



Muscle Care – the New Ben-Gay?

So, you have seen all the ointments, gels and creams out there on the shelves claiming to “relieve those muscle aches once and for all.” There are so many and they are all the same.

Who can tell the difference?

Tiger Balm, Icy-Hot, Ben-Gay (Who is Ben...and why is he so happy all the time?)



It’s funny how if I wasn’t an athlete my whole life, or had I not watched the movie *Lucas*, these might as well be names for entrées at a Chinese take-out place.

Well, this is about to change.

I recently had the experience of sampling a new crown jewel on the market called *Muscle Care*.

Dr. Chris Oswald, who has been an expert chiropractor for over 20 years, developed Muscle Care. This muscle genius, as I like to call him, basically created a multi-vitamin for the body. Whether you’re working out at the gym or texting hot babes, this product contains active ingredients that relax the muscle tissue in order to increase blood flow. This ultimately resets the muscle back to its normal resting length which promotes recovery and healing.

Being a skeptic, I had to try it out.

After some extensive research in my lab (500 square foot tuna-can sized apartment), I was able to come up with some conclusive thoughts on the product that I think may take the “sore muscle” market for a whirl...

What’s in a Name?

The first test was the name.

Muscle Care.

The product name says it in plain English. “Your muscles sore big fella? No problem. Here is some CARE...for your MUSCLES.”

Now you don’t have to spend 45 minutes walking around CVS searching for the right ointment while buying fourteen other things in the process (you didn’t need that loufa).

You Smell That?

Next was the smell.

This is a key component of anything that is going to be rubbed on your body. The smell was mild and soothing compared to other brands. This is uber important, because the first thing that comes to mind about most muscle therapy ointments is the nasty smell that permeates deep into your nostrils. Good for sinuses, sure...but not good for much else.

The Official Test

I used both the ointment and the roll-on applicator with gel at two separate times; they applied very easily. I also noticed that, unlike the other creams on the market, you don't get that instant burning sensation, but rather a mild cooling that stays consistent. It was quite relaxing.

The only *con* to this is that you can't play the old "Ben-Gay in the jockstrap" trick.

You remember that one right? Right?!?! You have all done it – don't lie!

Another important feature was that it absorbed VERY quickly, so I was able to throw on some pants (which my neighbors appreciated) and not have to worry about the ointment sticking or staining my clothes. This is due to the presence of *holly berry* (not to be confused with *Halle Berry*), which allows the ointment to absorb in 25 to 30 seconds.

Drum roll please...

Within minutes I truly felt reduced soreness and inflammation. The next morning, I woke up without any loss in mobility to the trained muscles and the soreness was drastically reduced. I applied Muscle Care for the second time that morning and by noon the soreness and pain were gone. My muscles felt loose and my mobility was better than ever.

Final Thoughts and Review

All in all, *Muscle Care* will be my new muscle therapy ointment. Besides the fact that it doesn't smell like a science project or have a funny name – it works, it's safe and it doesn't contain a spectrum of ingredients that I can't pronounce. The ointment contains 12 active ingredients and the roll-on contains 10. Applying it was quick, clean and easy.

Bottom line: Two "Unsore" Thumbs Up!

You want to try it out yourself? You can!

You can find Muscle Care at:

CVS.com and www.muscledandback.com, as well as Duane Reade stores.