



Discover a World Without Pain...Naturally

NOXICARE

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Message from Dr. Ghorbani

September is national pain awareness month and the American Pain Foundation has launched its "virtual march" on Washington and the 10,000 Voices campaign.

Without leaving your home, you can help support those in pain by submitting your story online, or by clicking to send a letter to your legislator to help end chronic pain in women. The targeted letter writing campaign is intended for legislators on committees to convene a Congressional Hearing focused on chronic pain conditions that disproportionately or solely impact women including TMJ, chronic fatigue syndrome, endometriosis, and fibromyalgia. The Hearing would be a first step to raise awareness of the need to expand federal research on these conditions.

If you would like to help, I encourage you to visit the APF website. Have a wonderful, pain-free September.

Reza Ghorbani, MD

Follow Noxicare on Twitter and "Like" us on Facebook for exclusive content, product giveaways and contests!



The Trouble with NSAIDs

According to recent studies, over-the-counter (OTC) drug abuse is on the rise. Since 2000 there has been a fourfold increase in abuse of cold medicines and pain relievers. Non-steroidal anti-inflammatory drugs (NSAIDs) are the third most commonly intentionally overdosed medicine. NSAIDs generally contain analgesics (fever-reducers) and can relieve pain. Members of this group include ibuprofen (such as Advil), aspirin (such as Bayer), and naproxen (such as Aleve).

As a whole, OTC NSAIDs are known for these two common adverse effects: gastrointestinal, such as nausea, vomiting, dyspepsia, gastric bleeding or ulcers, and diarrhea, as well as renal effects, such as hypertension and water or sodium retention. These side effects certainly occur with abuse, but may even occur with normal usage, especially if the person taking them is very young or very old.



Most of the OTC topical creams are anesthetics and have no anti-inflammatory properties, which can be a very short-lived solution to the problem of localized pain. Prescription and OTC topical NSAID creams may often contain anti-inflammatory properties as well as fever-reducers. However, these creams fall into the anesthetic category and can be short-term solutions as well, and the absorption of these chemicals into the body can cause adverse side effects. What's more, the few well-known prescription anti-inflammatory topical creams on the market are very expensive and may be out of reach for many Americans.

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NSAIDs, continued from page 1...

Acetaminophen, such as Tylenol, is not an NSAID but is a fever and pain reducer. From the many news stories we've seen over the years, acetaminophen has its own set of side effect problems. It has been said that acetaminophen overdose is responsible for the greatest number of drug overdose hospital admissions in developed countries.

Noxicare was created to solve problems such as these. It relieves the three most common types of pain that people have (inflammation, muscle aches and nerve pain) with no known side effects, overdose issues or addiction worries.

Because I treat patients with all types of pain, I have prescribed NSAIDs in the past. However, my patients have found that a natural product like Noxicare can work as well or better than a typical NSAID without a prescription, without side effects, and without a high price tag.

Review spotlight – Ms. Fitness USA Nikki Crawford

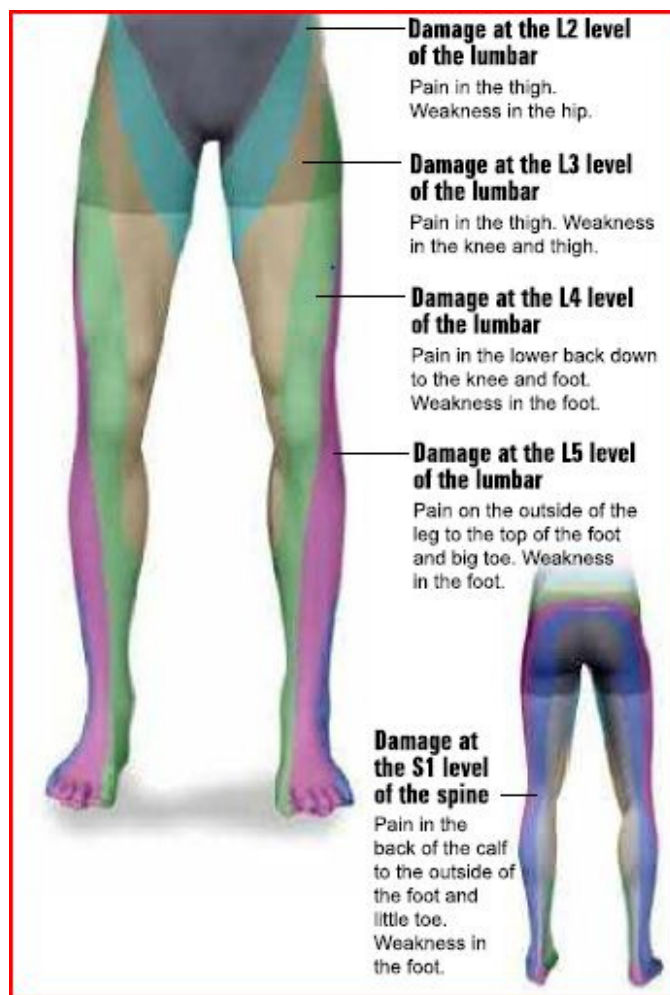
Nikki Crawford, 43, is the epitome of fitness, having been crowned the new Ms. Fitness USA Champion in August 2010. Nikki works out often and occasionally suffers from neck and lower back pain. We love the fact that Nikki wrote about her Noxicare experience on our website completely unsolicited.

