



***A Couple Of Tips
On How To Erase
Pain Naturally***

Contents

Two All Natural Solutions For Short Term and Long Term Relief of Pain	4
Remedying The Underlying Cause Of Pain	4
How FGXpress Power Strips get rid of pain.	5
.....	5
FGXpress Power Strips To The Rescue.....	5
3 Nutrients In Power Strips Stimulate Tissue Healing	6
The Other Ingredient In Power Strips Promotes Circulation	7
How Power Strips Are Used.....	7
What Power Strips Look Like	7
More Success Stories About Power Strips	8
Omega 3 Rich Fish Oil For Pain Relief.....	9
Does Fish Oil Omega 3 Really Relieve Pain?	9
Neurosurgeon Ditches Pain Drugs For Fish Oil and Avoids Knee Replacement	10
Many Types of Pain Are Relieved By Fish Oil	10
Pain from pinched nerve and herniated disc relieved.....	11
Fibromyalgia pain and thoracic outlet syndrome relieved.	11
Man with disabling pain after an auto accident gets relief with fish oil.	11
Patient with carpal tunnel syndrome avoids surgery and gets pain relief with fish oil.	11
Patient with 2nd and 3rd degree burns gets off of morphine and relieves pain with fish oil.	11
Summary Of These Two Pain Erasers	12
To Learn More and To Purchase Either FGXpress Power Strips or Pharmaceutical Grade Fish Oil by Doctor's Holistic Rx click here.	12

Hi,

Dr. Mittag here. I'd like to introduce myself and introduce this information on relieving pain naturally.

I'm an acupuncturist, chiropractor and nutritionist and for the past 28 years I've treated patients in pain. My patients pain complaints have been due to simple sprains or strains, pinched nerves, herniated discs, inflamed bursa and tendons and even infections like shingles.

There are two remedies that I recommend to virtually all my patients. Neither of them is a cure all, but they work really well—often better than pain drugs, and without the side effects of NSAID's.

The first of these is Omega 3 rich fish oil. The Omega 3 essential fatty acids in fish oil are used by our body to make bio-chemicals that stop inflammation. When the inflammation stops so does the pain.

I have found that most patients don't know much about how their body works. When it comes to natural remedies they tend to think of them in the same way they think of drugs. They'll take several capsules of fish oil a day for a few days and if there is no obvious relief they stop and reach for the NSAID's instead.

To get results with fish oil your product has to contain enough of the active ingredients EPA and DHA. Make sure that you are taking a pharmaceutical grade fish oil that is concentrated with EPA and DHA. If you give it time, you will get results.

I've written several reports on fish oil that will tell you the multiple health benefits of fish oil and how to take fish oil for pain relief. You can get them when you purchase a pharmaceutical grade fish oil that I sell on Amazon.com.

When patients need immediate relief of pain I recommend FGXpress Power Strips. You can think of these as pain patches. You put them on the painful area and get relief. They're all natural. They were developed by an MD who was seeing the horrendous side effects of people addicted to NSAID's for relief of pain.

This report discusses both fish oil and FGXpress Power Strips.

To Our Health,

Dr. Harlan Mittag

Two Pain Erasers That Relieve Pain Naturally and For Good

That may seem like a bold statement. Is it really possible to relieve all types of pain naturally? The qualified answer is Yes! In many or most cases you can get significant to complete relief of acute or chronic pain with natural remedies. The key is knowing how to take them.

Two All Natural Solutions For Short Term and Long Term Relief of Pain

Here are two solutions for relief of pain. The first is better for more immediate results, while the second takes longer and is thus more effective over the long term.

1. **FGX Power Strips.** This is an all-natural product that is approved by the FDA and is designated as a “Class 1 Medical Device useful as a pain relief product”. That’s the official word which is boring and which doesn’t begin to reveal the power of this technology. The relief that people are experiencing is nothing short of amazing. I’ll share some of these personal accounts and how these unique Power Strips work later.
2. **Omega 3 Rich Fish Oil.** Omega 3 rich fish oil helps to rebalance the body’s system for initiating and controlling inflammation. Inflammation is synonymous with pain. By helping our body better control inflammation, the Omega 3’s in fish oil have been shown to provide dramatic pain relief. This is not conjecture. It is documented in medical research studies. I’ll relate a couple of these studies later in this report.

