

Active Pain Relief and Muscle Recovery

In this *Terry Talks Nutrition*[®], we're going to look at the best natural ingredients for pain relief and recovery for anyone who has an active life. Whether you are running regular half-marathons or have a weekly game of basketball with your friends, these ingredients are exactly what you need.

Core Pain Relief Ingredients

Curcumin from turmeric is becoming one of the world's leading natural pain medicines. This compound fights inflammation throughout the body, so it is outstanding for treating muscle pain, including DOMS (Delayed Onset Muscle Soreness). I consider it a must-have ingredient for anyone with an active life.

Sports medicine has been taking notice of curcumin for some time. In a double-blind crossover trial, participants started taking curcumin 2 days before a physical workout and continued for 3 days after. Those taking curcumin noted moderate to large reductions in pain and slightly increased performance (due to the pain reduction). The exercises included gluteal stretches, squat jumps, and

single-leg jumps, to get in a variety of controlled movements to replicate the wide range of motions that can cause pain during a workout.

Another recent study found that adult recreational cyclists taking curcumin felt "better than usual" and less stressed on their training days – 2 hours of endurance cycling – versus those taking placebo.

In a study assessing the ability of curcumin to reduce DOMS and muscle damage in healthy adults after downhill running (a standard muscle inflammation physical test), those in the curcumin group noted less pain compared to the placebo group, and there was less incidence of muscle injury. Not surprisingly, markers of inflammation and muscle damage tended to be lower in the curcumin group following exercise as well.

I believe you get the best results from curcumin when it is blended with turmeric oils, which increases its absorption up to 10 times over plain curcumin extracts. Plus, the turmerones found in turmeric oil provide their own anti-inflammatory and cell-protecting power.

Terry Talks



Nutrition

Terry's Bottom Line

Active people don't want to be laid up for weeks with pain and injuries. But over-the-counter and prescription pain relievers cause dangerous side effects and don't really help muscles heal.

I believe you can stop inflammation and pain effectively, without putting your health at risk. The ingredients I recommend will help repair muscle tissue and speed recovery, in addition to stopping soreness. Combined, they:

- Fight pain and inflammation
- Repair muscle damage
- Stop delayed onset muscle soreness (DOMS)
- Speed up recovery from exercise
- Can be used daily, before or after intense physical activity

HERE IS THE FORMULA I SUGGEST:

Proprietary Complex	1,100 mg
DLPA (DL-phenylalanine), Boswellia (<i>Boswellia serrata</i>) Gum Resin Extract standardized to contain >70% Total Organic and Boswellic Acids with AKBA >10%, with less than 5% beta-boswellic acids, Bromelain, Curcumin (<i>Curcuma longa</i>) Rhizome Extract enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Pancreatin (porcine source)	

WHAT IS DELAYED ONSET MUSCLE SORENESS (DOMS)?

Ever feel achy a couple of days AFTER a workout or physically demanding day?

DAY 1

The Workout
You have intense physical activity.



DAY 2

The Calm
You feel tired, but strangely okay.



DAY 3

The Storm of Pain
BAM! You feel incredibly achy and sore. That's DOMS!



More...

1 Sign up for my FREE weekly newsletter or listen to my radio show at: TerryTalksNutrition.com

Active Pain Relief and Muscle Recovery

Historically, **boswellia** (*Boswellia serrata*) is one of nature's most powerful anti-inflammatory medicines. It is a specific inhibitor of 5-lipoxygenase (5-LOX), an enzyme that activates inflammation-inducing leukotrienes.

A recent placebo-controlled clinical study found that people had a greater pain threshold and pain tolerance when taking boswellia. The reason researchers are so interested in boswellia's ability to reduce inflammation is because the conventional options – non-steroidal anti-inflammatory drugs (NSAIDs) – damage the gastrointestinal or cardiovascular systems. And, for that matter, there really aren't any other effective medicines that work through the 5-LOX inflammation pathway. Even curcumin, one of my favorites, doesn't match boswellia on that count.

But commercially available boswellia extracts vary greatly. I recommend a specialized boswellia extract that reduces beta-boswellic acids (which can actually promote inflammation – the last thing you want when recovering from activity or injury) to less than 5% and is standardized for a minimum of 70% of the beneficial boswellic acids, including at least 10% AKBA – the most beneficial compound in boswellia. Unstandardized extracts often only provide as little as 1% AKBA and they don't filter out beta-boswellic acid.

DLPA (also known as d,l-phenylalanine) is a combination of two forms of the amino acid phenylalanine. The combination of these two forms may prevent the breakdown of one of the brain's natural pain-killing substances, enkephalins, which are in the same family as endorphins. It promotes the body's own pain-killing response and improves mood at the same time – both major factors for pain relief and faster recovery.

Enzymes That Boost Your Recovery

Bromelain has long been a favorite natural ingredient for active people. Aside from relieving pain, it helps heal small tears in muscles, tendons, and ligaments, and shortens the inflammatory phase of tissue repair. It has been shown in combination with other supporting ingredients to reduce leg pain and DOMS. An Australian study of cyclists showed that bromelain

WHERE DO WE HURT? EVERYWHERE!

