



Joint Ease™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

An Herbal Formula for Relieving Joint Pain and Inflammation

Pain! Even the word makes us cringe. No one likes to be in pain, and we often go to great lengths to avoid it.

There are two basic categories of pain. Short-term or "acute" pain can range from simple minor discomforts of aches and pains to intense agony, and occurs when some form of injury happens to tissues. Sprains, strains, pulled muscles, and pinched nerves are in this category. When pain lasts for six months or longer, it is considered "chronic". Chronic pain can, and often does, greatly reduce the quality of life for many people.

Pain is actually a signal of an underlying problem that needs to be addressed. We would be in serious trouble if we didn't feel pain, for pain helps us to avoid further damaging ourselves when we listen to its messages. Certain ongoing pains in the joints of the body are caused by excess blood proteins gathering around the cells and creating a histamine reaction that causes inflammation and pain. These are the ones that we are primarily addressing here.

Usually, when we are in pain, we are tempted to reach for painkilling medications. While they may temporarily reduce or stop the discomfort, they don't address the underlying cause of the pain and bring a restorative action to the tissues.

Herbal remedies can do far more than just deaden pain. They can work to reduce inflammation, help repair tissues, and provide relief to discomfort.

Unlike over-the-counter and prescription medications that merely mask pain, Joint Ease™ is high in major and trace minerals and helps rebuild and heal joint and soft tissues. With continued use, it contributes to the daily relief of inflammatory pain in joints and muscles and can be taken as a tonic over long periods of time by most people. It works to reestablish the delicate balance of minerals in and around affected tissues and to remove excess fluids from surrounding tissues to reduce pain and cool inflamed tissues. This formula is also gentle and soothing to the stomach.

CONTAINS: Alfalfa leaf, nettle leaf, cornsilk, devil's claw root, horsetail leaf/stem, fenugreek seed, black walnut hull, yucca root, and mBI™ Liquid Trace Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Individuals on blood-thinning medications should use with caution. Discontinue two weeks before scheduled surgery. Not recommended during pregnancy.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) 1 to 3 times a day, or as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Alfalfa Leaf (*Medicago sativa*) contains mild blood thinning, cleansing and building components that enhance oxygen uptake and aid in blood flow in and around joints and muscle tissues. High in necessary minerals to build tissue health.
- Stinging Nettle Leaf (*Urtica dioica*) are very high in tissue building mineral electrolytes for healing bones, muscles, nerves and skin, has a mild non-stimulating diuretic action that helps to reduce chronic water retention.
- Cornsilk Style/Stigma (*Zea mays*) is a non-stimulating gently cooling diuretic and helps to keep the body fluids from collecting around the joints.
- Devil's Claw Root (*Harpagophytum procumbens*) prevents and reduces inflammation, is used to relieve joint pain and swelling, and may also help to reduce allergic responses that contribute to joint and muscle related pains.
- Horsetail Leaf/Stem (*Equisetum arvense*) is one of the richest sources of silica known and strengthens the joints. High in salicin-like components, it helps to reduce inflammation of ligaments and tendons through a gentle diuretic action.
- Fenugreek Seed (*Trigonella foenum-graecum*) draws out excess fluid in body tissues and helps to reduce inflammations and is very soothing to the stomach.
- Yucca Root (*Yucca filimentosa*) has high saponin (detergent-like components) levels that reduce inflammation in the joints and is primarily used for reducing joint pain.
- Black Walnut Hull (*Juglans nigra*) is high in iodine to support the thyroid and reduce excess fluids from around the joints, and also has an anti-inflammatory action on the tissues and joints. High in potassium, this herb helps rebuild tissues.
- mBI™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process to enrich and assist important enzymatic processes.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Antioxidant Berries Plus™, Auto-immune Nectar™, Cardio/Heart Smart™, Cholestero•Balance™, First Herbs for First Aid™, Herbal Minerals™, Kidney Calm & Cool™, Lymphati•Cleanse™, Pain Away Willow Plus™, Pain Buster™, microBURST!™, TincTracts® of Capsicum, Feverfew, Meadowsweet, White Willow Bark.

Item #336 2 oz; #339 4 oz; #340 8 oz

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