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**Sent:** Thursday, 27 June 2013 12:39 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Tumeric - Natural Anti-Inflammatory

Learn about Tumeric - the Natural Anti-Inflammatory!!  
PLUS Special Offer - 10% OFF Metagenics Inflanvanoid Intensive Care!!!

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## PHYSIO4ALL E-News

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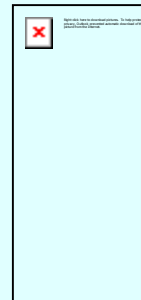
### Tumeric - the Natural Anti-Inflammatory

- [What is it?](#)
- [How do the Ingredients help?](#)
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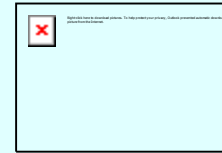
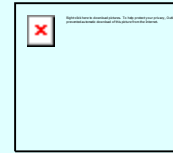
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#### **What is it?**

Metagenics Inflanvanoid Intensive Care is a blend of herbs traditionally used to relieve pain and joint inflammation. It contains powerful extracts of tumeric, boswella, cayenne and ginger. These ingredients provide excellent muscle tissue support and relief of minor pain following intense exercise or the “weekend warrior” experience.



- **Tumeric:** contains more than two dozen anti-inflammatory compounds, including six different compounds which stop pain, swelling and inflammation
- **Boswellia:** has been tested to decrease asthma and arthritis symptoms. It also prevents activity from certain enzymes that produce painful inflammation in your body
- **Cayenne:** this herb has a long standing history of assisting with pain relief; it also complements the action of the other herbs
- **Ginger:** serves as an anti-inflammatory by reducing the effect of certain proteins that promote it



### Benefits

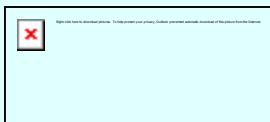
Some over-the-counter anti-inflammatory drugs have associated toxic effects, including stomach ulcers, decreased white blood cell count and intestinal bleeding. The anti-inflammatory aspects of this natural drug produce no toxicity.

**Dosage:** Take two tablets, three times daily or as prescribed by your physiotherapist.

**Side Effects:** None

For more information on the safety and benefits of Tumeric please check out the following article: [Safety and Anti-Inflammatory Activity of Curcumin: A Component of Tumeric \(Curcuma longa\)](#)

***Speak to our physiotherapists today on advice on Inflammation Intensive Care, or about any concerns. Give us a call on 9922 2212!***



Check out our latest YouTube video:  
[Physiotherapy North Sydney: Thoracic Stretch using Foam Roller](#)

## SPECIAL OFFER!!

Call us on 9922 2212 and mention this email for 10% OFF Metagenics Inflanoid Intensive Care!! Only until 30th June, 2013.



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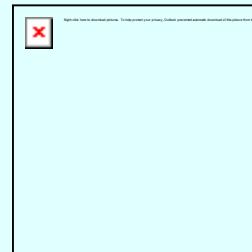
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