

PRÖZE RELIEFKIT

Ouch - The defining sound of a muscle or joint ache, shot in the nerve, or punch in the arm. However it comes, it's a clear signal we all know so well that **something is wrong**. It not only affects the way you move, but also how you sleep, how you feel, and gives you a **sense of worry of what's to come**.

According to the CDC, one in five Americans suffer from chronic pain.



But pain is just a signal. It's an activation of the nervous system, your nerves and brain. Your body is incredibly resilient and strong, and with the right care and attention, it can repair itself and come back even stronger.

The **PRÖZE ReliefKit** provides researched backed treatments to help you feel immediate relief and set the stage for a recovery process that will bring ultimate performance so you can **recover like a pro**.

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Promote circulation with *movement*

Having pain doesn't mean you should stop moving, but rather it's time for you to **get smart with your movements**. Remember, our bodies love to move, they're made to move! However, **after the initial rest period that comes with the shock of injury, it's time to release the pain by getting back into motion.**

Why is moving so important? One word: *Circulation.*

Moving your body is the most efficient way to **circulate healing, nutrient rich blood to areas of injury**. It's also the process that removes debris that is created from the healing processes called **inflammation**. Without this rush of nutrients and this cleaning out of waste, you will not get **healing, repair, and recovery**.

Once you find out there is not anything structurally impaired (e.g. broken bone, torn ligament or muscle, etc..), movement also allows you to **build pain tolerances**. This is key. Pain is a nervous system response, your nerves sense the injury and your brain perceives or makes you feel the pain. This why they say, "**pain is in your head**".

Moving and pushing your body to safe edges of pain allow you to build higher tolerances. What you did that was painful at one time, is less painful later, which allows you to do more of it, which again promotes rebuilding, higher volumes of circulation, and healing.



Sooth pain with **heat**

No doubt about it, applying a heat pack to an aching muscle, stiff knee, or painful lower back provides almost an instant relief. **Either directly heating an area with a pad or device or indirectly warming up the area by moving can be a valuable tool for reducing pain.**

Applying heat stimulates your sensory receptors to block the pain signals to the brain. Remember, “pain is in your head”. This blocking results in the **instant and effective relief of pain.**

Here is what **heat** does:



Reduces resting muscle tension (*relaxes muscle*) allowing for greater blood flow



Dilates (*opens up*) your blood vessels increasing blood flow and enhance circulation



Causes the sedation (*turning off*) and soothing of pain-irritated nerve endings



Increases your metabolic (*energy*) rate of your body, accelerating repair processes

Moving the body can do this as well. It's more active, than passive, but moving will provide greater healing in the long run. Moving naturally increases the body's temperature through blood flow and metabolism. The other great benefit of moving is that it will engage and activate the area around the injury, allowing for safer and greater movement.

Warm ups with movement should be done with care and caution. Start slow, gradually increase the range of movement, take breaks, and perform same or similar movements that will be done as your activity.



Use *cold therapy* to reduce excess inflammation

While not as soothing as heat, ice and cold therapy are also important for **decreasing pain and inflammation to injury**.

Ice will constrict or narrow your blood vessels, making it harder for things to get in and out. This may seem counterintuitive, especially to enhancing circulation, but immediately after an injury you want make sure there isn't too much inflammation flowing into the area.

As a general rule, ice should be used immediately after an injury, and only for about 20 minutes. If you use it longer, ice can actually have the reverse effect because the body tries to make sure the tissue gets enough blood supply.

The suggested time for icing is 20 minutes on and then at least 30 minutes off, then 20 or less minutes back on.

Although it should be used for immediate injuries, it can also be effective for **longer term or chronic issues**. When you have chronic issues, the body thinks it can heal without any help so it keeps turning on the inflammatory process, which can prolong the issue.

Using ice for 20 minutes several times a day can work better than taking oral medications or injections. If you can manage your inflammation, your symptoms will become better and your pain will be relieved.



Strengthen the area around the pain

Certain joint pain is not just caused by injury to the joint, but to the tissues that are around it. When this happens, **you feel tightness, stiffness, decreased range of motion and, of course, pain!**

Joints are not just bones stuck together. They are made up of tendons and tissues supporting the connection of bones and ligaments connecting the muscles to the joint. **When one of these components is affected, they can all suffer.**

How can you reduce pain in this connection? **Build strength, stability, and activation in all areas around the joint or injured area.** Injury will cause shut down in several supportive areas of a joint, not just one area, because the body is trying to protect itself by “turning them off” to prevent them from moving and getting worse. After a brief period of rest, it’s time for you to **“turn on”** those areas again.

As you begin to reactive these areas (*the muscles, nerves, and surrounding tissues*), you will take less stress off the injured area and promote healing and recovery.

You can use movement, specific types of massage, and electric stimulation to get these areas activated and engaged again, and keep you moving.



APPLY **NERVE** 30 MINUTES BEFORE AND AFTER ACTIVITY

To get the most out of NERVE, **apply 30 minutes before and after activity**- this allows the product to prepare the area for performance and manage inflammation and healing after.

You can use NERVE for **immediate and long lasting relief** by massaging product directly on affected area. Use NERVE 2-3x daily, waiting 2-3 hours between applications, for **healing and recovery**. For **chronic conditions**, also use before bed and apply both on the area and on the top of the spine and bottom (The spine contains bundled nerve fibers that need to be soothed and calmed).



NERVE manages inflammation

Healthy inflammation sends healing nutrients to areas of injury and stress. Using natural plant extracts and working with the Endocannabinoid System, NERVE manages your inflammatory processes promoting quick recovery.



NERVE enhances circulation

Blood flow through areas of stress allow for healing nutrients to enter and inflammatory waste removal. Blending antioxidants and essential oils, NERVE promotes the circulation of nutrient rich blood to provide relief and recovery.



NERVE improves nerve health

Nerve health is critical to processing pain and performance. Using specialized essential oils, NERVE promotes recovery and repair of nerves and nerve tissue to relieve discomfort and enhance movement.