

LIVINGWELL
NUTRACEUTICALS

Heal-n-Soothe® Quick Start Guide

*Everything You Need to Know to Get
the Most out of Heal-n-Soothe®*



PLEASE SAVE FOR FUTURE REFERENCE

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Congratulations! You've just taken a huge step forward in your commitment to enjoying a vibrant and pain-free life. As you will quickly realize, Heal-n-Soothe® is an extremely powerful and effective formula for wiping out pain and inflammation.

Follow these guidelines for the best results:

- **Read this guide** - Before taking Heal-n-Soothe® make sure to read this entire guide, including the Frequently Asked Questions section, for important details about who should — or should not — take this supplement and what to expect.
- **Start with an activation dose** - As you age, your pancreas no longer creates enough proteolytic enzymes to quickly shut down inflammation and complete other important healing tasks in your body. The activation dose detailed in this guide restores your optimal circulating enzyme levels quickly so you can feel better fast.
- **Take Heal-n-Soothe® on an empty stomach** - The proteolytic enzymes in Heal-n-Soothe® will break down protein in your digestive tract. That's why you should always take them on an empty stomach instead to be absorbed into your bloodstream to help your pain and healing. Take Heal-n-Soothe® at least 30 minutes before or 60 minutes after food for best results.
- **Take Heal-n-Soothe® every day** - Heal-n-Soothe® works best with consistent use. Our natural enzyme levels drop quickly as we age, so keeping your enzymes high and inflammation low provides health benefits beyond pain relief. Make taking Heal-n-Soothe® a healthy habit, just like brushing your teeth.
- **Take more as needed** - The enzymes and other natural painfighters in Heal-n-Soothe® were carefully selected for effectiveness and their strong record of safety. Those without contraindications can safely take additional capsules as needed for extra pain relief and benefit.
- **Be patient** - While some feel an immediate difference, others may take days or weeks. That's to be expected as several factors affect your results including nutritional habits, physical activity level, dosage and consistency of taking Heal-n-Soothe®, the severity of your condition and how long it has been present.

How to Take Heal-n-Soothe®

To get the best results with Heal-n-Soothe®, it is essential that you find the **right dose for you**. How long it takes to feel better depends on 1) how out of balance your enzyme levels are, and 2) how much work the enzymes must do to create healing.

The “activation dose” schedule below is designed to help you quickly restore balance for fast healing and relief. Once you feel your pain decrease you can experiment with a “maintenance dose” to keep your enzymes at optimal levels.

Activation Dose

Your body requires sufficient circulating enzymes to eliminate excess fibrin and scar tissue as well as shut down painful inflammation following the healing process. The activation dose schedule is designed to rebalance your enzyme levels as quickly as possible and help you find your personal optimal dose for fastest relief.

Step 1: Take 3 capsules before bedtime, at least one hour after dinner. Continue this low standard dose for two days to gauge your tolerance to the normal detoxifying effects of rebalanced enzyme levels in your body. (Days 1-2)

Step 2: Take 3 capsules in the morning at least 30 minutes before breakfast and 3 capsules before bedtime, at least one hour after dinner. Continue for three days so your body can continue to adjust to the detoxifying effects of the increased enzymes. (Days 3-5)

Step 3: On days six, seven and eight, add one more capsule to each dose to maximize your enzyme levels for faster healing as needed (i.e. 8 total capsules on day six, 10 on day seven, 12 on day eight). (Days 6-8)

Step 4: Once you find your “ideal dose”, continue with it until you have a noticeable reduction in pain and stiffness. This step normally may take 2 to 12 weeks, depending on the severity of your condition and level of inflammation. Your age, weight, level of pain, metabolism and other factors will affect how long this step will take. Once you have noticeable benefit, reduce your daily dose using the instructions below to find your ideal “maintenance dose.”

Maintenance Dose

Heal-n-Soothe® works best with regular, consistent use so be sure to take it every day. Follow the maintenance dose on the label of 3 capsules, one to three times per day, to maintain optimal enzyme levels for sustained benefit.

Experiment to find which maintenance dose works best for you. Some continue to feel great with only three capsules per day, others may require six, nine or more. Remember, any time you experience stiffness or a painful flare up, you can increase your dose again until you feel better.

