



OPTIMAL HEALTH SYSTEMS  
*Where Health Comes Naturally*

# Natural Support for Faster & Safer Relief from PAIN & INFLAMMATION

*Learn about pain and inflammation relieving nutrients!*



***According to all the recent research, chronic pain and inflammation are threatening your health at this very moment, without you realizing it. In this protocol you will learn the causes of pain and inflammation and also discover novel approaches to combat chronic pain and inflammation and help avoid age-related health decline.***

Many Scientists and Doctors worldwide have come to the same conclusion after reviewing thousands of studies and ground breaking new research just released on disease and aging. We know that most – perhaps all – chronic diseases, including aging, have the same trigger; **pain and inflammation**.

Inflammation is a natural process when we get hurt and is initially beneficial when, for example, your lower back hurts and is swollen from working it too hard, or an ankle sprain. However, inflammation can be a bad thing if it is a painful inflammation throughout the whole body. Research has proven that almost everyone has some form of chronic pain and inflammation in their bodies.

Slow recovery from heavy work or exercise, back and neck pain, male prostate issues, female hormone imbalances and early menopause, bloating, lack of energy and focus, inability to maintain a healthy weight, diabetes, heart disease, bowel inflammatory diseases, allergies, cancers, chronic pain, ADD/ADHD,

peripheral neuropathy, migraines, macular degeneration, thyroid issues and even dental issues are all small examples of conditions and daily nuisances that can be caused by chronic pain and inflammation in the body.

Even the United States Centers for Disease Control has come out and stated that of the ten leading causes of mortality in the United States, chronic, low-level inflammation contributes to the pathogenesis of at least seven. These include heart disease, cancer, chronic lower respiratory disease, stroke, Alzheimer's disease, diabetes, and nephritis (*Centers for Disease Control and Prevention*).

Research shows that although some inflammation in the muscle after exercise is important for growth, chronic inflammation can dramatically eat away at muscles causing them to atrophy that can lead to a lack of performance. Reducing chronic pain inflammation is critical, not only to stop disease and premature aging, but also to keep fluid movement and athletic growth at its peak longer.

## What causes pain & inflammation throughout the entire body?

### **Some causes include:**

- Excess body fat especially around the belly<sup>1</sup>
- High processed fat and high calorie meals
- Obesity
- Smoking
- Alcohol
- Excessive stress
- Lack of sleep
- Lack of antioxidants (less than 8 servings of fruits and vegetables daily)

Research shows that one of the biggest causes of inflammation is the non-digestion of foods

because of heavy processing, sugar, cooking and genetic modification. Inflammation is occurring in almost every individual at some level. The higher the level, the increased risk for disease.

Stress induced inflammation triggered by many lifestyle choices, can persist undetected for decades, propagating cell death throughout the body contributing greatly to deterioration associated with the aging process.

(Singh et al. 2011). (Trayhurn et al. 2005; Schragar et al. 2007). (Fried et al. 1998), (Mohamed-Ali et al. 1997 (Ortega Martinez de Victoria et al. 2009, Weisberg et al. 2003). (Nappo et al. 2002) (Peairs et al. 2011). (Myhrstad et al. 2011, Poppitt et al. 2008, Payette et al. 2009 (Mozaffarian et al. 2004) (Lopez-Garcia et al. 2005 (Nielsen et al. 2011, Bendtsen et al. 2011). (Ahmadi 2011; González 2012),(Aranson et al. 2010 (Lee et al. 2011),(Vgontzas et al. 1997). (Trakada et al. 2007) (Pervanidou et al. 2011).

*It is now clear that the destructive capacity of chronic inflammation is unprecedented among physiologic processes*

(Karin et al. 2006 Accessed 2014).

## More Ground Breaking Research

Scientists from *Stanford University*, California, recently showed that people with heart disease, the leading cause of death globally, are most likely predisposed to the disease because they have systemic inflammation that is caused by lifestyle choices. The prestige *Lancet Journal of Medicine* reported 2 studies showing that the inflammation within artery walls is the reason why people with normal or even optimal cholesterol levels suffer heart attacks or strokes, while others with very high cholesterol never develop heart disease.

