



Category 12
Hygiene, Muscle and Skin



GOODFORYOU
GOOD FOR LIFE

1st Choice Cream
(120 ml) #260409

Description: **First Choice Cream** is no ordinary cream, it has been developed from some of the most effective herbs that have been traditionally chosen for their effectiveness in treating inflamed and painful joints, tendons, sprains, bruises, and arthritis. Conditions that have responded well to **1st Choice Cream** have been: tennis elbow, carpal tunnel syndrome, soreness after spinal manipulation, fibrositis, sprains, strains, and arthritis.

Contents/Ingredients	Traditional Therapeutic Action
Arnica	Contains an important component that is called helenalin. It is a potent anti-inflammatory agent , and works by a new and totally different mechanism than the anti-inflammatory drugs prescribed by physicians. The molecules found in Arnica have unique and potentially useful, anti-inflammatory properties. Arnica is useful for reducing the pain and swelling associated with sprains and bruises.
Ruta	The herb of grace has an affinity for the small joints , especially the wrists, knuckles, ankles, knees and lower back. Ruta is for injuries to the bones (especially the outer shell, or periosteum). It is the first remedy to consider for ganglion (a type of cystic tumor, most often seen in the wrist). After a blow or injury to a bone, a hard or fibrous nodule may form at the site of injury. Conditions that have responded well to Ruta include: tennis elbow, carpal tunnel syndrome, soreness after spinal manipulation, fibrositis and sprains and strains
Peppermint Oil & Eucalyptus Oil	It has anti-inflammatory properties. As well as being very soothing and penetrating allowing the herbs to get deep into the tissue where it is needed. Because of its anti-bacterial properties the cream is kept preserved.
MSM	A natural solution to pain at the DMSO clinic at Oregon Health Sciences University, MSM has been used in the treatment of many patients who have reported benefits with the following conditions: degenerative arthritis, chronic back pain, muscle pain, fibromyalgia, tendinitis and bursitis, carpal tunnel syndrome, post traumatic pain and inflammation.
Glucosamine	Occurs naturally in joint structures. Its primarily used to help form the cushioning ingredients of joint fluids and surrounding tissues, thickening synovial fluid, making it more elastic, repairing damaged arthritic joints , and creating more support for joints. It helps the body repair damaged and eroded cartilage and then protects these areas from further damage. It is currently prized primarily for its efficacy in arthritic conditions, contributing to the reduction of arthritic joint pain and the repair of the joint surface.
Chondroitin	It is like a fluid magnet, which helps to hold the lubricating fluids around the joints and cartilage. It protects existing cartilage from premature breakdown by inhibiting the action of certain "cartilage-chewing" enzymes. Chondroitin stimulates the production of proteoglycans, glycosaminoglycans, and collagen, the cartilage matrix molecules that serve as building blocks for healthy new cartilage. Chondroitin works synergistically with Glucosamine and together they enhance the benefits of each other. Together they enhance cartilage repair and improve joint functions. Areas of greatest therapeutic effects are for Synovial fluids, muscle tissues, tendons and ligaments, dehydrated inter-vertebral discs, inflamed discs and sciatica, degenerated joints and inflamed joints.
Hypericum	It is useful for painful wounds, with pains shooting from injury along the nerves. It is the main remedy for bruised or damaged nerves. The spine is rich in nerves as well as fingers, toes, so any injury to the coccyx, spine, or crushed fingers think first of hypericum.
Capsicum (Cayenne)	It is used in many formulas for pain relief of arthritis, and as a cleanser.
Comfrey	Promotes the knitting of bones and fractures.
Glycerin	A soothing vegetable oil that helps to promote healing and reduce inflammation.
Aloe Vera	Anti-inflammatory, contains 39 essential minerals and vitamins. It has high oxygen carrying capacity.

SUGGESTED DOSAGE: As frequently as required.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.