* See the Frequently Asked Questions section for important details on potential side effects and who should not take Heal-n-Soothe®. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Heal-n-Soothe® Works In Stages

We have found over the past 12 years that most who take Heal-n-Soothe® experience a similar pattern of pain relief and health improvements. Take Heal-n-Soothe® as directed and you can expect to enjoy these benefits in the coming days and weeks:

Week 1: The Cleansing Stage

As you begin taking Heal-n-Soothe®, expect the enzymes and other ingredients to have a detoxifying effect on your liver and colon. If you experience a loosening of the stool or change in the odor and color of your urine, don't be alarmed. This is a normal byproduct of your body expelling toxins. If you don't notice these changes, that's okay. It just means there were fewer toxins present to expel.

Weeks 2-4: The Control Stage

This is the stage you'll begin to feel and enjoy noticeable pain relief. At this point the enzymes and natural anti-inflammatories will start to control your body's inflammatory process. You'll begin to feel a gradual reduction in pain... your joints will start to loosen up... your range of motion will begin to improve... and you may even notice a visible reduction in swelling.

Weeks 4-8: The Breakthrough Stage

By your second month you'll start to enjoy some of the most powerful, invigorating health benefits Heal-n-Soothe® delivers. This is when the second most important enzymatic mechanism becomes more noticeable: the breakdown of excess fibrin and scar tissue within your joints and circulatory system. With these roadblocks to circulation and joint health out of the way you'll begin to experience improved cardiovascular endurance, faster recovery from workouts / physical activity and less soreness.

Week 9 and beyond: The Continuity Stage

This is the final and most important stage. Your body has been cleansed of many toxins... joint pain no longer controls your life ... mobility is restored... your body has an internal enzymatic shield from excessive inflammation... and that's just to start. Now it's time to make sure you hang on to everything you've gained. Don't throw away the relief and improved health you've achieved — be sure to maintain your enzyme levels to keep your body on the path to optimal health.

Help Heal-n-Soothe® Help You

While Heal-n-Soothe® is a powerful aid in healing and pain reduction, never rely strictly on any one pill — whether a pharmaceutical or supplement — for optimal health. Your body craves good nutrition, adequate sleep and regular movement.

Consider and pursue additional lifestyle changes in conjunction with regular use of Heal-n-Soothe® for your best health. These may include use of a supplement like Super Joint Support for bone and joint support, stretches and exercises to improve mobility, use of a far infrared heating pad to help boost circulation and relieve pain, eating a healthier diet, drinking more water and improving your sleep.

Expect These Benefits

Stay true to yourself and your commitment to good health. By consistent and continued use of Heal-n-Soothe®, you'll enjoy countless life-changing benefits in the months and years ahead including:

- **Fewer aches and pains** because the ingredients will help keep your body well balanced and inflammation in check...
- **Stronger immune system** function as the enzymes kill bacteria and viruses and help fight off infections before they can get established...
- **A healthier cardiovascular system** as the enzymes clean your blood of toxins while breaking down and removing excess fibrous build up throughout your body. And...
- **Safe, natural, lasting relief, protection and freedom** from dozens of painful conditions including: joint pain... hip pain... Fibromyalgia... aching bones... muscle aches... knee pain... back pain... sinus pain... headaches... swollen fingers and joints... strained muscles... sciatica... tendonitis... Bursitis... sports injuries... PMS... and high blood pressure to name just a few...

As you continue taking Heal-n-Soothe®, if you ever have any questions please don't hesitate to ask. You can email us your questions, post them in our discussion forum or submit them to us online via our Customer Support Desk on our website at www.losethebackpain.com/contact-us. Or simply pick up the phone and give us a call toll-free at 1-800-216-4908.

Yours for fast, lasting relief and a healthier, happier life,



Jesse Cannone, CFT, CPRS, MFT

P.S. Remember, Heal-n-Soothe® was designed as a long-term supplement for lifetime benefit. However, if you're on our SmartShip program and at any time wish to cancel, simply contact our support team using any of the methods listed above.

Frequently Asked Questions

Q: How often / how long should Heal-n-Soothe® be taken?

A: Heal-n-Soothe® should be taken every day to ensure the best and quickest results. Use an activation dose until symptoms subside then continue with a maintenance dose. Heal-n-Soothe® can be taken daily for as long as you want to keep inflammation in check and support faster soft tissue recovery, improved joint function and a healthy immune response as well as support your cardiovascular and respiratory function.*

Q: Are there any Side Effects?

A: Proteolytic enzymes have been used internationally for over 70 years with an excellent safety record. With any supplement, however, there is always the possibility of having or developing an allergy to one or more ingredients. If this happens, you should discontinue use.