"I wanted to thank you for sponsoring the Ms Fitness USA contestants with your Noxicare product. I am one of the older contestants and a mother of three children. I have my share of aches and pains and love your product. I was excited to be named the Ms Fitness USA Champion this year! I am so thankful to have your product to use to keep me going pain free."

Let's Talk Sciatica

Sciatica, or lumbar radiculopathy, is a common type of pain affecting the sciatic nerve, a large nerve extending from the lower back down the back of each leg.

Sciatica usually affects one side of the body. When a lumbar root is injured in the lower back, pain, weakness, numbness or tingling may be felt in one side, depending on where the nerve is affected, and can travel to the buttocks, leg or foot. This is the pain we call sciatica.



Sciatica can occur when there is a narrowing of the spinal canal, pinching a nerve root (spinal stenosis), when there is degenerative disc disease or bony spurs that may occur with age, or through a herniated disc. Other common causes for back pain are being overweight, not exercising regularly, wearing high heels, or sleeping on a mattress that is too soft.

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Sciatica, continued from page 2...

Your doctor can tell you why you have sciatica after conducting tests such as x-rays, MRI scans, CT scans or nerve conduction studies. Depending on the severity of your sciatica, your doctor may prescribe Noxicare or another anti-inflammatory medication, oral steroids, or epidural steroids to help with inflammation relief. Physical therapy can also help prevent recurring episodes of sciatica. Basic life changes, such as weight loss or a change in footwear or sleep patterns can greatly assist some sciatica sufferers. Finally, surgery may be warranted if the sciatic nerve pain is severe and relief has not been attained by other means.

"I have sciatica that flares up once in a while and the pain is terrible. The creams and potions that are applied to get rid of the pain can be a real stinker! I used one cream that burned my skin so badly I wanted to cry. So when I was asked if I would like to do a Product Review and Giveaway for Noxicare I jumped at the chance to try their Natural Pain Relief Cream! I love that this product contains not just one, but seven of the world's most potent natural pain relievers! It's not heavy or greasy! It rubs right in, and guess what? It doesn't stink :) As a matter of fact, it has no scent at all! Just use a generous squeeze 2 or 3 times a day to the affected area and rub in for relief of symptoms, in my case occasional back pain and sciatica. I'm happy that I don't have to take anything systemic to relieve my pain and I'm thrilled to be using a product that's all natural!" – Leslie L., blogger.

Vitamin World, Cure Shop New Retailers

Noxicare welcomes Vitamin World as a major new retailer. Vitamin World is carrying Noxicare in 25 of its stores (to start!) and it will soon be offering Noxicare online at Vitaminworld.com as well. Noxicare is a natural addition to Vitamin World's vast offering of top quality personal health and nutrition products.

We also welcome The Cure Shop, between 60th & 61st Streets in New York City. They now carry Noxicare Natural Pain Relief Cream and Tablets. Rejoice New Yorkers!

Get Noxicare Free

We've got another Noxicare giveaway going on at Mommies Angels blogspot. Just sign in for your chance to win one of 3 full-sized tubes of Noxicare absolutely free. Pain is the only thing you have to lose. This giveaway ends October 8th – visit the [blog](#) today!

Blogger Tori J. reviewed Noxicare had this to say about her experience with Noxicare cream (edited for space): ***"A couple years ago I fell down the stairs and broke my sacrum on my spine. About 6 months later, I found out I had fibromyalgia as well and slight scoliosis and spinal bifida. My back is pretty messed up. I deal with a lot of pain and swelling in my shoulders, hips, wrists, lower back and neck. I am so immune to ibuprofen and Tylenol for the inflammation and pain. I hate taking narcotics but sometimes I need the meds to help. When I heard about Noxicare I was all for trying it. I trust a lot of herbal products and had high hopes. Noxicare exceeded my hopes. It helps relieve my pain, tension and swelling, without side affects. Within 15 minutes (of using Noxicare) I felt less pain and tension in my neck and wrist. I love that it isn't greasy and it has no smell. Overall I was very pleased with it and will continue to use it. My mom and husband even use it and are buying their own. If you deal with pain then you need to at least try this out. You will be alad you did. Noxicare has helped me so much!"***



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