

# A Holistic Approach to Healing

Because knee pain can be caused by many different conditions, it can sometimes be difficult to diagnose. If you experience more pain in the morning or after light activity, your doctor may suspect arthritis. If your pain usually flares up when you're walking down stairs, you may be suffering from a kneecap problem such as chondromalacia. If your pain is isolated near the back of the knee, you could be suffering from a Baker's cyst, while pain inside the knee is usually caused by LCL injuries, lateral meniscus tears, arthritis, or tendonitis. Though each of these conditions are very different, they all share something in common: they all involve some level of pain and inflammation.

Here in our clinic, we know that if we can reduce the inflammation associated with your condition, we can also reduce a great deal of your pain. We aim to do this through a combination of in-clinic treatments, nutritional changes, and effective supplementation. Together, these strategies work together to reduce inflammation and provide your body with the nutrients you need to heal safely and effectively.

If you've heard about what we do here in our clinic, you've probably heard that what we do really works. We expect success with every single patient, and it shows! We take a "holistic" approach to wellness that means treating the whole person, rather than just the physical symptoms of disease. We believe that your dietary habits, stress levels, and personal problems all contribute to the condition in which you find yourself today. Rather than treating your symptoms with drugs or surgery, we'll focus on you as a whole person and consider

how every part of your life is affecting your body.

When we're done, you'll probably find that we've helped with much more than just your knees!



If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

**We're offering a special discount on these products when they're purchased together:**

- Joint and Muscle Relief
- Pain Relief System
- Adrenal Calming
- Sleep
- Serotonin Support

**Ask a staff member for more information about this special offer!**

[Your Logo]

[12345 Main St.]

[Your Town, ST 12345]

[(555) 555-5555]

[Your Hours M-F]

# Enhance Your Program for Knee Pain



# Nutrition to Improve Knee Pain



The nutritional guidelines outlined in your program manual will make a world of difference when it comes to reducing your pain and increasing your mobility. Though your program manual will cover all of the most important dietary guidelines in detail, there are a few additional steps you can take to accelerate the healing process:

**1. Don't skimp on leafy greens.** Though you've probably heard that milk is the best source of bone-building calcium, leafy greens surpass it by a long shot. Leafy greens (romaine, spinach, kale, arugula, etc.) are rich in the calcium that your knees need for a quick and speedy recovery. Try blending greens into a smoothie for breakfast, eating them as a salad for lunch, or mixing them into a stir-fry for dinner. There are hundreds of ways to cook with leafy greens, so let your creativity run wild!

**2. Prioritize foods rich in omega-3.** Omega-3 is a powerful anti-inflammatory substance that can dramatically accelerate your healing process. You can find omega-3 in fatty fish like salmon, tuna, sardines, and anchovies, as well as plant-based foods like hemp seeds and chia seeds. We recommend that incorporate these foods into your diet at least 2-3 times per week.

**3. Use anti-inflammatory botanicals like ginger and turmeric in your cooking.** These powerful root vegetables will leave you feeling better in no time. As an added bonus, they're also delicious! You can use ginger and turmeric in soups, curries, fresh juices, salad dressings, stir-fried vegetable dishes, and more. Don't be afraid to experiment with new flavor combinations until you stumble onto something that you love!

# Lifestyle Strategies to Improve Knee Pain

## Sleep Your Way to Better Health

Though getting enough sleep is important for everyone, it's especially important for those suffering from a chronic pain condition. If you want your body to heal, your body needs some quality rest and relaxation! Some of your body's most important healing processes only work while you're asleep. If you skimp on this much-needed downtime, you'll find that you just don't get the results that you would expect.

## Teach Your Body to Relax

When you're stressed, your body produces cortisol as a part of your body's natural "fight-or-flight" response. Unfortunately, too much cortisol can impair your body's natural healing process. That's why it's important to relax! Try visiting our clinic for regular Self-Mastery Technology (SMT) sessions if you struggle to manage stress on your own.

## Exercise for Best Results

If you're suffering from a painful knee condition, it's probably hard for you to be as physically active as you'd like. However, if you can find a way to get your heart pumping without aggravating your condition, you'll find that your body begins to heal much faster. You might want to consider water aerobics, rebound exercise, or some other type of exercise that doesn't put much pressure on your joints. As you begin an exercise routine, remember to listen to your body and stop if what you're doing is causing pain. The goal is to increase your activity level without straining your knees.



# Basic Supplements to Improve Knee Pain

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your condition, there are a few that are worth discussing in detail:



**Joint and Muscle Relief** is a powerful herbal blend that can make a big difference for achy joints! This supplement also helps to reduce inflammation and facilitate the body's natural healing process. You'll love the instant results you get with this incredible product.



**The Pain Relief System** combines a powerful, pain-relieving supplement pack with the Nutritional Shake and the Anti-Inflammatory Gel. These incredible resources can help you find quick and lasting pain relief!

In addition to these helpful supplements, you may also benefit from the following supplements for brain-based wellness:



**Adrenal Calming** is designed to relieve stress, increase mental clarity, and promote a state of restful ease. By reducing stress on your adrenal glands, this supplement can facilitate optimal health and healing.



**Sleep** is designed to promote healthy sleep, which can be difficult for many people with a chronic pain condition. If you struggle to get the quality sleep your body needs, this supplement can make all the difference!



**Serotonin Support** helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!