If you are an action taker and don’t have time for all the details, you have read all you need to read. Buy a bunch of FGXpress Power Strips and some pharmaceutical grade fish oil. Take them as directed and within a week at the most, you’ll be relieved that you acted quickly.

Remedying The Underlying Cause Of Pain

Pain arises where there is inflammation in body tissues. This inflammation may be due to traumatic injury (sports injuries, whiplash, simple sprains and strains, tendinitis, bursitis, pinched nerves), due to infection (bacteria, viruses, etc), due to auto-immune conditions or even toxicity.

To get rid of the pain the inflammation needs to be eliminated.

How FGXpress Power Strips get rid of pain.

Painful areas, whether they be muscles, joints, nerves or other body tissues are areas that the body is trying to heal. In fact, inflammation is the body's repair process. Whenever there is tissue damage from any cause, the body generates inflammation in the area in order to repair the damage.

When pain doesn't go away, it means that the body is unable to complete the repair process.

To begin to repair the damage, the damaged tissue must be cleaned up. Rebuilding new tissue requires nutrients and oxygen. Both of the cleanup and rebuilding depend on blood flow into and out of the injured area.

FGXpress Power Strips To The Rescue

FGX Power Strips are applied to the skin over a painful area. Three ingredients within the strip are absorbed through the skin to speed healing of the inflamed area, thereby relieving the pain.

These three ingredients are Korean red ginseng, a proprietary blend of marine phytoplankton and ionic silver. At first glance this seems like an unlikely combination of ingredients for pain reduction. But a closer look reveals their immense healing potential.

The picture below shows a Power Strip and the components of it.

Lower back injury

A couple of weeks ago I injured my lower back. It was an old injury and every now and then it flares up. After extensive traveling and a lot of pain, I was presented with a **Power Strip**. I put on the Power Strip in the area of the pain, and literally immediately the pain started subsiding. Anyone who has suffered from sciatica or lower back pain knows how extreme that can be. To be relieved of that pain is extraordinary. It's truly amazing!

Marilyn S - 3/13/2014

Neck injury

I have a long-standing injury at the base of my neck. I put the **power strip** right over the permanent "knot" and within 20 minutes, the dull ache began to subside! I stayed pain free for 6 days with one power strip. And as an added bonus, the urinary tract infection I was dealing with also healed. I have more energy and more clarity, which means a happier, creative outlook on life!

Carol M - 3/13/2014



3 Nutrients In Power Strips Stimulate Tissue Healing

Korean red ginseng has been revered for thousands of years in Chinese medicine for its rejuvenating powers.

Marine Phytoplankton is considered a superfood. Because it contains hundreds of different carotenoids (antioxidants), minerals, amino acids and other nutrients it has been called a “complete source of nutrition”.

Elemental Silver is a potent anti-microbial that is effective against all manner of infections. It has been used as an anti-biotic since ancient times.

Severe Tendinitis

I received my **Power Strips** and immediately placed one on my left arm. I had developed severe tendonitis approximately 2 months ago on my left elbow. In less than an hour I experienced a reduction in pain and an increase in mobility of my arm. I assumed that there must be placebo effect, it just seemed to fast. I wanted to put it to the test. I have not been able to weight lift during these 2 months and had to limit body weight exercises.

I headed to the gym the next morning and did a full range of weight lifting and body weight exercises; no problem, no pain. I have been wearing the strips continually and have been amazed at how "miraculous" the results have been for me.

Kevin O - 3/13/2014

The Other Ingredient In Power Strips Promotes Circulation

Germanium is another component of the FGX Power Strip is not absorbed into the body. It is embedded deeper within the strip, away from the skin. Germanium has the unique ability to reflect heat. It absorbs the heat emitted from the body and reflects it back into the tissues in the far infrared range. In doing so it promotes circulation to and from the area of injury which further promotes healing of the area.

How Power Strips Are Used

Power Strips are applied to the skin usually directly over an area of pain. They are left on for 24-48 hours and then replaced.

Power Strips are not irritating to the skin and can be worn for prolonged periods of time. In fact, Power Strips have been shown to improve the skin's look and feel.

This is likely due to the fact that the germanium in Power Strip improves circulation locally while the Korean ginseng, marine phytoplankton and silver both nourish the skin and kill microbes.

What Power Strips Look Like



Chronic back pain

I have endured chronic pain in my upper and lower back for over 30 years. I have tried every pill, treatment etc... to treat my back challenges. I was a bit skeptical of a patch, but within minutes of using the **Power Strips** product I felt relief and was walking up my stairs with ease.