The U.S. National library of medicine and national

institutes of health stated that "It is becoming increasingly apparent that certain types of inflammatory tissue injury are mediated by reactive oxygen metabolites" (free radicals). They found that oxidation from chemical exposure in the air, water and food along with stress, damages the cells causing pain and inflammation. Specifically, the free radicals caused cell damage altering the protease balance that normally exists in the tissue. Oxidation (free radicals) dramatically speeds up the aging process which includes the skin, eyesight, joints and even your ability to metabolize foods so you can maintain a healthy weight.

## The Answer To Inflammation's Damaging Effects

Specific blood and urine inflammatory markers have been tested creating an inflammatory index. It was found that certain foods and lifestyle choices increase inflammation while other foods, nutrients and lifestyle choices completely rid the body of disease causing inflammation.

Stopping the inflammation is possible with a 2-step approach. First we must realize that there

are things in our environment that cause inflammation that we cannot always control, but there are things that we eat and drink each day that either inflame our systems or reduce the inflammation that we can control. Based on the latest research studies, here is a list of what to do and not to do to get rid of damaging inflammation now.

# Top ten worst foods/habits that create chronic pain and inflammation

## 1 *Eating too much food / Poor digestion*

Too much food causes excess belly fat and when you consume excess calories, you do not digest the food properly. If you can grab more than a small handful of fat around your midsection, you are at risk for a variety of dangerous diseases linked to chronic pain and inflammation. In a recent study, a team from Pennington Biomedical Research Center in Baton Rouge, Louisiana and scientists at the Fred Hutchinson Cancer Research Center in Seattle, Washington found that when men and women lose excess body fat, they had measurable falls in levels of inflammation markers. The more body fat you have, the higher the amount of pain and inflammation. Excess calories are hard to digest and the non-digestion of foods

is the quickest cause of pain and inflammation because the body immediately attacks the non-digested food causing pain and inflammation. Eating more raw foods and taking digestive enzymes with cooked food is your best defense.

## 2 *Processed white flour products*

White breads and pastas break down immediately into sugar, and in turn lead to pain and inflammation. In a 2010 study, researchers found that a diet high in refined grains led to a greater concentration of a certain inflammation markers in the blood, while a diet high in whole grains resulted in a lower concentration of two different inflammation markers.<sup>2</sup>

### 3 Sugar

Sugar in the form of candies, sodas and additives such as corn syrup raise blood sugar which can be converted to fat and creates a huge inflammatory response<sup>3</sup>.

*“During the past 25 years, the average person’s intake of sugar and other natural sweeteners ballooned from 123 to as many as 160 pounds a year. That breaks down to more than 20 teaspoons of the added sweet death per person per day”.*

Sugar in the form of candies, sodas and additives such as corn syrup raise blood sugar which can be converted to fat and creates a huge inflammatory response.

The other problem is that when blood sugar is high, the body generates more free radicals. Free radicals stimulate the immune response, which can inflame the lining of the blood vessels leading to the heart. And the damage doesn’t stop there. Too much sugar can alert the body to send out extra immunity messengers, called cytokines. Switch to stevia which is a natural sweetener that doesn’t cause pain and inflammation.

### 4 Fried Foods

Fried foods create a neurotoxin chemical called acrylamide, which causes extreme pain and pain and inflammation. If you consume a fried food weekly, you will be keeping a constant supply of inflammation that wreaks havoc on your body. The only way to resolve that problem is to bake at lower temperatures. Same for potato chips. To avoid, bake fries in the oven and look for baked chips that don’t contain oil. Organic baked corn chips are a great substitute if it’s a crunch you’re after. When you do have a processed fat, make sure you take an enzyme supplement that has Lipase in it. Lipase digests fat which can then lower the inflammatory response (ask about the Fat • Sugar • Trim Formula that digests body and dietary fried fats and has patented Chromium and Cinnamon to help balance blood sugars).

### 5 Animal meat and purine-laden proteins

This is a tough one for most people to hear but the latest research can’t be overlooked. A new study out of the University of Southern California shows that a high animal based protein diet can increase your risk of cancer **400%**. Cancer is probably the most inflammatory disease known. The problem is the acidity and purine content from animal meats and the protein structure being hard to digest. The acidity creates pain and inflammation and the non-digestion of the meat creates a digestive response that immediately creates system wide pain and inflammation in the gut. Your animal meat consumption needs to be cut down and make sure you take a strong plant digestive enzyme supplement (*such as Optimal 1 Digestion (scan the QR code below)*) containing proteases and peptidases to guarantee full digestion of the meat. Better yet, if you cannot find grass fed beef or hormone free meats, go vegetarian. Try it one day a week and progress from there. **Genetically altered grains** contain hard to digest purine proteins called gluten that can cause pain and inflammation if not digested. The answer is to consume only non-altered whole grains and take a digestive enzyme that has plant protease enzymes designed to digest purine proteins.



