

# Got Tender Points?

## Get Tender Point Lotion™

**If you have fibromyalgia, chronic pain, arthritis, exercise soreness and/or any kind of trauma, you most likely have tender points.** One of the easiest and most efficient ways of dealing with these tender points is with an effective topical that can be applied directly to these painful spots, especially if you could see results in 30 days in improved mobility with less pain.

**C**eladrin® is a patented complex blend of esterified fatty acids, similar to DHA or EPA from fish oil. The research reports it influences the inflammatory response to reduce injury and pain. Both oral and topical applications of Celadrin® have a 95.1% absorption rate in the body, proven in a University of Minnesota labeled study.

It's no wonder, then, if you also include arnica and MSM into the formula that benefits abound. Arnica is a plant remedy that's been used for centuries to treat aches, bruises, muscle soreness, joint pain, swelling and inflammation. MSM is short for methylsulfonylmethane, and a naturally occurring sulfur compound found in all vertebrates, including humans. Already well known for joint health, MSM is 34% sulfur (mineral), found in every cellular structure. As such, MSM fights oxidative stress and helps post-exercise soreness and recovery – such as delayed onset muscle stiffness. Now add just a hint of menthol to soothe and “cool” the pain. Finally, place all ingredients in an effective delivery system base like aloe to penetrate skin layers deeply and efficiently.

An extra word about aloe, often dubbed the “burn” plant as it is gentle enough to treat destroyed, sensitive skin, yet strong enough to inhibit skin infection, reduce inflammation and relieve pain. Aloe also closely matches skin pH, improves micro-circulation and skin regeneration as well as moisturizes. What's more, aloe is shown to penetrate skin four times faster than water, making it an ideal vehicle for medicinal use.

Classically, tender points was a term reserved as diagnostic criteria for fibromyalgia (FMS) by the American College of Rheumatology in 1990. During examination, the doctor pressed to a measured degree on the patient's skin to determine if the point was tender. If the patient was sensitive to 11 of the pre-determined 18 common points (along with

other criteria like widespread pain for 6 months or more), the patient was diagnosed as having FMS. Many with FMS cringe at the thought of being pressed upon and doing away with that exam does not diminish those painful spots classic to FMS. Celadrin®, arnica, MSM and aloe may not take away the disrupted pain control. But reducing any pain, especially in associated arthritic conditions or over-exertion, helps calm down the nervous system which in turn may help the overall pain burden.

While we are on the subject of painful “points”, some suffer with trigger points – usually associated with myofascial pain syndrome – recognizable by hard nodules felt within muscle bands. A treatment goal is to restore “smoother” muscles, relaxing “knots” through massage, injections and topicals that reduce the inflammatory response and encourage circulation. So whether you have tender or trigger points, topicals offer therapeutic help.

Just a reminder, healing takes time. In the studies, consistent application of a topical with Celadrin® took 30 days in most people with inflammatory related pain. But if you're looking for something that won't add side effects

and has a safe track record, relief may be within your reach – literally.

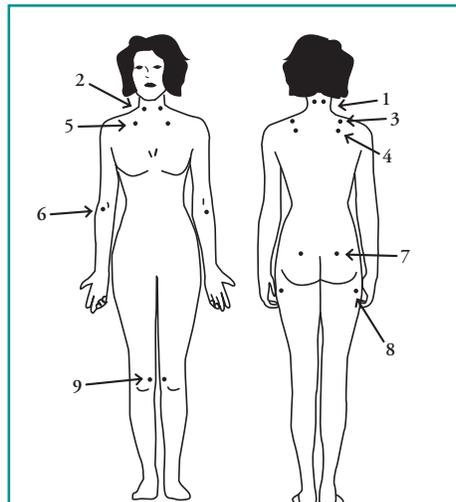
### More Resources in the TyH Online Library

- ◆ Celadrin® Joint Flexibility & Pain Relief
- ◆ Staying Flexible the Celadrin® Way
- ◆ Fibromyalgia, A Discussion of the Pros and Cons of the Proposed Diagnostic Criteria
- ◆ Get with the Program, for Fibromyalgia & SEID

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#### Tender Point Exam

Pressure is applied at a force of 4 Kg and response of pressure must be termed “painful” to be considered positive for a tender point. All tender points are bilateral or found on both sides of the body.