

## Kipp's Recommended Products (product benefits)

**LAMBERTS**<sup>®</sup>

...at the leading edge of responsible nutrition

**Glucosamine Complete:** I spent quite a while researching the best glucosamine combination for joint/osteoarthritis issues. This contains supportive MSM & Chondroitin, for cartilage health & repair. Also included are the anti-inflammatory, circulation boosting, nutrient-rich botanicals Ginger & Rose Hips, plus the antioxidant-flavonoid Quercetin (demonstrated to ease joint pain). **Vegetarian, shellfish-free Glucosamine** also stocked!

**Magnesium 375:** Many of the chronic pain conditions I treat are more common in Magnesium deficient people. Magnesium deficiency is common in the UK, and people suffering with chronic pain, muscle spasm/cramping, anxiety, fatigue, fibromyalgia and migraine may all be showing deficiency symptoms! This has 4 types, for better effect and absorption than cheap Oxide-only formulas.

**Vitamin C + Rutin & bioflavonoids:** Vitamin C is very important in the health of collagen, ligaments, tendon and fascia, so fundamental in the healing of conditions such as tendonitis, bursitis and connective tissue (fascia) disorders, I treat regularly. Bioflavonoids support Vitamin C in healthy tissue maintenance & repair; Rutin & Hesperidin support healthy blood vessels, and are also anti-inflammatory, antioxidants!

**Pure Fish Oil 1100mg:** I decided to stock a high-quality EPA rich (360mg EPA, 240mg DHA) fish oil as many of us don't get enough Omega 3 fatty acids, important for brain, heart & joint health. The anti-inflammatory action of fish oil is particularly helpful for my patients with arthritis, inflammatory & auto-immune conditions.

**VeinTain:** Many people I treat, particularly older & diabetic people, have circulation issues which can cause pain. I was aware many botanicals boost circulation, so was pleased to find Lamberts produce an excellent combination of 3 of the best. Concentrated Gingko, Cinnamon & Ginger extracts boost circulation to the extremities, brain, and also offer antioxidant & anti-inflammatory support.

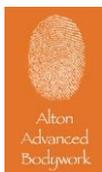
**Devils Claw tablets:** 450 mg of effective, anti-inflammatory root extract; great for the treatment/management of tendonitis, bursitis, gout, acute injury, rheumatic pain, stiffness & back pain. Natural pain relief & anti-inflammatory action, without the health risks of NSAIDs and prescribed painkillers!

**HIGHER NATURE**<sup>®</sup>  
Nutritional Excellence

**Balance for Nerves:** Many of us find the relentless pace of modern life difficult to cope with; this excellent combination combines B-vitamins, Magnesium, Herbal extracts and Amino Acids, to help support us in stressful times. The nutrients help support the adrenals, nervous system, and production of relaxing GABA to help us keep a calm, relaxed disposition.

**Flax Seed Oil caps:** Omega 3 is very important for our health, and can be helpful in managing osteoarthritis and joint issues. However, vegetarians & vegans can't supplement with fish oil, and Flax Seed Oil offers the richest omega 3 alternative. Our bodies can create the beneficial fatty acids EPA & DHA from plant, Omega 3 sources.

**Immune + :** As many of my patients are suffering with chronic illness, or colds/bugs they can't shake, I thought it would be good to stock a high quality 'immune boosting' supplement. This not only contains 1000mg Vitamin C, plus Zinc in its superior 'Citrate' form, but also anthocyanidins & flavonoids from Bilberry, Blackcurrant and Black Elderberry, to further boost immune response!



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**Super Osteofood:** Prescription and shop bought Vitamin D & Calcium are often inferior quality. This product contains natural calcium from red algae, rather than 'poorly absorbed' calcium carbonate. It also contains vitamin C & B6 for a healthy collagen matrix, and a wealth of other essential bone minerals. Recommended for women over 60, osteopenic/osteoporotic individuals, and facilitating fracture healing.



**MagnesiumOil Recovery spray:** This product reduces muscular tension, supports muscular energy, improves sports performance, aids recovery from exercise and is great for tired-achy shoulders. Camphor, Black Pepper & Lemon essential oils increase circulation, aid detoxification and soothe muscles.

**MagnesiumOil Goodnight spray:** Magnesium has a calming effect on the mind, muscles & nervous system, facilitating restful sleep. Chamomile, Bergamot & Clary Sage add to the soothing & calming effect, and have antispasmodic qualities to relieve restless legs, cramp and jaw clenching/bruxism.



**Warming & Easing Balm:** I frequently use this in my treatment room for managing chronic pain, osteoarthritis & poor circulation. It has prominent levels of many anti-inflammatory, circulation boosting, muscle relaxing & pain relieving essential oils, and is great for many chronic conditions!

**Cooling & Soothing Balm:** Another long-term clinical product; this is great for acute, inflamed issues such as, tendonitis, sports injuries, bursitis, rheumatoid arthritis, bruising, DOMS, and also soothing tired achy feet! The rich essential oils are cooling, soothing, anti-inflammatory and anti-spasmodic.

### *Other recommended products:*

**Glucosamine (joint complex) Gel:** This Optima product is not only great for osteoarthritis, but also fantastic for tendonitis, bursitis, sprains & strains and achy joints. With Devils Claw, MSM & essential oils!

**Aloe Digestive tablets:** This powerful combination of digestion soothing herbs, anti-inflammatory digestive enzymes, aloe concentrate and peppermint oil is recommended, for IBS, indigestion, reflux & digestive discomfort.

**Cramp Bark tincture:** Powerful antispasmodic, muscle relaxant; great for cricked neck, cramp, acute back injury, acute muscle spasm and menstrual/IBS cramping.

**Kool Pak (ice pack):** High quality, durable, long lasting ice (& heat) packs: essential to calm acute injuries, inflammatory conditions and headache/migraine. Small & medium available!

**Lavandin Temple Coolant:** Lavandin is a more powerful, camphor-rich relative of Lavender. This is great to have in the fridge to ease headaches, migraine, anxiety, colds, sinusitis, stressful periods, and to clear fuzzy heads.

**Trigger Point Balls (6cm & 8cm):** Trigger points are responsible for around 80% of chronic (longstanding) pain. It is beneficial for patients to treat (& stretch) their own; trigger point balls make this possible in various body areas!