SCAN HERE FOR  
INFORMATION  
ON OPTIMAL 1  
DIGESTION



### 6 Nitrates

Nitrates are chemicals found in deli meats and most sausages including most bacon. Nitrates are a cancer-causing chemical that causes pain and inflammation. Worse, we cook animal fats at high temps on the griddle and those crispy black marks that crop up from overcooking, called creosote, are carcinogenic as well. If you do eat animal meats, avoid any meats that have nitrates in them and when cooking on the grill or at high temperatures, use fresh citrus juice (orange, lemon etc.) to eliminate the inflaming radicals that are easily created from high temperature cooked meats.

## 7 Alcohol

Although some research shows a limited amount of red wine a day is beneficial, the research is overwhelming showing that other forms of alcohol and even wine when consumed in excess (more than a glass or two a day) creates pain and inflammation in the body linings starting with your throat all the way through the dozens of feet of stomach and intestinal lining. The Mayo clinic and others have shown that inflammatory markers are very high when alcohol is consumed versus not.

## 8 Soda

Carbonated beverages contain phosphoric or carbonic acid. This acid inflames the body and because sodas are consumed consistently throughout the day, a constant state of acidic inflammation burns through out the body. In addition, sodas contain either sugar or worse yet synthetic sweeteners like aspartame. Both types of sugars increase pain and inflammation and so sodas actually are a double edge sword. The bottom line is that you need to cut out sodas altogether if you want to reduce chronic pain and inflammation, lower your risk of disease and slow down the aging process.

## 9 Additives / food coloring / preservatives

The additives, colors and preservatives put in the packaged foods we eat are lab created chemicals that cause oxidative damage to our cells. Oxidation is better known as free radical damage. These free radicals from these chemicals tear at our cells causing pain and inflammation and a tremendous amount of disease and aging causing damage.

A few names to look to avoid are; Mono-sodium Glutamate (MSG), sulfites, benzoates, and colors named FD&C #“X.” Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients including most candies. Look at labels and try to avoid additives and colorings. Candies and other foods that have natural food coloring from vegetable sources and no additives are becoming more popular and easier to find.

## 10 Lack of sleep and too much stress

**Lack of Sleep** - According to research out of UCLA, a lack of sleep, even for a few short hours during the night, can prompt one's immune system to turn against healthy tissue and organs. Losing sleep for even part of one night can trigger the key cellular pathway that produces tissue-damaging pain and inflammation according to new research. The findings show that you need 7-8 hours a night of good sound sleep. NOTE: chemical sleep aids are not the answer because they can cause pain and inflammation.

**Stress** - A new study provides a better understanding of why chronic stress leads to high levels of inflammation in the body. Researchers found that chronic stress changes gene activity of immune cells before they enter the bloodstream so that they're ready to fight infection or trauma -- even when there is no infection or trauma to fight. This then leads to increased pain and inflammation. This phenomenon was reported by researchers from Ohio State University, the University of California, Los Angeles, Northwestern University and the University of British Columbia. Yoga or at least 10 minutes a day of meditation helps the body relieve stress.



*Deli Meats are full of nitrites, additives and many of them contain MSG*

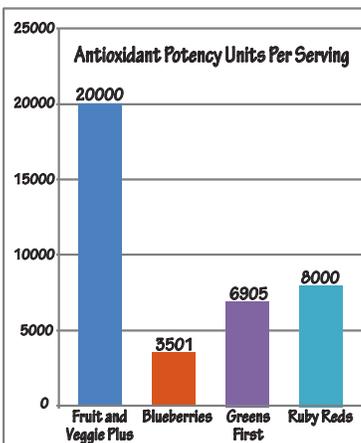
# Top 10 anti-inflammatory foods, nutrients and lifestyle choices