It is possible you may experience the following effects:*

- For individuals with sinus issues, you may experience some drainage for a short time as the enzymes thin the mucus.
- For individuals with digestive issues, you may experience some gas or loosening of your stool as undigested matter is broken down and eliminated.*
- For individuals with borderline high blood pressure, as excess fibrin is eliminated from inside your blood vessels, less resistance on blood flow may reduce your blood pressure.*
- For women with uterine fibroids, you may experience some vaginal discharge as fibroids are broken down and eliminated.*

Q: I'm having trouble taking Heal-n-Soothe®, what can I do?

A: If you have trouble swallowing or feel heartburn when taking it, you may take Heal-n-Soothe® with a small amount of carbohydrates such as a plain cracker or slice of fruit. You may also try reducing the number of capsules taken at one time, drinking an additional 8oz of water 15 minutes after taking the capsules, or opening and mixing the contents of the capsules into applesauce (or something similar) rather than swallowing the capsules.*

Q: Is Heal-n-Soothe® made with any animal product?

A: Heal-n-Soothe® is 100% natural and contains NO animal derivatives.*

Frequently Asked Questions

Q: I'm taking Heal-n-Soothe® and have an operation scheduled, what should I do?

A: As a universal precaution, Heal-n-Soothe® should be paused two weeks before your scheduled operation. With your physician's clearance, you may resume taking Heal-n-Soothe® once the risk of bleeding is past, typically after stitches have been removed.

Q: Can I take Heal-n-Soothe® with other medications?

A: Individuals taking any medication should consult their physician prior to taking Heal-n-Soothe® and should not take Heal-n-Soothe® within 60 minutes before or after taking any medication. Heal-n-Soothe® supports your body's natural healing processes and may reduce your need for pain medications, but is not a substitute for your prescription medications.*

Q: Who should not take Heal-n-Soothe®?

A: Persons who suffer from medical conditions or who are taking medications should consult their physician prior to taking this product. This product may thin the blood and may not be appropriate for all persons.

- Individuals taking any prescription blood thinners like but not limited to (e.g. Coumadin, Heparin, Plavix, Xeralta, Eliquis, Perdaxa, Edoxaban) including all of the Generic version of all of these drugs, not listed
- Individuals currently taking antibiotics
- Anyone who will have surgery in less than two weeks
- Individuals with known ulcerations of any part of the intestinal tract
- Individuals with an allergic reaction to pineapples or papayas
- Pregnant or lactating women
- Individuals under the age of 18
- Individuals taking daily aspirin may be able to take Heal-n-Soothe® but should consult with their physician to determine if Heal-n-Soothe® is appropriate for them

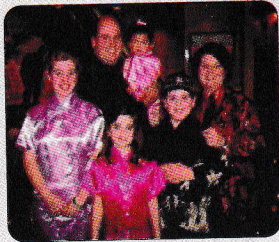
Still have unanswered questions?

Please don't hesitate to contact us with any questions. We are also happy to consult with your physician about use of this product as needed.

Contact us online at www.losethebackpain.com/contact-us
or call us toll-free in the U.S. at 1-800-216-4908
or International at 1-240-780-5977

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What Others Are Saying About Heal-n-Soothe®



"Better than a double dose of Celebrex"

"Recently, after being diagnosed with severe arthritis in one knee and moderate arthritis in my foot, the doctor doubled my dosage of Celebrex. I couldn't discern any improvement on the new dosage. Also, I began getting concerned about the possibility of the prolonged usage of this drug causing liver damage. I have now been taking Heal-n-Soothe® for 30 days, and I feel the same as I did while taking the double dosage of Celebrex."

- Kaye Whitlock (Stay-at-home Wife & Mom to 4 kids)



"This stuff is God in a bottle"

"I was almost crippled. I hired workers to do my work so I would not lose accounts. I became exhausted. My wife and I planned an anniversary getaway for a couple of days and all I wanted was to lay down and sleep. Once I received Heal-n-Soothe® I took 3 in the morning 3 at noon and 3 at bedtime. I woke the next day and thought I was dreaming. I got out of bed with very little pain. I jumped for joy, I had not jumped for a year. This stuff is God in a bottle, it saved my job, I got my life back."

- Greg Moormann from Flanders, New Jersey



"Is it going to get you better? Yes."

"Does it work? Yes. Is it going to get you better? Yes. There's always inflammation associated with an injury and this has very excellent anti-inflammatory agents in it."

There's almost no circumstance that wouldn't benefit from decreasing inflammation. You could compare this to a non-steroidal anti-inflammatory, but this is a nutritional supplement. It's not expensive, where the prescription is probably going to cost you four to six times as much."

- Dr. Robert Thompson from Anchorage, Alaska

See More Success Stories!

www.losethebackpain.com/our-success-stories/

