

For Heel & Joint Pain



For more information, or to find a local outlet carrying O-J-Soothe, call Magi-Herbs at 800-421-3254 or visit www.magih herbs.com for more information and to use their store locator service.

Be sure to visit www.magih herbs.com/esoft1.html to download free sample chapters of *Foundations of*



Traditional Chinese Medicine, a new book by Michael Kang, president of PCK Technologies, Inc.

>> Case Study

John* in Sacramento, California, works in the delivery service industry, with an emphasis on extensive walking. Approximately three years ago, he was diagnosed with plantar fasciitis. John says, "I was prescribed pain medication—Vicodin—and took anti-inflammatory medicines which had severe side effects.

"My physician recommended steroids, cortisone shots, and perhaps even surgery to help alleviate my pain. However, after reading a Myti-Herbs O-J-Soothe advertisement, I ordered the product. After my second dosage of O-J-Soothe, I felt significant relief from my plantar fasciitis. I take two capsules after every meal. I no longer take Vicodin. I instead rely solely on O-J-Soothe to reduce my chronic pain."

*Last name withheld to protect privacy.

The most common cause of chronic heel pain is plantar fasciitis. Plantar fasciitis is an inflammation of the plantar fascia. Some patients with this condition may have a heel spur. Heel spurs are soft, bendable deposits of calcium that are the result of tension and inflammation in the plantar fascia attachment to the heel. Heel spurs do not cause pain, but indicate that a patient may have plantar fasciitis.

In Western medicine, some of the causes of heel pain are thought to include inadequate flexibility in the calf muscles, lack of arch support, being overweight, suddenly increasing activity, and spending too much time on the feet. Although heel pain may be helped by rest, ice, and stretching, no effective Western medical remedies are known. Surgery is a last resort and may result in more harm than good in 50 percent of patients.

In TCM (Traditional Chinese Medicine), heel pain is regarded as one of the chronic musculo-skeletal system disorder symptoms, which include painful, swollen, deformed, non-flexible or stiff joints and muscles, but without an open wound or bone fracture.

The causes of these symptoms may be:

Injuries: strain, tear, or sprain of a muscle, tendon, or ligament, especially older or long-standing injuries.

Autoimmune disorders such as RA (rheumatoid arthritis).

Degeneration of bone, cartilage, or tendon sheath, as evidenced by pain in joints, limbs, and knee, shoulder, neck, waist and back areas, due to bone spurs, bursitis, prolapsed disc, osteoporosis, arthritis, or osteoarthritis.

Musculo-skeletal inflammations due to chemicals, toxins, injuries, or autoimmune disorders.

In Western medicine, these symptoms are usually treated by painkillers (i.e., salicylates, aspirin, etc.), corticosteroids, or COX inhibitors, all with well-known side effects.

In TCM, these symptoms indicate clots or tissue debris hindering microcirculation of blood, ineffective blood component production, or deficiencies in the endocrine (low Ying or Yang) and immune systems. Also, toxins due to biological or chemical sources could be the causes of infection and inflammation.

O-J-Soothe is a proven herbal TCM formula to relieve the above symptoms. This 100 percent natu-

ral herbal formula is based on effective Chinese decoctions and has no known side effects other than possibly increasing the user's libido due to improvement of adrenal function. O-J-Soothe consists of 39 natural herbs. Please visit www.magih herbs.com for a list of all ingredients.

MAIN ACTIONS

The natural herbs work synergistically to help normalize the endocrine system, improve Qi and the immune system, improve blood component production and microcirculation, and clean clots, debris, inflammation, retained body fluids, and toxins from antigen-antibody complexes or drugs in the joints and musculo-skeletal system.

The principle of action of O-J-Soothe is to promote the recovery of the human body's own immune system and restore function to the degenerated joints. It is a completely different action from that of the NSAIDs (nonsteroidal anti-inflammatory drugs), including common painkillers, which are analgesic by blocking nerve signals; the COX inhibitors such as Vioxx or Celebrex, which inhibit the production of inflammatory enzymes to relieve inflammation; or the corticosteroids, which hinder the immune response to block pain. Therefore, the results of O-J-Soothe are felt more slowly but are more lasting and without the dreaded side effects of the above drugs.

Warning: Do not take O-J-Soothe during pregnancy, high fever, or bleeding, for joint/muscle pain occurring with red-hot skin, a bone fracture, or an open wound, or in acute disease. For certain kinds of joint pain with skin-redness or heat, one may use MytiHerbs' Q-O-Fire together with O-J-Soothe simultaneously to quell the severe inflammation. Certain externally applied pastes or other treatments may be helpful for severe joint pain or deformation. Consult your physician before beginning any nutritional supplement program. n

