

Other conditions which may benefit from a similar nutritional approach include: Strains, sprains, joint damage, degenerative joint disease (osteoarthritis), cosmetic surgery, wound healing and autoimmune skin diseases.

MUSCLE SPASM, PAIN AND INFLAMMATION



TOPICAL LINIMENT

A traditional Chinese liniment used for centuries in China, topical liniment contains specific herbs and essential oils such as wintergreen oil. Applied topically this liniment will provide relief from muscle pain, swelling and bruising and also speed recovery. Talk to your Practitioner about how to apply this liniment.

FOR RELIEF OF MUSCLE SPASMS, PAIN AND INFLAMMATION

- Eat a healthy diet containing a wide variety of foods.
- Ensure magnesium and calcium intake is sufficient.
- Relax muscles by taking herbs such as valerian root and passion flower.
- Use pain relief drugs sparingly.
- Use nutritional supplements to speed recovery, and apply a topical liniment.
- Use appropriate nutrients to promote muscle, joint and cartilage repair.

References available upon request.



RECOMMENDATIONS AND TREATMENTS FOR MUSCLE SPASM, PAIN AND INFLAMMATION

For more information ask your Practitioner about treatment for Muscle Spasm, Pain and Inflammation.



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MUSCLE SPASM, PAIN AND INFLAMMATION

Diet and nutritional supplements can provide powerful pain relief.

WHAT CAUSES MUSCLE PAIN?

Following an injury, muscles tighten causing pain and soreness. Most of the pain, however, is not directly related to the injured muscle. It is a result of the surrounding muscles trying to compensate for the injury. You unconsciously tense these muscles to prevent any sudden movement of the injured area. The 'overuse' of these muscles leads to muscle fatigue and pain. The neck and shoulder areas are common sites of muscle fatigue. Whether your muscle pain is a result of injury, tension, stress or some other cause, the strategy for relief is the same, the muscles must relax so that the normal healing process can occur.

HOW YOUR MUSCLES FUNCTION

Muscle contraction and relaxation is controlled by electrical signals. These signals originate in your brain, then travel via the spinal cord and nervous system to each muscle cell. There, electrical signals trigger a chemical reaction that initiates muscle contraction.

In a short time however, swelling can become harmful and may hamper circulation to the area and impair healing. Fortunately, the body has a natural mechanism to reduce inflammation and swelling.

Some people use powerful drugs to inhibit the swelling. But remember, some swelling is part of the healing process. Completely stopping the swelling may slow the healing rate. A happy medium needs to be reached. Your goal is to maximise the healing rate while minimising the injury pain. With the use of nutritional products recovery time can be reduced.

NUTRITIONAL SUPPORT

Many different vitamins and minerals are involved in muscle function, so it is very important to eat a good diet, chosen from a wide variety of foods.
(Ask your Practitioner about the best diet for you.)

MAGNESIUM AND CALCIUM

The minerals magnesium and calcium are particularly important for muscle function. Magnesium and calcium work directly on the muscle cells to relax any tense or sore muscles. Without these nutrients muscular movement would be impossible. If there is an inadequate amount of these minerals or an imbalance between them, the process of muscle relaxation is impaired and they become tight and knotted.

ANTI-INFLAMMATORY SUPPORT

A specific combination of three herbs, Rosemary, Olive leaf and Hops have been scientifically shown to have anti-inflammatory activity, decreasing the activity of immune cells that cause inflammation and pain.

HERBAL TREATMENT

Studies have shown that various herbs contain substances which help to gently and naturally relieve muscle tension and pain. Valerian root and passion flower are two herbs which are known to be particularly powerful. In addition to relieving muscle pain and tension, they also encourage relaxation.

A combination of magnesium, calcium and muscle relaxing herbs are a great benefit to tense, sore muscles and can help with spinal adjustments.

JOINT AND MUSCLE REPAIR

With injuries and joint pain a nutritional formula can significantly help repair the affected tissue. To support connective tissue a formula with the combination of amino acids, minerals, herbs and cartilage precursors is ideal.

These nutrients aid the growth and repair of damaged connective tissue associated with skin, tendon, ligament and cartilage damage. Proline, the main component of collagen, appears to have a significant ability to repair ligaments and tendons.



When a muscle or ligament is injured, your body immediately begins to produce chemicals important for the healing process. These chemicals cause pain, inflammation and swelling. Swollen tissue is partially immobilised, to help you avoid further injury. In addition, the swelling brings more blood and nutrients to repair the injury.

There are different forms of magnesium. The fastest acting is magnesium diglycinate and when combined with other nutrients such as carnitine, taurine and glutamine it promotes fast relief of spasms, pain and inflammation.

Silicon is also necessary for connective tissue reconstruction.

Your Practitioner may prescribe liquid bovine tracheal cartilage, which contains a full spectrum of nutrients (including glucosamine sulfate and chondroitin sulfate) for connective tissue and cartilage repair.