## 1 Vegetables and fruits that have high anti-oxidant and phytonutrient levels

There are 5 main free radicals that cause pain and inflammation and it takes a mixture of high antioxidant fruits and vegetables to ensure the inflaming oxidation of your cells is stopped. Research is very clear that it takes 10 servings a day from a mixture of high antioxidant and phytonutrient rich fruits and vegetables a day to get rid of pain and inflammation.<sup>4</sup> The top fruits and vegetables are; *Dark cherries, Blueberries, Raspberries, Strawberries, Kale, Broccoli sprouts, Spinach, Cranberries, Sweet potatoes, Onions, Pineapples and Carrots.*

If you have trouble consuming at least 10 servings a day of fresh antioxidant rich fruits and vegetables, there is a raw organic and pesticide free extremely high antioxidant powder with over 35 fruits and vegetables you can use to help. Antioxidant potency is rated and the average American gets 1,200 units a day according to the USDA. The "Fruit & Veggie Plus" powder has 20,000 antioxidant units per serving which is the highest on the market per gram of powder.<sup>5</sup>

Scan the QR code below for more information on antioxidants and phytonutrients.



Scan here for more info on Optimal Fruit & Veggie Plus and Phytonutrients



## 3 Plant Based Essential Fatty Acids

Most essential fatty acid products on the market contain fish oils, even though fish get their EFAs from the algae they eat. Using fish oils forces the manufacturer to highly process the oils thus making them more unstable. This can produce an unstable molecule that creates trans-fats that actually cause disease. Why not skip the "middle fish" and go straight to the source, ensuring purity, safety, and absorbability. Optimal E.F.A. contains the only algae-based source of EPA with phospholipids and glycolipids for higher bioavailability than any other plant or animal-based EFAs. This translates into better results for you. Over time, your body absorbs more EPA and DHA found in Optimal EFA's algae-based formulas than omega-3s from krill and fish.

Dr. Tori Hudson, N.D. stated, "Estimates have been given that approximately 80% of Americans consume a diet deficient in essential fatty acids. Essential fatty acids play an important role in producing hormones, cell membrane function, regulating pain, inflammation and swelling, dilating or constricting blood vessels, mediating our immune response, regulating smooth muscle responses, preventing blood clots, regulating blood pressure and nerve transmission, regulating cholesterol levels, and much, much more.



Scan here for more info on Optimal EFA (Algae and plant sourced Essential Fatty Acids)

## 4 Raw nuts

Raw nuts are best but research shows nuts in general are a good choice. Nuts contain specific fatty acids that squelch the inflammatory fires that rage in our bodies. Almonds and Walnuts are a rich source of fatty acids that create DHA and EPA which are two omega-3 fatty acids that help to calm the inflammation. Flax seeds, Macadamia nuts, Hazelnuts and Pecans are great choices also. The new rising seed "Chia" also has a great anti-inflammatory rating, so eat up.

## 2 Salmon

Salmon is an excellent source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two potent omega-3 fatty acids that douse inflammation. Be sure to include some oily fish such as wild Alaskan salmon in your diet twice a week.

## 5 Herbs and spices

There are a number of spices and herbs that show extremely good anti-inflammatory benefits and the good news is that you can just start sprinkling them on your food or drink more of these herbs and spices.

**Green tea** has been the subject of much excitement in the research community as of

late. This great tasting drink contains a natural antioxidant called epigallocatechin-3 gallate (EGCG) not found in black tea. Studies

suggest that EGCG works to stop the production of certain inflammatory chemicals in the body. Try adding some stevia or raw honey to the green tea for a sweet anti-inflammatory drink.



**Turmeric** is being recognized in the scientific literature as the new king of anti-inflammatory nutrients. This herb contains the phytonutrient curcumin that smothers pain and inflammation. Cinnamon is a great tasting spice that helps with pain and inflammation and blood sugar levels. Sprinkle on almost anything.

**Garlic** contains Allicins which are phytonutrients shown to reduce pain and inflammation and lower heart disease risk.

**Basil and Oregano** are easy to use herbs in almost any dish and are a great antioxidant and anti-inflammatory duo.

**Ginger** is a favorite because it diminishes pain and inflammation and has scientific studies backing its ability to relieve stomach issues. We love a happy tummy. Try eating a small amount of fresh ginger at meals to cleanse the palate and reduce stomach upset.

**NOTE:** All of these herbs and spices are included in the Optimal Acute enzyme formula (more on that to come) the Fruit & Veggie powder mentioned earlier and the Essential Protect (scan the QR code on this page).

