

The Doctors' Prescription

FOR HEALTHY LIVING

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Healing Breakthroughs

The Rainforest Backache Remedy

Backaches are among the most painful, disabling conditions people suffer. They're also among the least likely condition to respond favorably to standard medical treatment, including drugs and surgery, often leaving physician and patient feeling helpless. Researchers working in the rain forests of Central America for the National Cancer Institute, however, have brought a powerful, clinically supported rain forest remedy back to America.

Back Support from Rainforest Remedies™ may help to end the pain of chronic back ache and stimulate the body to turn on its own healing powers.



by *Cynthia Watson, M.D.*

This is a story with profound implications for more than 25 million Americans who suffer chronic, disabling, painful low back pain and the approximately 65 to 80 percent of the population that will be afflicted with low back pain at some point during their lives.

The truth is that we doctors have failed miserably with our standard treatments for backache. We give our patients analgesics called nonsteroidal anti-inflammatory drugs (NSAIDs) for acute pain, which offer a host of complications including gastrointestinal bleeding and ulcers, kidney and liver toxicity, and possible joint matrix degeneration. If the pain persists, we may suggest steroid injections and opioids whose use for pain-relief must be weighed carefully against their complications. Finally, there is surgery whose benefits are mixed, yet not without significant risks. Today, however, persons suffering backache and muscle spasm have a new healing tool. The formula is called Back Support, an important breakthrough healing formula from a little known company, Rainforest Remedies, with roots literally in the rain forests of Belize. This formula is based on the recent discovery of the Strong Back herb in the rain forests

herb, Valerie was free of pain. “I don’t know what it is about these herbs you gave me,” Valerie said, “but it feels like they also help me with my nerves. I feel less annoyed with my co-workers and more patient in general.”

Next, there was David Lowen, age 39, a Mennonite farmer living in Belize with his wife and three children. When he came to see Dr. Arvigo for treatment he was dehydrated, stressed, and his back was as stiff as a board from neck to tail. He said he had been driving a tractor for three days and that his back was all locked up. He was so stiff, in fact, that it was difficult to even manipulate or massage him.

Dr. Arvigo prescribed a dropper full of the Strong Back herb in tepid water every hour. He also said he was unable to sleep because his mind would not shut down at night time.

She sent him home, expecting that he would have to return within a few days because of the severity of his symptoms, but he did not call again until his wife had to come to see her for another problem.

“I took the Strong Back herb for a day-and-a-half, went to bed for ten hours straight, sleeping extremely well, and when I awoke I felt great,” he told the doctor.

Mennonite farmer Benjamin Wolfe, a 65-year-old widower with 12 children, visited Dr. Arvigo complaining of severe headaches of longstanding that had recently become worse and more frequent after having spent a month on a bulldozer clearing land in the rain forest. The pain killers he was given at a clinic in Merida, Mexico, only made him feel worse.

In the history that Dr. Arvigo took, the farmer said that the headaches started when a house beam he was repairing fell on his head. He had been forced to wear a cervical collar for many months and since that time suffered headaches daily. His neck was barely flexible,

Medical practitioners in this country have used the Back Support formula from Rainforest Remedies™ for muscle strains from injury and trauma, sports, excess lifting, athletic performance recovery, and bruising and soreness in muscle and connective tissues.

For acute symptoms of backache and muscle spasm, less is more.

Take ten drops in a half glass of room temperature water per hour with hot compresses of the formula applied externally. After acute symptoms have subsided and for chronic backache and muscle spasm pain, take one dropper full in a half glass of room temperature water three times per day before meals.

unable to turn, and his muscles were tensed like chords. The history and clinical exam left Dr. Arvigo doubtful that she could help him very much.

Still, she prescribed the Strong Back herb at a dosage of one dropper in a half glass of tepid water every two hours. He returned for several more naprapathic treatments and was gradually feeling better with some headaches, but they were less severe and less frequent.

