relieving powers center around the compound's ability to ease arthritis pain. Two studies that followed a total of 150 patients with osteoarthritis found that a daily dose of curcumin significantly reduced painful symptoms by 58 percent and improved the ability to walk within three to eight months.

The subject of more than 80 published clinical studies, Curcumin C3 Complex is standardized and patented to contain the three most important curcuminoids found in curcumin at specific ratios: curcumin (70-80%), bidehydroxycurcumin (2.5-6.5%), and demethoxycurcumin (15-25%). Another formula—Curcumin C3 Reduct—that contains the curcumin metabolite tetrahydrocurcumin (THC) boasts longer and cumulatively strong antioxidant activity. Plus, unlike non-steroidal anti-inflammatory drugs like ibuprofen, these unique forms of curcumin won't cause gastrointestinal side effects and have positive effects on both liver and kidney health.

Science Says . . .

The most researched curcumin extract in the world, numerous studies have shown that Curcumin C3 Complex confers a host of benefits, including:

- 20 times better bioavailability than other forms of curcumin
- Contains only active curcuminoids
- Clinically shown as safe for long-term use
- Shown to work on numerous factors that contribute to the pain experience
- Helps to regulate inflammation
- Unlike non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, protects the entire body from free radical damage
- Provides liver support
- 68% of all peer-reviewed research on curcumin uses C3, including studies at the National Institutes of Health and MD Anderson.
- Recently shown in the journal *Phytotherapy Research* to lessen osteoarthritis pain and stiffness better than other forms of supplemental curcumin.

Studies show that this enhanced form of boswellia is absorbed better by the body and is more effective against inflammation than standard boswellia supplements.

Natural Eggshell Membrane.

Researchers have found that the thin membrane that lines the inside of eggshells is a rich source of several substances that can keep joints healthy. Some of these components include well-known joint nutrients like collagen, glucosamine, chondroitin, and hyaluronic acid, as well as lesser-known nutrients like dermatan and keratan sulfate. Because natural eggshell membrane (NEM) provides these substances in combination, they work synergistically to effectively reduce symptoms. This was shown in a study designed to irritate joints during exercise in 60 adults.

Those taking the 1 per day clinical dose of NEM reported considerably less post-exercise joint pain compared to those taking a placebo. Another randomized, double-blind trial of 67 patients found that NEM provided relief from both joint pain and stiffness compared to placebo at 10, 30, and 60 days. In fact, one-third to one-half of the subjects experienced a more than 50 percent reduction in their pain and stiffness by the end of the trial.

Other studies have found even better results. In one open-label clinical trial, natural eggshell membrane decreased pain by 72 percent in just 30 days! What's more, nearly half of the participants reported that they were pain free when the study ended. The eggshell membrane also increased flexibility by 44 percent and decrease the pain associated with limited joint range of motion by an impressive 76 percent. But not all eggshell membrane supplements are the same. NEM is the original eggshell membrane supplement and has far better and far more solid research backing up its efficacy.



Chapter Three

Managing Back and Muscle Pain

Living an active lifestyle is a good thing. But, whether you're a do-it-yourselfer around the house or a weekend warrior at the gym or on the playing field, taxing rarely-used muscles can cause microscopic injuries to the muscle fibers and connective tissue, which often leads to next-day soreness and stiffness. Being active can also trigger back pain or shoulder pain. While most of these aches and pains only last a few days, ignoring your pain, routinely pushing past your limits, or even some nutrient deficiencies can leave you with sprains, strains, or long-term structural problems.

Magnesium: The Muscle Mender

Delayed onset muscle soreness (DOMS) is perhaps the most common type of muscle pain. Triggered by extreme exercise or overuse, it typically develops 12 to 24 hours after an activity that places unaccustomed stress on muscles—and once it hits, it can last for up to 72 hours. One common misconception is that DOMS is the result of lactic acid buildup. The truth is, DOMS is actually a side effect of the repair process in response to microscopic muscle damage. If you experience DOMS, ice the affected area several times a day. Instead of taking ibuprofen, which may actually delay muscle repair, opt for magnesium. Magnesium is essential for proper muscle function because it acts to relax them.