Steve S - 3/13/2014

More Success Stories About Power Strips

Lower back pain

Powerstrips are amazing!! 3 yrs ago I had shingles in my lower back, after which I had constant pain in my lower back. This was aggravated by the many hours of travel I do a week as a hockey mom! My back had become so bad 10 months ago that I was getting spasm in my back that left me in tears and feeling irritable.

Powerstrips - Day one I felt some relief, day 2 more mobility by day 3, all the pain and stiffness were gone. I love to workout and now am able to do it again, with improved athletic performance , endurance & muscle recovery. And for the women reading this, I wear my Powerstrip on my stomach during my cycle, pain, bloating, moodiness and irregular cycle is now a thing of the past for me. I have 5 children and this year caring for a 6th. I am so thankful that I have powerstrips to keep my energy up and pain gone to be able to meet the demands of my busy life!

Lisa R. - 3/13/2014

Back surgery

I previously had back surgery and have been a long-time sufferer of severe back-pain, and was given some of the strips by a friend who suggested that I try the all-natural product. After applying the patch on my back and by the next morning experiencing significant pain relief, I realized that this might be the product that could open the doors of opportunity to people in every country in the world

Ron Williams - 3/13/2014

Joint pain

My knee, back and shoulders are always painful even though I went through all chiropractors, massages, and acupuncture. Now my pain went from a painful 10 down to a 2. Yeah! I'm now feeling relaxed and feeling free.

Mary Siew Ping Y - 3/13/2014

These are just a few of the hundreds of personal accounts of relief of pain that are attributed daily to FGXpress Power Strips.

To Get FGXpress Power Strips Go To <http://MNChiropractors.com>

Omega 3 Rich Fish Oil For Pain Relief

Americans are woefully deficient in essential Omega 3 fatty acids.

Like vitamins and minerals there the essential Omega 3 and Omega 6 fatty acids must be consumed in our diet since our body cannot make them on its own. While Americans get plenty of Omega 6 fats in our diet, we are starving for Omega 3 fats and we don't even know it.

The body uses Omega 3 fats to make chemicals that suppress inflammation. When we don't consume enough Omega 3 fat our body can't make these chemicals.

Normally, when we suffer an injury the inflammatory process continues for a brief period until the repairs are complete. Then the body puts out the fire of inflammation. At that point the repair process is completed and the inflammation and pain stop.

When the body is unable to make the chemicals it needs to stop inflammation, the inflammation and pain continues.

Research studies suggest that the underlying cause for our national epidemic of pain and diseases associated with out of control inflammation (heart disease, diabetes, cancer, Alzheimer's disease) is due to this national deficiency of Omega 3 fatty acids in our diet.

Does Fish Oil Omega 3 Really Relieve Pain?

Research studies show the pain relieving effects of fish oil.

The American Association of Neurological Surgeons published a study entitled "High-Dose Omega-3 Oils used to Treat Non-Surgical Neck and Back Pain". This study involved 250 patients who suffered from chronic neck pain and who were taking NSAID's for relief.

Researchers gave the patients high doses of fish oil daily. After 75 days nearly 2/3's of the patients (59%) had stopped taking their pain drugs for pain, saying that the oil provided satisfactory relief. 88% of the entire group in the study said that they planned on continuing with the oil after the study.

Neurosurgeon Ditches Pain Drugs For Fish Oil and Avoids Knee Replacement

Dr. Joseph Maroon, MD took so many pain drugs (NSAIDs) that he developed an ulcer. His medical colleagues suggested that he needed a total knee replacement after his many years of vigorous exercise including running marathons. Instead he researched the medical literature and decided to take a pharmaceutical grade fish oil.



As a result of taking fish oil he was able to get off of all pain drugs and avoided knee replacement.

Based on these results he began to use fish oil in his clinical practice. He documented the results finding that approximately 60% of his patients were able to get off of pain drugs completely by using fish oil. Many of his patients have been even able to avoid surgery when using fish oil to relieve pain and inflammation. [To hear an online interview with Dr. Maroon click here.](#)

Many Types of Pain Are Relieved By Fish Oil

Another study published in The Clinical Journal of Pain was titled “Omega-3 Fatty Acids for Neuropathic Pain: Case Studies”. Neuropathic pain is nerve pain.