## 6 Dark Chocolate

This is a favorite healthy choice. 'Good' stomach bacteria break down chocolate and turn it into heart healthy anti-inflammatory compounds, which experts say could reduce your long-term

risk of stroke, according to research presented at the *National Meeting & Exposition of the American Chemical Society*.<sup>6</sup> Pick a Dark Chocolate with at least 70% Cocoa and enjoy in the afternoon and right before bed for a healthy snack.

## 7 More sleep

Getting 7-8 hours of good sound sleep a night reduces pain and inflammation and interrupting that by more than an hour or two increases it. Here are the top tips for a good sound sleep.

- Keep your bedroom completely dark during sleep times. Even a little ambient light can keep you out of deep REM sleep.
- If you can't sleep, immediately sit up and start reading a book. Make sure you can turn off the light without moving far when your mind is calmed and you are ready to sleep.
- Don't eat anything within 2 hours of bedtime and if you do, make sure and take a digestive enzyme supplement with it.
- Exercise for at least 30 minutes during the day but not too close to sleep time.

Remember that prescription drugs are designed to force sleep. If you feel you need to take something, take natural nutrients like Tryptophan, Valerian Root and Hops to help your body settle down for a good nights rest.

## 8 Whole body exercise and stretching

Although excess exercising and serious muscle building can cause pain and inflammation in the moment, a good sound exercise program actually reduces long term pain and inflammation. Our recommendations are to do 30 minutes of resistance (weight) training three times a week along with 30 minutes of aerobic exercise 3 times a week also. This will keep the inflaming fires at bay.

## 9 Micronutrients

Certain micronutrients have tremendous research associated with them showing their ability to lower pain and inflammation or prevent it from happening in the first place.

*Continued*

### Antioxidants and Phytonutrients

These nutrients are the kings of reducing inflammatory reactions in the body and have loads of scientific research. Get more antioxidants by consuming more fruits and vegetables along with the potent **Fruit and Veggie Plus Powder** and the **Essential Protect**. This formula is used commonly for two purposes: 1) Provide an array of highly potent phytonutrients given in therapeutic dosages to support the protection, and 2) Healing tissue ravaged by disease. It contains powerful anti-inflammatories such as Luteolin, Sulforaphane Glucosinolate, Lycopene and Zeaxanthin

Scan here for more info on Essential Protect



## Commercial & prescription anti-Inflammatory drugs versus proven natural formulas

Numerous published studies prove that proteolytic enzymes reduce pain and inflammation as fast as NSAIDs, but far more importantly, they speed up the healing process faster than the drugs themselves. Many studies are listed at the end of the article\*.

A study that proved this on a specific product called **“Optimal Acute”** was performed at the *University of Alberta* by Dr. Fisher, Ph.D., and Trethart. Three groups of athletes were used in the study. When injuries occurred, one group took drug-based anti-inflammatories (NSAIDs), another group took nothing (placebo), and the final group took a specific blend of plant-based enzymes and nutrients found in a formula called ‘**Optimal Acute**’. Here are two graphs depicting the important results from the study.

## 10 Plant enzymes (proteases and peptidases)

You might not have heard about plant enzymes as anti-inflammatories while searching the webs long list of anti-inflammatory articles but you actually have in a way when you see recommendations for papaya and pineapple.

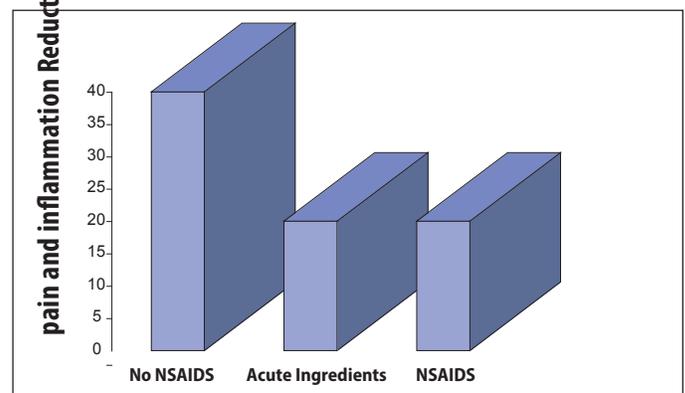
These fruits anti-inflammatory benefits come from their enzymes that have tremendous research showing they reduce pain and inflammation. Papayas enzyme is called Papain and Pineapples anti-inflammatory enzyme it contains is called Bromelain. The exciting news is that plant enzymes specifically grown for their anti-inflammatory benefits have even greater potent effects at reducing inflammatory markers in the body than Papain and Bromelain.