Magnesium is involved in more than 325 physiological functions in the body and it's essential for healthy muscles and bone. If you are deficient in magnesium your muscles can be abnormally tight and you may experience muscle cramps or even muscle weakness. The good news is that taking supplemental magnesium can help you recover from muscle aches and cramping. Just be aware that, because taking too much magnesium at once can cause loose stools, it's best to start with a low dose



Herbal Help

Herbs have a long history of use for pain relief, especially in Traditional Chinese Medicine. Three traditionally effective herbs are angelica, white peony, and skullcap. New research suggests that ferulic acid—a major compound in angelica—may block the sensation of pain, especially nerve pain. Scientists have discovered that white peony contains paeoniflorin—a compound with antispasmodic and anti-inflammatory effects—which may account for its ability to alleviate abdominal pain, PMS discomfort, and muscle cramping. And skullcap has been found to relax the nervous system, reduce pain, and ease muscle spasms and cramps. While each of these herbs helps to short circuit pain when used individually, they are even more effective when taken together.

Bone Builders

Maintaining a strong skeleton can also help prevent pain. Yet as we age, we lose vital bone—setting us up for painful spinal conditions or fractures. Pairing a calcium-rich diet and weight-bearing exercise with the following bone-smart nutrients can help keep your structure strong.

Calcium is the best-known bone nutrient and it's essential for proper bone formation. An inadequate supply over a lifetime plays a significant role in the development of osteoporosis. Taking supplemental calcium has been conclusively shown to slow post-menopausal bone loss and reduce the risk of fracture. But not all calcium supplements are absorbed and utilized well in the body. One highly absorbable and bioavailable form is calcium derived from eggshells. Naturally high in transporter proteins that boost absorption, clinical studies show that eggshell calcium reduces pain and osteoresorption while increasing both mobility and bone density.

Magnesium isn't just for muscles! This mineral is essential for bone strength and firmness. In one clinical trial conducted at Purdue University, a group of menopausal women were given magnesium supplements to assess the effects of magnesium on bone density. At the end of the two year study, the magnesium supplements appeared to prevent fractures and resulted in a significant increase in bone density. Other research suggests that supplementing with both magnesium and calcium can also increase bone size by improving bone metabolism.

Vitamin D, in the form of cholecalciferol or D3, is the key to healthy calcium absorption. Clinical trials show that women who consume supplemental vitamin D have a 37 percent lower risk of hip fracture.

Vitamin K2 plays a critical role in maintaining bone density by helping to shuttle calcium from the bloodstream into the bone. Research using a specific proprietary form of K2 called MenaQ7 has also found that supplementation not only increases the markers for bone formation, it helps to prevent the breakdown of bone. Better yet, vitamin K2 reduces the incidence of hip fracture in both men and women over the age of 50. Check labels for MenaQ7 for proven benefits.

Boron is essential for the proper metabolism and utilization of calcium, magnesium, and vitamin D. When the body has an adequate amount of boron, less of these critical bone-building nutrients are lost through the urine.

of 200 mg per day. And since magnesium can have a relaxing effect, try taking it at bedtime to not only nourish your muscles but foster a good night's sleep.

Magnesium isn't the only mineral your muscles need. Without enough potassium, you may experience muscle cramps. Eating a diet that's low in this key electrolyte or taking a diuretic (drugs used for high blood pressure or sometimes weight loss) can create a deficiency that may result in leg cramps or post-exercise muscle cramps. The best way to ensure you're getting enough is with potassium-rich foods like avocados, bananas, beans, dark, leafy greens, and fish. Since the body doesn't store magnesium, it's also smart to take a magnesium supplement. To optimize absorption, choose a supplement that contains magnesium amino acid chelate and magnesium glycinate. Also, look for a magnesium supplement that includes potassium.

Back Attack

One of the most common types of muscle pain is back pain. According to researchers at Johns Hopkins University School of Medicine, low-back pain affects 80 percent of people at some point in their lives. Often, it's triggered by something as simple as a muscle strain or spasm. Yet back pain can also be caused by osteoarthritis, spinal degeneration, skeletal irregularities,



obesity, smoking, stress, or even poor posture.

The bad news is that if you have a sore back, there's no magic bullet to make it feel better. In most cases, however, the body heals itself. Because the majority of back-pain episodes improve on their own, one of the most popular recommendations doctors make is self-treatment. One common home remedy is applying cold compresses several times a day for two to three days, then switching to hot pads on the sore area for brief periods to relax the muscles. Gentle exercise, such as stretching, swimming, walking, yoga, and movement therapy, might also speed recovery and is especially important for those who suffer from chronic low back pain.

Recent studies have found that magnesium can also ease low-back pain. But this multitasking mineral may do more for an aching back than simply relax the muscles. One study, which appeared in the journal *Anaesthesia*, reported that magnesium supplementation reduced the intensity of pain and improved mobility by blocking the sensitivity of key receptors in the spine.

