



Fitness Facts

Ease Pain Without Pills

(NAPSA)—Taking pain relief for daily aches and sprains used to be a casual choice. Swallow a few pills and forget about it. Up until last year, doctors typically prescribed a modern class of drugs called COX-2 inhibitors to relieve arthritis. Then the FDA warned that COX-2 drugs could cause heart problems for some. Non-prescription pills for aching joints and muscles, such as aspirin, acetaminophen and ibuprofen, raise fewer health concerns but do not offer immediate relief because they have to be absorbed into the bloodstream.

Here is where non-pill pain relievers offer a quick advantage. Many times, when you push too hard or overdo it on exercise, you can ward off swelling and pain if you act immediately with the first aid remedy known as RICE. This stands for rest, ice (brief applications), compression and elevation. But, if you wait too long and the pain of a stiff neck or sore arm sets in, it's time to try a soothing salve. Applying a wintergreen-based topical analgesic, such as Thera-Gesic® Pain Relieving Creme, can soothe and bring fast relief. Wintergreen is a time-tested pain reliever and counter-irritant that several Native American tribes used in herbal form to treat arthritis and rheumatism.

Applied right where it hurts,



You don't have to let joint pain keep you from your daily activities and doing what you enjoy.

medicinal wintergreen oil (methyl salicylate), combined with menthol, produces a warm skin sensation and helps relieve pain that directly targets muscle and joint tissue. The menthol is used for its analgesic properties and fosters healing to improve muscle mobility. An important aspect of pain relief creme is that it can be washed off after the soothing action starts and will continue to provide hours of comfort.

RICE and topical pain relievers offer quick temporary relief for deep-seated muscle and joint soreness. Topical cremes can be used by themselves or in combination with oral medication and work without many modern health concerns.

For more information, go to www.thera-gesic.com.