Finally, he stopped coming for treatment. When Dr. Arvigo ran into him in San Ignacio a few weeks later, he said he was still using Strong Back herb and his headaches had stopped and his neck loosened up to the point where he could once again enjoy life.

These are but a few of the true life clinical reports that we’ve been receiving regarding this ancient (but relatively new in the United States) herb’s ability to reduce pain and initiate the healing process in back aches and other types of muscle spasms. Now for the science behind the pain-relieving miracle.

Medical Validation of Strong Back Herb...

Known scientifically as *Desmodium adscendens*, Strong Back is a perennial herb with light purple flowers. It grows along the ground in fields and along roads in areas of the Central American rain forest. It is so named for its traditional use by Mayan healers to treat backaches, muscle spasms and such conditions that arise from muscle spasms, including headaches, pain, inflammation, and even kidney stress.

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We now know through scientific research that the active ingredients in Strong Back herb activate the body's calcium-dependent potassium ion channels which are responsible for the maintenance of tone in smooth muscles (in essence, when potassium ions cross cell membranes, they stimulate cells to release toxic calcium ions that became trapped in muscle tissue by the spasm); competitively occupy receptor sites on the cells that would otherwise be occupied by spasm-causing toxins produced by the body when its tissues are injured; and inhibit the body's metabolism of proinflammatory leukotrienes and arachidonic acid.

Researchers writing in 1993 in *Biochemistry* claim the triterpenoid glycosides in this plant "are the most potent potassium channel agonists found to date."

Yet, because the plant lacks central nervous system effects, it won't cause drowsiness or impaired judgment, unlike other back pain medications we often are forced to prescribe to patients to end their pain.

Finally, we have help for what has seemed for so long to be such a terrible plague on men and women. Patients who complaint about backache and muscle spasm really draw my sympathy because I know how difficult a time it will be to help them. (Indeed, when I learned about the Back Support formula, I began using it for my own chronic back condition.)

We are fortunate, indeed, that Dr. Arvigo is dedicated to preservation and exploration of the rain forest, for without her intrepid work in Central America, we here in the United States would never have the Strong Back herb or Back Support Formula.

Probably someone you know right now is suffering from back pain. Don't allow yourself or loved ones to suffer needlessly the pain of chronic or acute back pain or muscle spasms anymore. Use Back Support Formula or tell the people in your life who need to know about it that it's available. I say this as a medical professional who has personally investigated this promising new treatment for low back pain.

Cynthia Watson is one of America's most skilled practitioners of herbal and homeopathic medicine. She has an integrated holistic health practice in Santa Monica, California.

How to Locate Rainforest Remedies™ Back Support Formula

To find a health food store in your area carrying **Rainforest Remedies™** Back Support Formula or the other formulas in the line contact: Lotus Brands, Inc., Box 325, Twin Lakes, WI 53181 or call them at (800) 824-6396 or (414) 889-8561. Their email address is: rainforestrem@lotuspress.com. Lotus Brands is the exclusive North American distributor of the **Rainforest Remedies™** product line.

NATURAL STRESS RELIEF – From My Jungle to Yours!



Rosita Arvigo: "I've spent my life working with women, understanding our unique problems and stress, and developing herbal formulas to help women succeed in meeting the challenges of modern day life. As director of the Ix Chel Tropical Research Foundation in Belize, I came in contact with Don Elijo Panti, the last of the great Mayan healers, and learned how to use the powerful ancient herbs of the rainforest in the context of today's demands."

"This work has led to the development of the Rainforest Remedies product line, consisting of 9 fast acting liquid herbal extracts containing all the strength of the rainforest botanicals. These formulas have been used successfully by many thousands of people through the years and are now available through finer health and natural foods outlets nationwide. I believe these products can help women everywhere meet their daily challenges more effectively. I offer my work and experience to you with my love."

"Back Support formula has done wonders for so many people! I know you will find it to be a valuable addition to your life."

Rosita Arvigo

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