KNEES

Easy to injure by running, hiking, or playing contact sports

ANKLES

Repeated running or the wrong step when hiking causes muscle tears and tendon injuries

ROTATOR CUFF AND SHOULDER

A common site of pain for pitchers, tennis players, or anyone who overstretches

TENNIS ELBOW

Muscle tears are frequent

THIGH MUSCLES

A common muscle complaint for cyclists

supplementation lessened fatigue, even after four days of bicycle racing.

Pancreatin is an animal source of enzymes (protease, lipase, and amylase) that are outstanding for muscle pain relief and recovery. Animal-based enzymes like pancreatin more closely mimic the body's own enzyme activity. Plant-based enzymes don't work in the same way.

In fact, protease supplementation (which included animal-based pancreatic enzymes) combined with bromelain and other enzymes was tested against a placebo in a trial of downhill running.

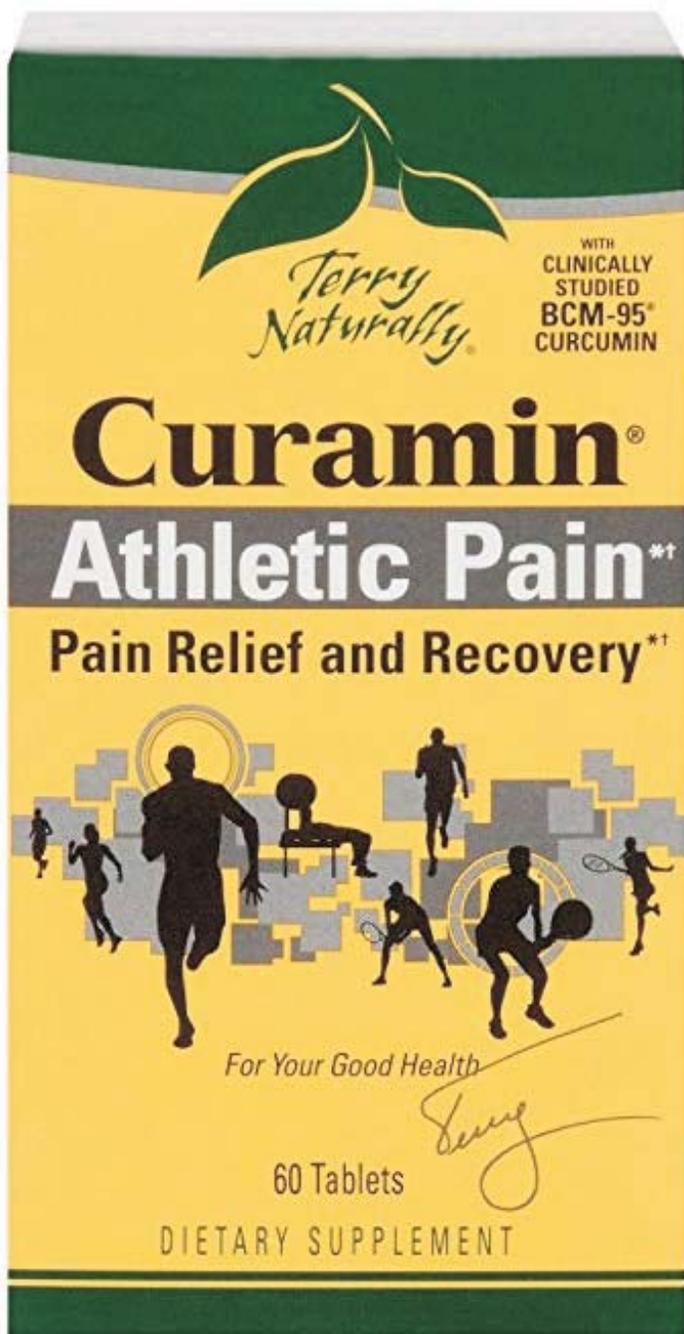
Those supplementing with enzymes had a much faster recovery time and less muscle soreness than those who did not. So, protease may help heal muscle damage and support better muscle contractions for less pain and faster recovery from DOMS.

Stay at the Top of Your Game

Whether you're a professional athlete, an amateur cyclist, or just an occasionally

overenthusiastic weekend warrior, you can stop pain, speed recovery, and avoid delayed onset muscle soreness safely and effectively. In fact, the ingredients I recommend will do so much more than fight inflammation – they'll help your body repair itself faster, so you can stay at the top of your game without risking your health.

When in doubt, always consult your physician or healthcare practitioner. This column is to provide you with information to maintain your health.



Reg Price \$54.95

Sale Price \$43.96

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per 1 Tablet:	%DV
Proprietary Complex	1,100 mg **
DLPA (DL-phenylalanine), Boswellia (<i>Boswellia serrata</i>) Gum Resin Extract (BosPure®) standardized to contain >70% Total Organic and Boswellic Acids with AKBA >10%, with less than 5% beta-boswellic acids, Bromelain, Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®) enhanced with turmeric essential oils and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Pancreatin (porcine source)	

** Daily Value (DV) not established

Other Ingredients: cellulose powder, stearic acid, silicon dioxide, vegetable source magnesium stearate, croscarmellose sodium, ethylcellulose.

No sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives. Color variations are normal.

Recommendations: Take 1 tablet 3 times daily, or as needed. For best results, take on an empty stomach (for better enzyme utilization).

If pregnant or nursing, consult a healthcare practitioner before use.

NON-GMO