



Vol. 2 No. 9

## Soothe Painful Muscles & Joints with Massage and Essential Oils

### Massage Therapist Works Wonders with Essential Oils

Even after several years of working with Young Living™ essential oils in her practice, massage therapist Merry Iliev continues to be thrilled and moved by the power of therapeutic-grade essential oils. Mrs. Iliev, a massage therapist and physical therapy aide, is a staff member at the Brighton Institute of Physical Therapy in Beverly Hills, California. She has observed many patients transformed when their pain is erased - sometimes in just one or two treatments - with massage and Young Living essential oils.

Merry was first convinced when her own intense pain disappeared after a single application of an essential oil. During a very heavy work schedule, her right hand, arm, shoulder blade and upper back became increasingly painful. She was so stiff and sore she couldn't sleep at night. After applying **Thieves™** essential oil blend with a carrier oil, she literally forgot about her sore back, waking up the next day with no pain at all.

Since that event, Merry confidently reaches for certain essential oils knowing they'll help her provide relief for her clients.

While not everyone will experience such dramatic results, these testimonials are intended to give hope,



Three essential oils frequently used for easing muscle and joint pain.

encouragement and a starting point for those seeking relief from pain.

### Arthritic Joints Relieved

Merry's own brother has extreme stiffness and pain from arthritis in his fingers, arms, shoulders and upper back. The first time Merry massaged him with **Peppermint** oil, his pain was relieved immediately. He ordered a bottle of Peppermint right away so he could apply it himself as needed.

### Immobile Lower Back Releases

A young woman came to Merry for massage therapy with an unusually painful lower back that was "hard as metal." The pain was relieved during her first massage with an essential oil. Additional treatments kept her pain from returning.

### How Essential Oils and Supplements Can Help Manage Pain

Those who want to quit using aspirin and other over-the-counter pain relievers because of their potential health risks may find their discomforts safely soothed by essential oils.



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**Peppermint** is one of the most effective essential oils for blocking pain. In one study that compared the effectiveness of Peppermint oil to acetaminophen for headache pain, Peppermint "efficiently alleviated tension-type headaches and...was a well tolerated and cost effective alternative to conventional therapies." (Gobel et al., 1996)

Peppermint inhibits smooth muscle contractions by blocking calcium influx into the muscle cells, thus blocking the transmission of pain signals. (Forster et al., 1980; Giachetti et al., 1988)

Two essential oil blends from Young Living are well known by users for their pain-relieving properties. The first is **PanAway™** a blend of Wintergreen, Clove, Helichrysum and Peppermint. The eugenol in Clove has a long history of use for pain relief in dentistry and for rheumatism, arthritis and headaches.

The second blend is **Relieve It™** is a blend of Spruce, Black Pepper, Hyssop and Peppermint. Conifer oils such as Spruce have traditionally been used for topical relief of

## RADIANT HEALTH NEWS

rheumatism and arthritis. Black Pepper relieves muscle aches, pain and stiffness by dilating blood vessels and bringing additional circulation to the area.

### Common sense precaution

Young Living essential oils are highly concentrated. When applying topically, dilute one or two drops of essential oil in one tablespoon of pure vegetable oil. If any skin irritation results, add more carrier oil or discontinue use. Special note: Thieves oil is a blend of "hot" spice oils, so test skin sensitivity first.

### Supplements May Help to Reduce Pain from the Inside

Three of Young Living's nutritional supplements are highlighted here - BLM, Sulfurzyme and Coral Sea. If taken together, these supplements work synergistically to nourish and build the health of our musculoskeletal systems.

#### BLM™

Formulated from the most potent, natural ingredients known, BLM protects your mobility and the health of your Bones Ligaments and Muscles.

Key ingredients include Collagen Type II, MSM, glucosamine sulfate, manganese citrate and the essential oils of **Clove**, **Idaho Balsam Fir** and **Wintergreen**.

**Idaho Balsam Fir** is one of the richest sources of limonene, a powerful antioxidant that may help ease stress and tension in joints and in the musculoskeletal system.

#### Sulfurzyme™

MSM, a key ingredient in Sulfurzyme, has been proven to be extremely effective in relieving pain, especially tissue and joint pain. MSM is a source of organic sulfur, shown to reduce the inflammation of arthritis, relieve muscle spasms, improve blood flow and deliver biologically active sulfur to the joints.

Because MSM is not absorbed well unless it is taken with high levels of Vitamin C, amino acids and protein, Sulfurzyme includes Chinese wolfberries which contain all three!



Trio of YL supplements that may ease joint and muscle pain.

How MSM works to control pain: When fluid pressure inside the cell is higher than the outside pressure, pain is experienced. The MSM found in Sulfurzyme equalizes fluid pressure by affecting the protein envelope of the cell so that water transfers freely in and out.

#### Coral Sea™

Coral Sea is a powdered calcium supplement containing organic sea coral infused with 58 trace minerals. Coral Sea helps maintain and support normal joint and bone function.

To find the essential oils and supplements that can help relieve your pain, you may need to try different oils and combinations. Consult with your Young Living distributor for more information.

Product Name	Code # Size	Customer Price
Peppermint essential oil	#3614 15 ml	\$22.70
PanAway essential oil blend	#3390 15 ml	\$70.04
Relieve It essential oil blend	#3411 15 ml	\$39.47
BLM supplement	#3234 90 caps	\$50.00
Sulfurzyme supplement	#3241 8 oz powder	\$54.93
	#3243 300 caps	\$71.71
Coral Sea supplement	#3207 8 oz powder	\$69.37

### QUESTIONS?

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**8529**

### Radiant Health News

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