These enzymes are named Proteases and Peptizymes. When looking for anti-inflammatory enzymes, it is important to make sure the label lists all four of these enzymes (Bromelain, Papain, Protease and Peptidase) along with minerals to activate them and whole food vitamin C from Arnica or another food source to help deliver them.<sup>7</sup>

### Graph #1 Acute “Enzymes” pain and inflammation and Swelling Graph

shows the time it took for injury-caused swelling (inflammation) to go down amongst the three groups.

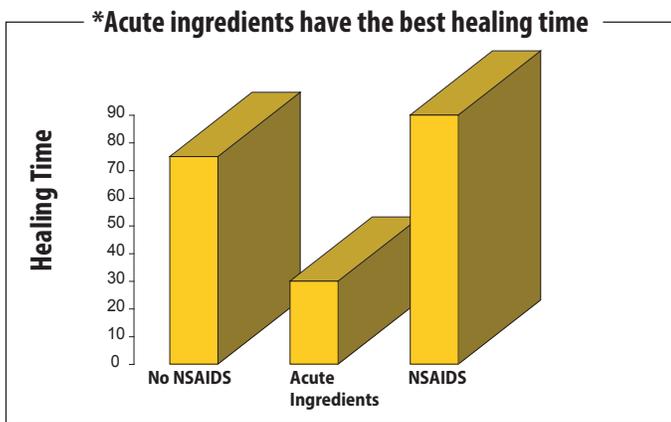
Acute ingredients reduce swelling as well as NSAIDS



Both the NSAID group and the Optimal Acute proteolytic enzyme blend group reduced swelling faster than not taking anything. The 'bad' prostaglandins were reduced both with NSAIDs and the 'Acute' formula when taken orally. The specific enzyme blend used in the University of Alberta study shows that 'Optimal Acute' reduces swelling just as well as NSAIDs.<sup>8,9</sup>

**Graph #2 - Depicts the time it took for the study participants' tissues (muscles and tendons) to fully heal.**

The Acute Formula Group helped "heal" the damaged tissue 200 percent faster than the NSAID group.



Research proves that the detrimental effects from NSAIDs come from the blocking of the 'good' prostaglandins as well as the 'bad' ones,\*\* while the proteolytic enzyme blend in Optimal Acute helped the injury heal two times faster than the NSAID group—with no detrimental side effects. This is because it reduces the pain and inflammation causing bad prostaglandins and boosts the good ones!

**Synopsis:** The exact proteolytic blend of proteases, peptidase, bromelain and antioxidant co-factors found in Optimal Acute reduce swelling at the same speed as NSAIDs (Ibuprofen, Aspirin, prescriptions) and promote full healing **200%** faster than NSAIDs.

**The group that took nothing actually healed faster than the NSAIDs group!**

Scan here for more info on Optimal Acute



## Do you think a Tylenol here and there isn't bad for you?

**A study in *The Journal of the American Medical Association* proves even basic use of Tylenol damages your liver...**

Tylenol's® active ingredient is called "acetaminophen". For years we have taught that this ingredient harms the liver extensively and may even cause death. Now even the medical establishment and peer reviewed journals agree that Tylenol's® active ingredient can cause harm. A study published in the July 5, 2006 issue of the Journal of the American Medical Association proves normal use of Tylenol® may also trigger liver failure! The clinical study showed that using the recommended dose of Tylenol® greatly increases liver enzymes in healthy adults. Increasing your liver enzymes is the first thing the liver does when it is damaged. Then all you have to do is continue to

take more acetaminophen, or any other liver damaging substance like alcohol or excessive amounts of soda, and you will create some huge trouble. Many health professionals refer to the liver as a metabolic sponge, which means it has many metabolic functions within the body and it acts like a big filter. If you don't clean the filter once in a while, you are going to start clogging ducts and pathways, hindering your quality of life.

The **Optimal Half-Day Organ Cleanse Kit** is the most complete, simple and effective system available to clean your filter (liver) and allow a higher level of health to be attained quickly.

