



MuscleCare: the safest and most effective topical pain reliever, backed by scientific research

Common chronic pain affects 100 million US adults. The economic cost to deal with pain is approximately \$560-635 million each year. 80% of the population at one time or another suffers from lower back pain.

40 million Americans suffer from Type 2 Diabetes and chronic health issues that include chronic aches and pains. Twenty years ago 80% of the population over 40 had a chance of experiencing back pain on any given day.

Today, if you are 15 and older you have an 80% chance of experiencing back pain. Sedentary

habits simply mean more likelihood of back pain.

Pain is, well, a pain to deal with.

We all suffer from some type of pain at some time.

What can you do to help ease the pain?

Dr. Chris owns and operates one of Canada's leading chiropractic clinics since 1988 and has helped well over 10,000 patients, including many well-known professional athletes, leading business elite and clients from diverse backgrounds dealing with pain on a daily basis.

He is a Chiropractic doctor, author of the best selling *Stretching for Fitness Health*

& Performance and founder of MuscleCare Products. He is also the President of *The Centre for Fitness Health and Performance*.

Dr. Chris has a unique understanding of pain and how to manage it.

Clinical study vs. Scientific Published Data

Ever wondered what the difference is between clinically tested, clinically proven or scientifically tested versus proven in a double blind scientific study published by a peer review journal?

The truth is that anyone can perform a comparative or effectiveness study in a clinical

setting and market their brand as clinically tested.

If I had a product I could call upon a doctor and ask to use his/her clinic where I could have my family and friends try my product and in a completely biased fashion comment on my product's effectiveness. Now that you know this, would you completely trust all clinically tested claims?

Scientifically tested is the "gold" standard for product validity, especially if the test report is published in a scientific peer reviewed journal.

Q: What are my options to deal with pain in a safe and effective manner?

A: Good question-the answer is there are many ways to safely deal with pain.

Common treatments for pain range from over-the-counter pain products to prescription drugs to the last resort of surgery.

Medication is designed to dissociate someone from his or her pain. When used

for short terms they can be beneficial for breaking the pain cycle. When used incorrectly they can become a larger problem than the pain itself.

There are healthier options for pain relief like:

Chiropractic: Manipulation for back and neck pain fall under the CAM or Complimentary or Alternative medical practices. Spinal adjustments for neck and back pain are used by at least 30% of the population. Scientific evidence shows that this type of care is one of the safest and most cost effective for back pain.

Acupuncture: Asian doctors often practice eastern medicine but any health care provider can become certified. It is safe and gentle, and covered by most health care plans. There is more evidence now that is validating its effectiveness for some but may not always work for everyone; particularly when there is more of an underlying

problem.

Massage Therapy: Temporary alleviation of muscle pain when performed by a licensed therapist. Covered by most health plans, is safe, recommended for pregnancy related pain and has better results when combined with Chiropractic.

The better the individual understands his/her pain or condition the better the outcome of whatever treatment path they choose.

Q: What is your professional opinion on topical pain relief products?

A: Dr. Chris did his homework on this topic and hired a research team and a group of chemists to develop a product that could help his patients more effectively.

Now he has offered to share his findings with you...

The outcome of Dr. Chris' research was the creation of Professional Therapy MuscleCare® ("MuscleCare")



MuscleCare topical is scientifically tested and proven, in a published double blind study in a peer reviewed journal

<http://chiromt.com/content/20/1/7>

Walgreens & Duane Reade has embraced innovation in this category

Look for MuscleCare roll-on in the Pain Relief section at all Walgreens

FAQ's

Is MuscleCare safe for use during pregnancy?

Some doctors feel that over the counter pain medicine is safe, but most pregnant women will not risk a possible side effect.

The good news is that in a comprehensive toxicology literature search/report by Dr. Gideon Koren and his award winning research team at Sick Children's Hospital in Toronto Canada have reported that **MuscleCare is safe for use in pregnancy related aches and pains for the mother and the developing baby.**

See our website for the summary of this study – www.musclecare.net

Here is what real people experienced when they tried MuscleCare:

I have not taken a Percocet since I've used MuscleCare. You gave me a tube of MuscleCare to try and I wanted to let you know that I am pain free and walking again without crutches.

I have been applying it every night and used the roll on during the day. I am using the ointment morning and night but have been doing well since I first used it. Saw results immediately! I have not taken a Percocet since and I have been telling all my friends about your product and they have been going out and buying it.

- The first topical that is proven by a third party scientific published study
<http://chiromt.com/content/20/1/7>
- It is natural and has 10-14 active ingredients in a roll-on and cream form
- Doctor developed
- Paraben-free. Dye free as well as absent of petroleum and wax

Authentic results should be reported like this

Don Gibson

What a magnificent product the Extra Strength Roll-On is. I've been using it on the sprain that I have on my left foot, NOTHING take away the pain and the discomfort like your product... 4 days of use and I felt like new! Many Thanks Dr. Chris!

Santiago J.

Here is what pro athletes have to say about MuscleCare...



David Bolland
Chicago Blackhawks
Stanley Cup Champion,
World Junior Gold
Medalist & Memorial Cup
Champion

As a physical player in the NHL the bumps and bruises are endless. From back surgery, to concussions and stiff necks, to the everyday aches and pains of being a checking forward for the Chicago Blackhawks, I can always use a product that helps alleviate the pain

and let me focus on my job. Muscle Care is that product.

I use MuscleCare before and after each game. I usually roll on the gel about an hour and a half before I skate and it really loosens up tense muscles and warms up the body before I play.

After the game I put the cream on and it helps me stretch out and relax my muscles before I go to bed.

I've noticed a big difference in the way my body feels a day after a game, especially when I'm on the road and don't have the luxury of sleeping in my own bed.



Glen "Big Baby" Davis
NBA Basketball player –
Orlando Magic

MuscleCare's all natural pain reliever helps keep me on the court. Not only does the soothing effect

have immediate impact, it gives my tissues the "care" they need to heal.

During a long NBA season, I am glad to have MuscleCare on my team. It blocks my pain, so I can keep blocking the competition.

Be proactive and fight the Pain: use MuscleCare

Use MuscleCare to relieve pain but also use it to help with chronic conditions 2 to 5 times daily to proactively manage and lessen pain, inflammation and spasm to allow the circulation to improve and reset the muscle in its normal resting state to then heal or repair more effectively.

Generally, as the condition improves over the first 1-2 weeks using MuscleCare, there is less need to use as frequently and most use in the morning to start off their day and before bed to help them rest.

[Big Baby on the Effectiveness of MuscleCare](#)

Learn more about MuscleCare:

www.musclecare.net

