



# 10 Ways To Triple The Effectiveness Of

# **R**RUB ON **RELIEF**<sup>®</sup>



**The Fast-Acting, All-Natural Topical Cream for Sore Muscles and Joints**



## 10 Ways to Triple the Effectiveness of Rub On Relief® Herbal Formula

### The Fast-Acting, All-Natural Topical Cream for Sore Muscles and Joints

Rub On Relief® is a powerful and effective all-natural topical cream for wiping out pain. Its broad spectrum herbal formula addresses many of the root causes of chronic pain and limited range of motion. Its pleasantly scented and non-greasy formula make it the ideal topical relief cream for use any time of day.

Here are the 10 most effective ways to use this powerful topical pain cream.

#### 1. Apply for a Strong Synergistic Herbal Effect:

Just using this cream, alone, is a powerful and effective tool for pain relief and injury recovery thanks to its complex proprietary formula.

**First:** A powerful ingredient called Cetyl Myristoleate (proven in clinical studies to be 100% effective in reducing pain), works to reduce inflammation. Chronic inflammation is the underlying cause of most aches and pains, including arthritis, back pain and fibromyalgia.

**Second:** Various ingredients, such as Boswellia Extract, Curcumin C3, Arnica Montana Extract, White Willow Bark Extract, Cinnamomum Camphora, Peppermint Leaf Oil, and others, work as a team to fight off the various “types” of pain that may be causing the agony you feel. Together, they promote long-term healing.

**Third:** Some of the ingredients, such as Magnesium Sulfate and MSM, work to give you fast relief while speeding up the rate at which your muscles, tendons and ligaments can absorb the other ingredients. This effect helps speed the healing process!

#### 2. Apply a Small Amount for a Big Effect:

Because of its powerful, synergistic formula, Rub On Relief® only requires a dime-size application to a specific area to effectively trigger the release of tense muscles, tight joints and inflamed tissues. Since it only requires a dime-size application, you can apply it to many places on your body for lasting pain relief.

#### 3. Use It Where It Hurts – And Where It Doesn’t:

A great technique for getting the best results from Rub On Relief® includes applying it to areas where you may not feel pain. That’s because with some conditions, like headaches, fibromyalgia or a herniated disc, you can have what is called “referred pain.”

- **Back pain and sciatica:** Apply at both the site of your sensations and at the level of your spine where you were given your diagnosis.

- **Headaches:** Apply at the base of your neck and on your temples. For fibromyalgia, start by applying the cream close to your spine and to the areas of most discomfort.
- **Arthritis of the lower extremities:** Apply to the affected area and at the base of the spine just above your hips and pelvis.
- **Arthritis of the upper extremities:** Apply to the affected area and at the back part of the shoulder close to the spine.

#### **4. Consistency Is King:**

Consistency of use is of utmost importance. While Rub On Relief® works at reducing inflammation and pain within a few minutes of application, its effects will wane throughout the day. For longest-lasting relief and greatest curative effect, apply Rub On Relief® several times per day, and be sure to use more before the sensations build up again. Do not wait for pain to get severe before applying it again.

#### **5. Use Ice and Heat:**

The great debate over whether ice or heat are better for treating injuries has raged on for decades. The consensus is both are good, at specific times and for specific injuries. Ice is best during the first 15 minutes after an injury to reduce immediate swelling and inflammation. After, apply heat to improve circulation to improve delivery of oxygen and healing nutrients to the injured area. When using ice or heat with Rub On Relief®, always apply Rub On Relief® afterwards. **Note: Do not apply Rub On Relief® before use of any heat therapy.**

#### **6. Wrap and Wait for Faster Effect:**

All you need for this Rub On Relief®-enhancement technique are an elastic bandage and a small piece of plastic wrap. Follow these four steps:

**Step 1:** Apply Rub On Relief® to the affected area and massage in well.

**Step 2:** Loosely cover the same area with the piece of plastic wrap.

**Step 3:** Securely wrap the plastic wrap-covered area with the elastic bandage. This helps keep the tissue moist and warm, which helps absorption of the formula.

**Step 4:** After 30 minutes, remove the elastic bandage and plastic wrap to allow the area to breathe.

#### **7. Apply During All Stages of Physical Activity:**

Whether you work out at the gym, jog, engage in Pilates or simply take a daily walk for activity, Rub On Relief® makes a great companion. Before exercising, apply Rub On Relief® to the places where you typically notice tightness or soreness after working out. During exercise, immediately apply Rub On Relief® at the first sign of strain, tightness or pain. Applying again immediately following a workout is ideal as your body is warm and the pores open, allowing fast absorption for rapid healing and recuperation.

#### **8. Lather, Rub-in and Repeat:**

If you suffer daily pain, stiffness or soreness, try taking a hot shower. The heated water warms the affected site, helping bring fresh blood, oxygen and nutrients into the otherwise toxic area. Aim the stream of water from your shower head onto sore areas to serve as a massage and activate your shower head's pulsating feature if equipped. Immediately after showering, apply Rub On Relief® for rapid absorption through now open pores.

## **9. Crank It Up and Rub It In:**

Heating pads are great for increasing blood flow to the affected area. Improved circulation brings fresh oxygen and nutrients to the affected area to promote healing and recovery. Following use of heat, increased circulation opened pores will aid speedy absorption of Rub On Relief® to continue the healing response even after the heat sensation wears off. **Note: Do not apply Rub On Relief® before use of any heat therapy.**

## **10. Massage It In:**

Combining the healing effects of massage with Rub On Relief® is ideal. Massaging strokes help release trigger points and flush inflammation away from the painful area. For even better results, bring the tube of Rub On Relief® to your massage therapist and ask them to apply it during the session. This allows for the powerful healing cream to be applied to areas you can't reach yourself!

## **In Summary...**

As you can see, there is no single best time to use Rub On Relief®, other than when you intuitively and instinctively know you can benefit from its use. The amount, frequency and consistency of use are all up to you. We suggest taking the time to try each of these different techniques with Rub On Relief® to discover which help you the most – then consistently use those. If there are several techniques you find effective, use them all! It has been said that the best way to overcome a challenge is to overwhelm it. In other words, the more techniques you try, the closer – and sooner – you will get to your pain relief solution.

**NOTE:** Please read the complete FAQs regarding Rub On Relief® before use. They are included in your package and can also be found on our website at [www.losethebackpain.com/faq/](http://www.losethebackpain.com/faq/)