

## ***Dynamic Duo: MSM cream and Zheng Gu Shui used together!***

**You can try them alone or either one applied first, followed by the other one for best results!**

### **Spectrum Holistic Ultra Relief MSM Cream (white cream)**

**MSM (methylsulfonylmethane)** considered the beauty mineral, is an organic sulfur compound that plays a major role in healthy body functions. It is commonly found in raw milk, meat, fish, fruits, vegetables and grains. However, it is extremely frail and easily destroyed during even moderate processing. MSM helps eliminate toxins, nourishes skin, relieves pain and inflammation, reduces swelling, speeds healing.

**Ingredients:** It is formulated with herbs, essential oils, vitamins A, D & E, trace minerals to feed and nourish the skin. It contains fresh, plant based ingredients, only natural preservatives, no artificial colors, fragrances, parabens. It is hypoallergenic, not tested on animals but is pet friendly.

**Eases Pain:** Arthritis, Athletic Injuries, Bunions, Bursitis, Carpal Tunnel Syndrome, Cramps, Gout, Headache, Shingles, Tendonitis, Tennis Elbow, Varicose Veins and more. Apply generously in layers at least 3 times in 10 minutes. Repeat as needed until discomfort subsides.

**Relieves Skin Conditions:** Dry Heels, Burns, Cracked Dry Skin, Dermatitis, Insect Bites, Itching Psoriasis, Rash, Scleroderma, Sunburn, Burns, Ulcerations, Anti-fungal and more. Apply 1-2 times daily or as needed. You cannot overuse.

**Skin Moisturizer:** Revitalizes, Repairs, Reverses the signs of aging, reduces age spots.

2 oz \$15, 4 oz \$25, 8 oz \$45

### **Zheng Gu Shui – External Analgesic Lotion (red liquid)**

This tincture is based on an age-old folk formula which is being nationally kept confidential in a specific region in China. Its superior quality and strict manufacturing processes have earned it a Gold and Silver Award given by the Guangxi Regional People's Government and the State Council. Due to the unique formula and obvious effect Zheng Gu Shui is internationally reputed for easing pain associated with sprains during sports activities and rheumatism. Applying it after exercise will provide temporary relief from aches and pains and has a remarkable therapeutic effect.

**Ingredients: Active:** Camphor and Menthol, each 5.6%, external analgesic **Inactive:** alcohol, Japanese knotweed, rhizome, paniculate swallowwort, root, shin-leaf prickly ash, root, water, zedoary rhizome.

**Uses:** For the temporary relief of minor aches and pains of muscles and joints due to simple back ache, arthritis, strains, bruises sprains

**Warnings:** For external uses only, flammable, keep away from fire and flame, store at room temperature under 86F, keep container tightly closed, avoid contact with eyes and mucus membranes, do not bandage tightly, keep out of reach of children, if swallowed get medical help or contact a poison control center right away. Also read under "stop use and ask a doctor" in package insert.

*MSM Cream, Zheng Gu Shui, Wu Yang Plaster and Inner Peace are all available  
at Cascade Acupuncture Center, LLC*

[www.CascadeAcupuncture.org](http://www.CascadeAcupuncture.org)

*Hood River: 104 5<sup>th</sup> Street, Phone: 541-387-4325*

*The Dalles: 1712 E 12<sup>th</sup> Street, Phone: 541-298-2378*

**Directions:** Adults and children 2 years and older: Apply to affected area no more than 3 to 4 times daily by spraying it onto the area directly or onto a cotton ball first and then onto the area.

2 oz \$10

## Wu Yang Brand Pain Relieving Medicated Plaster

**Active Ingredients:** Menthol 6% and Methyl Salicylate 10%, both External Analgesic

**Uses:** For the temporary relief of minor aches and pains of muscles and joints due to:

- Arthritis
- strains
- simple backache
- bruises
- and strains

**Directions:** Adults and children 12 years of age and older: Cut to desired size, remove clear backing and apply to affected area not more than x3-4 daily. Consider applying before bedtime and removing in am.

**Warnings:** For external use only!

**Do not use:** On wounds, on damaged skin, if excessive irritation develops, or otherwise than directed.

**When using this product:** Avoid contact with eyes and mucous membranes, do not bandage tightly

**Stop use and ask a doctor if:** Condition worsens, symptoms persist for more than 7 days, symptoms clear up and occur again within a few days, when using for pain of arthritis, if pain persists for more than 10 days, if redness is present, in conditions affecting children under 2 years of age

**Keep out of reach of children to prevent accidental poisoning.** If swallowed get medical help or contact a poison control center right away.

**Inactive Ingredients:** Black Catechu stem extract, Chinese Rhubarb root, Dandelion herb, Dragon's blood resin, Drynaria Rhizome, Fossilized bone, Gardenia fruit, Japanese Honeysuckle flower, Safflower flower, Sichuan Teasel root, Somalian Myrrh gum resin

*Manufactured in Guangzhou, China. US Distribution: Solsticemed.com*

One Plaster, single application, but can be cut to size \$2.50

## Inner Peace ~ Wildflower Solution

A Columbia Gorge Flower Essence by Three Flowers Healing

Find soothing calm, gracefully walk through any stressful situation with the support of this wildflower Solution. See through times of confusion, doubt and overwhelm, balance inner turmoil and act from a place of calm clarity.

Take 3 drops, 3 times a day or as needed under tongue or add to water and drink throughout the day.

*Ingredients: Flower Essences of Green-banded Mariposa Lily, Phantom Orchid, Orange Honeysuckle, Stinging Nettle, Blue Elderberry & Rose Quartz in water & brandy. (no wildflowers harvested).*

0.5 oz in brandy or non-alcohol preservative (sunflower oil & glycerin) \$12.00

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