## Also known to be beneficial

### Chondroitin

Chondroitin is a major constituent of the connective tissue in your body known as cartilage, which helps cushion your joints and prevent your bones from rubbing against each other. Chondroitin absorbs water and other fluids, which helps keep your cartilage hydrated and healthy. It's taken as a supplement to treat osteoarthritis, a form of arthritis that results from the breakdown of cartilage.

### Glucosamine

Like chondroitin, glucosamine is produced naturally in your body and plays a role in joint health. It helps build and repair cartilage that connects the joints. It's common to take glucosamine alone or with chondroitin for osteoarthritis. Glucosamine possesses anti-inflammatory properties, and data suggests it may help relieve osteoarthritis pain, according to the American Academy of Orthopedic Surgeons.

### MSM

MSM is a sulfur-containing compound that helps support tendons and muscles. Because of MSM's pain-relieving and anti-inflammatory properties, researchers examined whether it had benefits alone or in combination with glucosamine for knee osteoarthritis. In the study, 118 adults with mild-to-moderate knee osteoarthritis took MSM and glucosamine alone or in combination for 12 weeks. Researchers found MSM and glucosamine effectively relieves knee osteoarthritis pain and that the combination of the two produces even better results.

### YUCCA ROOT

Yucca has traditionally been regarded as an anti-inflammatory herb with extracts used to treat arthritis and pain and inflammation. The plant is a good source of various phytochemicals including steroidal saponins with a diverse range of biological effects. It has long been postulated that saponins have anti-arthritic properties because they suppress intestinal protozoa which might play a part in joint inflammation.

Yucca is also a good source of vitamin C, and various polyphenols including resveratrol and other stilbenes with known anti-inflammatory activity. These compounds are also known to exert powerful antioxidant actions which play a significant role in reducing pain and inflammation as well as protecting the body from disease.

Scan here for more info on Optimal Chronic



## Optimal Fruit & Veggie Plus Backed by 9 Government - Approved Claims



### PROMOTES:

- Heart Health
- Healthy Glucose Metabolism
- Healthy Vision
- Healthy Inflammatory Response
- Healthy Brain Function
- Healthy Aging

### SUPPORTS:

- Healthy Immune Response
- Healthy Skin
- Urinary Tract Health

Scan here for more info on Optimal Fruit & Veggie Plus



## CONCLUSION

Chronic pain and inflammation is the great “Silent Killer” that up till now wasn’t understood or talked about much. Thousands of new research studies on many different diseases have all led to the same conclusion that cellular inflammation either causes or seriously increases disease and aging in the body. The great news is that major studies have also identified the main inflammatory markers of foods and lifestyle that create pain and inflammation and the things we can do to eliminate it. Follow the recommendations from this article by focusing on a happy attitude about life,

a clean diet, exercise and supplying the body with the right nutrients. By doing this, we can all lower our risk of pain, inflammation, and disease while we slow down or even reverse the aging process.

**Follow the lifestyle protocols shown and call 1-800-890-4547 today or go to [ohs4life.com](http://ohs4life.com) to order the Natural NSAIDs Pak, the most powerful natural anti-inflammatory enzymes, essential fatty acids and phytonutrients.**

**Start reducing pain and inflammation now!**



1. Washington University School of Medicine. "Belly Fat May Drive Inflammatory Processes Associated With Disease." ScienceDaily. ScienceDaily, 14 March 2007. <[www.sciencedaily.com/releases/2007/03/070313150435.htm](http://www.sciencedaily.com/releases/2007/03/070313150435.htm)>.

2. Whole and Refined Grain Intakes Are Related to Inflammatory Protein Concentrations in Human Plasma<sup>1</sup> J Nutr. Mar 2010; 140(3): 587-594.

3. Sugar-sweetened beverages and risk of obesity and type 2 diabetes: Epidemiologic evidence Physiol Behav. Apr 26, 2010; 100(1): 47-54. Feb 6, 2010. doi: 10.1016/j.physbeh.2010.01.036

4. Diabetol Metab Syndr. 2014; 6: 22. Feb 18, 2014. doi: 10.1186/1758-5996-6-22

Association of fruits and vegetables consumption and related-vitamins with inflammatory and oxidative stress markers in prediabetic individuals

5. Optimal Health Systems Govt. approved structure function claim for inflammatory markers and independent ORAC testing done at New Brunswick labs. Contact admin@ohs4life.com for info.