Keep Going



Your muscles will be ready to go when you are, if you give them the nutrients they need to work their best. REDD Remedies Muscle Ease™ supplies the magnesium needed to maintain healthy muscle function. It also provides important mineral nutrients, potassium and magnesium, and other natural ingredients that promote muscle relaxation.*

Stay Strong



Bone is living tissue, and your bones need vital nutrients to keep them strong, to support you and protect your internal organs. REDD Remedies Bone Health Advanced™ supplies your bones with bioavailable Eggshell Calcium (ESC®), essential vitamins and chelated rice protein minerals (magnesium and boron) that help strengthen bones.*



**Nurturing
Whole-Body
Balance**

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Chapter Four

Other Painful Conditions

While joint pain, muscle aches, and back issues affect everyone at some time in their lives, other types of pain are triggered by chronic underlying conditions such as peripheral neuropathy and gout. Fortunately, there are natural ways to effectively manage these painful conditions.

Peripheral Neuropathy

If you've ever gotten a charley horse or banged your funny bone, you know how painful it can be. But if you suffer from peripheral neuropathy, these odd sensations aren't just an occasional nuisance. They can be a way of life. Peripheral neuropathy can cause tingling and burning in the hands and feet, numbness in the legs, muscle weakness, and cramping. These sensations result from damage to the peripheral nerves—an intricate network of nerves that connect the central nervous system (the brain and spinal cord) to the muscles, skin, and internal organs. The ulnar nerve that runs through your funny bone and the sciatic nerve that goes down the leg are peripheral nerves.

If the peripheral nerves are damaged, the normal messages that travel from the brain to other parts of the body are interrupted. When this communication is short-circuited, it causes a progressive deterioration in both the small and large nerve fibers. When the small fibers are affected, people often have the feeling of “pins and needles” in their lower extremities. Large fiber neuropathy may result in loss of reflexes and motor dysfunction such as weakness, unsteadiness, and balance problems.

The B vitamins are critical to the structural integrity of the lipids (fats) within the myelin sheath that insulates nerve fibers. Research has found that many diabetics and alcoholics are especially deficient in vitamin B12. A clinical trial that appeared in the journal *Internal Medicine* showed that B12 reduced the tingling, burning, and heaviness common to the condition.

Alpha lipoic acid (ALA) can also help ease symptoms. In a joint randomized placebo-controlled study by the Mayo Clinic and Moscow's Russian Medical Academy for Advanced Studies, ALA “significantly and rapidly” reduced both the severity and frequency of diabetic neuropathy symptoms. A second double-blind, multicenter trial involving 328 diabetic patients with peripheral neuropathy found that pain, burning, paresthesia, and numbness in the feet decreased significantly in just 19 days among those taking the ALA.

Two other nutrients—acetyl-L-carnitine and phosphatidylcholine (PC)—also work to support healthy nerve fiber structure and myelin sheaths. In fact, maintaining PC levels is particularly important since this unique lipid makes up 76 percent of the myelin sheath.

Historically, herbs have also played a role in treating peripheral neuropathy. Traditional Chinese Medicine has used phellodendron and cang zhu atracylodes to

move “qi” (energy) throughout the body. Chinese skullcap and turmeric promote healthy immune function thanks to their potent antioxidant potential. Combined with the above nutrients, these herbs may help reduce those painful sensations and promote healthier nerve function.

Gout

Gout is triggered by the buildup of uric acid that, in turn, causes painful inflammation in the joints. Over time, crystals with needle-like projections begin to form and get stuck in the joints. The body responds with even more inflammation, and the area becomes swollen and painful. Sometimes there are so many crystals collected in one place that they form irregular lumps called tophi that can interfere with joint movement. These tophi most frequently attack the joints at the base of the large toe.

One sweet solution to gout is cherries. A clinical study at Boston University found that cherry consumption was associated with a 35 percent lower risk of gout attacks regardless of gender, weight, or food and alcohol intake. Another study in the *Journal of Nutrition* found that cherries lowered levels of plasma urate and the inflammatory markers C-reactive protein (CRP) and nitric oxide.

Cherries work thanks to their high anthocyanin content. Additionally, both sweet and tart cherries seem to have an ability to help normalize uric acid levels through enzyme-moderating actions in the liver.

But as effective as cherries are for gout, it's even better to pair them with natural anti-inflammatories like ginger and quercetin which also foster healthy uric acid levels. Adding herbs like boerhavia root extract and couch grass extract nourishes the kidneys so they are better able to process uric acid.



Uric Acid?