This pain arises directly from the nerve and is different than the pain of arthritis, a strained muscle or a bruised knee. Neuropathic pain is usually harder to treat and is often more severe. The study followed the cases of five patients.

Each patient had a different ailment causing pain. They suffered a cervical radiculopathy (a pinched nerve in the neck), thoracic outlet syndrome (nerve compression in the chest/shoulder), fibromyalgia, carpal tunnel syndrome, and one a

burn injury. The patients were given high doses of omega-3 containing fish oil. Here's how each of these patients fared after just taking oil.

Pain from pinched nerve and herniated disc relieved.

Patient #1 was a 53 year old man, had a disc herniation in his neck pinching a nerve, which caused radiating pain into his arm. Previous treatments such as physiotherapy and NSAID drugs did not help. After 2 ½ weeks taking fish oil his pain lessened. After taking 8 months he had improved so much he started playing competitive hockey again. After 19 months he felt he was cured and had no restrictions whatsoever. However, if he stopped taking the oil for more than 4 days, his pain began to return.

Fibromyalgia pain and thoracic outlet syndrome relieved.

Patient #2 was a 48 year old nurse who was injured at work. She was diagnosed with fibromyalgia and thoracic outlet syndrome. (Thoracic outlet syndrome is a compression of nerves as the travel from the neck to the arm through the upper chest and shoulder). Previous treatments with pain drugs and physical therapy had not helped. After 7 months of taking high doses of fish oil she had improved greatly. After 13 months she felt she was cured of both conditions.

Man with disabling pain after an auto accident gets relief with fish oil.

Patient #3 was a 50 year old man who suffered from chronic neck pain and arm pain as a result of being in a car accident. This patient remained disabled even after treatments including chiropractic, massage, physiotherapies and NSAID drugs. After taking large doses of fish oil his pain began to improve. Eventually he was able to resume working out at the gym without pain. He also reported that he was thinking more clearly and had better concentration.

Patient with carpal tunnel syndrome avoids surgery and gets pain relief with fish oil.

Patient #4 was a 47 year old man with carpal tunnel syndrome. After 8 months of taking high doses of fish oil his pain symptoms improved significantly. A nerve conduction test also showed significant improvement in nerve function. He improved so much that he was able to avoid surgery.

Patient with 2nd and 3rd degree burns gets off of morphine and relieves pain with fish oil.

Patient #5 was a 54 year old man who had suffered 2nd and 3rd degree burns to 30% of his body. He was hospitalized for over a month and had extensive skin grafts. His pain levels continued at such a high level that he was on morphine. Taking high-dose fish oil alleviated the pain so much that he was able to get off of the morphine.

Fish oil supplementation provides tremendous health benefits. Some of the documented health benefits include relief of inflammatory joint pain and chronic spinal pain,

improvements of autoimmune diseases, reduced risk of cardiovascular disease, improvements and reduced risk of depression, and relief of pain in fibromyalgia syndrome.

Summary Of These Two Pain Erasers

I've presented two solutions for pain and inflammation that are natural without side effects and which are providing dramatic pain relief for thousands and thousands and thousands of people.

1. For immediate, temporary relief of pain try [FGXpress Power Strips](#).

[FGXpress Power Strips](#) use germanium to reflect far infrared energies into injured areas to stimulate blood flow. The rejuvenating and healing properties of Korean ginseng, marine phytoplankton and elemental silver are absorbed into inflamed tissues to promote healing and relief of pain.

2. For long lasting relief of pain and inflammation try [Omega 3 rich pharmaceutical grade fish oil](#).

[Pharmaceutical grade fish oil](#) that is rich in Omega 3 fatty acids has been shown to effectively restore the body's ability to suppress inflammation and thereby relieve pain. It is essential to get a pharmaceutical grade fish oil that has been cleaned of toxins. Pharmaceutical grade fish oil also concentrates the active inflammation relieving component of fish oil (EPA or eicosapentaenoic acid).

To Learn More and To Purchase Either [FGXpress Power Strips](#) or [Pharmaceutical Grade Fish Oil](#) by Doctor's Holistic Rx [click here](#).

Thank you for taking the time to read this report on two amazing natural pain solutions.
To your health,

Dr. Harlan Mittag

Doctor's Holistic Rx

For [Pharmaceutical Grade Fish Oil](#) Visit <http://MNChiropractors.com>