6. . G. Klein and W. Kullich, "Reducing Pain by Oral Enzyme Therapy in Rheumatic Diseases," Wien Med Wochenschr 149 (1999): 577-80.

7. Deitrick, R.E., MD. "Oral Proteolytic Enzymes in the Treatment of Athletic Injuries: A Double-Blind Study". Eur J Rheumatol Infaslama 1993; 13 81: 7-16 , Pennsylvania Medical Journal 68(10): 35-7

8. Fisher and Trethart (1996) Univ. of Alberta; "proteolytic enzymes and anti-oxidants, when given following acute injury shows a down-regulating effect on the acute inflammatory response"

9. di Giuseppe R, Di Castelnuovo A, Centritto F, Zito F, De Curtis A, Costanzo S, Vohnout B, Sieri S, Krogh V, Donati MB, de Gaetano G, Iacoviello L. Regular consumption of dark chocolate is associated with low serum concentrations of C-reactive protein in a healthy italian population. J Nutr. 2008;138:1939-1945

**Your #1 Secret Weapon to Fight Pain, Inflammation and Disease**

# Natural NSAID Pak

**This powerful new pak from Optimal Health Systems consists of all the recommended nutrients to stay on top of pain and inflammation.**

## Recommended Dosing:

Take 1 Natural NSAID Paket anytime for pain & inflammation.

As needed, take 1 every 3 hours for inflammation reduction and increased healing ability.



- A healthier and safer anti-inflammatory nutritional support than common pharmaceutical NSAIDs
- Nutritionally aids body in reducing inflammation and pain
- Helps improve joint health, the repairing of tissue, and combats disc degeneration



**SCAN HERE FOR ALL THE DETAILS ON THIS AMAZING HEALTH PAK**

## Natural NSAID Pak each packet contains

Product Name	Qty
2 Protease Anti-Inflammatory	62
1 Joint Nutrients	31
1 EFA	31
3 Phytonutrients	93

## Supplement Facts

Serving Size: 1 Packet	Serving Per Container: 31	
	Amount Per Packet	% Daily Value
Vitamin E	402 mg	2,680%
D-Alpha Tocopherol Succinate		
Zinc	10 mg	91%
Bisglycinate Chelate		
Copper	1 mg	111%
Bisglycinate Chelate		
Manganese	11 mg	457%
Manganese Bisglycinate Chelate		
Curcumin	375 mg	**
Stabilized Fatty Acid Blend	500 mg	**
Borage Oil, Flaxseed Oil, Algae Oil		
Glucosamine Sulfate Potassium 2KCL	450 mg	**
EGCG	188 mg	**
From Camellia Sinensis		
Glucosamine HCL	250 mg	**
Turmeric Root	200 mg	**
Curcuma Longa		
Luteolin	75 mg	**
Sulforaphane	38 mg	**
Glucosinolate		
Ginger Root	50 mg	**
Zingiber Officinale		
Chondroitin Sulfate	50 mg	**
Bovine		
Methyl-Sulfonyl-Methane	50 mg	**
Lycopene	23 mg	**
Lutein	15 mg	**
Acerola Cherry Extract	20 mg	**
Malpighia Glabra		
Yucca Root	20 mg	**
Yucca Schidigera		
Opti-Blend™ Delivery System	15 mg	**
Amylase, Protease I, Protease II, Peptizyme SP-Serrapeptase, Lipase, Invertase, Cellulase, Lactase, Phytase, Patented Organic Zinc, Patented Organic Copper, Patented Organic Manganese, Molasses.		
Zeaxanthin	3 mg	**
Black Strap Molasses	5 mg	**
Proprietary Natural Anti-Inflammatory Enzyme Blend	75,000 AU	**
Amylases, Lipases, Protease, Peptizyme SP, Rutin, Bromelain, Papain, Proteases, Amla	100 mg	
Vitamin E	3 mg	**
Plant Based		

\*\* Percentage US Recommended Daily Value For Adults  
 Daily Value Not Established

Other Ingredients: Copper Bisglycinate Chelate, Gelatin, Glycerin, Hypromellose (Capsule), Microcrystalline Cellulose, Plant Based Magnesium Stearate, Purified Water, Rice Flour (Oryza Sativa), Rice Hull Concentrate (Oryza Sativa), Silicon Dioxide, Zinc Bisglycinate Chelate  
**This product is not intended to diagnose, treat, cure, or prevent any disease.**