With potent antioxidant properties, supportive herbs and a 10:1 concentrate of cherries, REDD Remedies Gouch!™ helps you maintain healthy uric acid levels. Gouch! is formulated to nourish the kidneys, support healthy uric acid metabolism, and support healthy immune system function. It helps bring your body back into balance.*



Barefoot Feels Good!

The main job of the peripheral nervous system (PNS) is to serve as the communication relay between the brain and spinal cord, and the limbs and organs. Healthy function of the PNS is essential to a full, active life. REDD Remedies Nerve Shield™ supplies nourishing vitamins, amino acids and other natural ingredients that help keep your nervous system strong.*

**Nurturing
Whole-Body
Balance**



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YOUR ACTION PLAN FOR PAIN-FREE LIVING

DIET

- ★ **Eat away inflammation** that can contribute to pain by loading up on dark, leafy greens like spinach, kale, and arugula.
- ★ **Add a serving of fatty fish** like salmon or tuna to the menu twice a week for a healthy dose of omega-3 fatty acids.
- ★ **Trade in sugary treats** for naturally sweet fruits packed with pain-taming antioxidants.

HEALTHY HABITS

- ★ **Always pay attention** to your pain. It's your body's way of telling you that something may be wrong.
- ★ **Keep moving** with joint- and back-friendly exercises such as yoga, cycling, or water aerobics.



SUPPLEMENTS

- ★ **Curtail painful inflammation** with a bioavailable and active curcumin supplement like **Curcumin T4** by **Redd Remedies**. On the go? We love their Curcumin T4 Chewables because they contain Curcumin C3 Reduct, a proprietary form of the nutrient that contains 95% tetrahydrocurcuminoids for even more powerful activity.



- ★ **Stiff, painful joints?** Adding joint-specific nutrients to your supplement routine can enhance flexibility and range of motion while supporting the structural health of your joints. Just make sure you choose a comprehensive supplement that includes a bioavailable form of boswellia and natural eggshell membrane like that in **Joint Health Advanced** from **Redd Remedies**.



- ★ **Give sore muscles a break** with **Muscle Ease** by **Redd Remedies**. A blend of magnesium, potassium, angelica, white peony, and skullcap, this synergistic supplement relaxes muscles as it supports healthy muscle function.



- ★ **Got gout?** While a bowl full of cherries might sound like a tasty solution, a smarter way to get their gout-busting benefits is with a supplement. Our favorite is **Gouch!** by **Redd Remedies** because it contains a brilliant blend of concentrated cherry fruit extract, boerhavia, couch grass, ginger, and quercetin to support healthy uric acid levels and kidney function.



- ★ **Guard against nerve pain**, especially if you are at high risk for peripheral neuropathy due to an underlying condition like diabetes with **Nerve Shield** by **Redd Remedies**. Designed to support healthy myelin sheaths and optimize circulation, just 2 tablets daily can effectively protect your peripheral nervous system.



- ★ **Keep your structure strong**, especially as you age, with the specific nutrients that support bone health. We like **Redd Remedies' Bone Health Advanced** because it provides a readily absorbable combination of eggshell calcium, magnesium, boron, and vitamins D3 and K2 for comprehensive bone support in one convenient supplement.

Start moving again.

Feel Better. Live Better.™

Get results in 7-10 days from Redd Remedies Joint Health products, featuring whole-food NEM® - Natural Eggshell Membrane. NEM supplies all the nutrient building blocks you (and your dog) need to maintain healthy cartilage and connective tissue, including chondroitin, hyaluronic acid, collagen and other glycosaminoglycans. Enjoy comfortable mobility with flexible and healthy joints!*



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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS

Natural Eggshell Membrane delivers the whole food nutrients necessary for healthy joint structure.* Joint Health Advanced includes whole fruit antioxidants and extracts of Boswellia, used in the Ayurvedic and African traditions, and Turmeric, one of the most respected herbs in the Ayurvedic and Chinese traditions.



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Advanced Turmeric Formula

Feel Better. Live Better.™



Curcumin T4™ is a unique approach to the complex nature of stress on our bodies. Our exceptional formula, in both capsule and chewable tablet forms, offers a whole-body solution that provides support to four targets: joint,* muscle,* stress* and the brain.* Enjoy life again!

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FROM A GLOBAL PERSPECTIVE | NOTES FROM OUR FORMULATORS

Curcumin T4™ formula combines herbs used for centuries in the Chinese and Ayurvedic traditions. In order to hit our four Targets of Joint, Muscle, Stress and Brain, we include special extracts of Phellodendron, Cang Zhu Atractylodes, Ashwagandha, Corydalis and feature the biologically active Curcumin C3 Reduct.®



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