



MUSCLE ACHES AND STRAINS?

By Kim Davies-Haycock

NO MATTER WHETHER YOU ARE JUST GETTING BACK INTO FITNESS AND SPORT OR ARE AN ENDURANCE ATHLETE, SORE MUSCLES OR INJURED JOINTS ARE A FREQUENT COMPLAINT.

Aching muscles and joints can have three main causes: The first is called DOMS – Delayed Onset Muscle Soreness. Hard or repetitive exercise causes muscle soreness and damage, mostly due to micro tears and damage to muscle cells. DOMS will reduce with time, but it can disrupt your training, daily activity and be very painful.

The second area is aches and strains caused by over training and overuse. Over use injuries are the most common seen by sports doctors. If not treated they can have long term side effects.

The third area of pain in sports is trauma injuries such as bruising, strain or sprains caused by a fall, tackle or accident – often requiring immediate expert attention from a sports doctor or physiotherapist.

Pain is a signal from your body to get you to pay attention.

Look for natural options:

100% natural herbal products such as Nature's Nurse Rapid Recovery Herbal Sports Rub has been especially formulated to provide support for the rapid repair and recovery from sports injuries. The cooling, fast absorbing rub combines the highly active herb Arnica Montana for bumps and bruises with MSM for fast acting support for the natural recovery process and Comfrey leaf supports tendons and ligaments.

Rapid Recovery Rub has 145mg/g of active herbal and mineral ingredients, giving fast acting relief. 100% natural and formulated without petrochemicals, synthetic ingredients or artificial preservatives.



Read the label and use only as directed. If symptoms persist see your healthcare professional.