

What is the difference between an analgesic, an anti-inflammatory and Traumeel?

Analgesics are a large class of medications that effectively and relatively quickly alleviate pain. Anti-inflammatory drugs (NSAIDs), which are part of this class of medications, will additionally suppress inflammation. However, emerging data suggests that they also increase healing time.¹⁻² This means that although the pain may have been temporarily relieved, the body may not have been able to complete its repair process. Traumeel is an inflammation regulator that slows the body's metabolic pathway in order to control pain and allow the natural healing process to occur. Thus, when one is pain free, it signifies that the inflammation is truly gone and that the cause of the pain has been completely resolved!

Is Traumeel better than conventional NSAIDs?

Sports injuries such as ankle sprains and repetitive stress injuries such as epicondylitis (tennis elbow) have shown to be effectively relieved by Traumeel. Some data even suggests it to actually be superior to NSAIDs in the management of epicondylitis. Traumeel may be required more frequently than conventional painkillers in order to appropriately assist the body.

Is Traumeel better than conventional analgesics?

After a few weeks of use, Traumeel was scientifically shown to reduce pain equally or more effectively than analgesics and accelerate healing in order to resume usual activities. Other studies have confirmed the pain relieving and improved wound healing effects of Traumeel following surgery.

Why should I use Traumeel?

Traumeel speeds up the recovery process, especially when compared to conventional medications! Join the millions of patients, as well as amateur and elite athletes worldwide who regularly use Traumeel.



REFERENCES

- (1) Dahnert LE, Mullis BH. Effects of nonsteroidal anti-inflammatory drugs on bone formation and soft-tissue healing. *J Am Acad Orthop Surg.* 2004;12(3):139-43.
- (2) Ferry ST, Dahnert LE, Afshari HM, Weinhold PS. The effects of common anti-inflammatory drugs on healing rat patellar tendon. *Am J Sports Med.* 2007;35(8):1326-33.
- (3) Zell J, et al. Treatment of acute sprains of the ankle: A controlled double-blind trial to test the effectiveness of a homeopathic ointment. *Biological Therapy* 1989;7(1):1-6.
- (4) Zenner S, Metelmann H. Application possibilities of Traumeel s injection solution: Results of a multicentric drug monitoring trial conducted on 3,241 patients. *Biomedical Therapy* 1992;10(4):301-10.
- (5) Zenner S, Metelmann H. Therapy experience with a homeopathic ointment: Results of drug surveillance conducted on 3,422 patients. *Reprint Biological Therapy* 1992;12(3):204-11.
- (6) Böhmer D, Ambrus P. Treatment of sports injuries with Traumeel s ointment: A controlled double-blind study. *Biological Therapy* 1992;10(4):290-300.
- (7) Thiel W, Borho B. The treatment of recent traumatic blood effusions (hematomas) of the knee joint. *Biological Therapy* 1994;12(4):242-8.
- (8) Zenner S, Weiser M. Oral treatment of traumatic, inflammatory, and degenerative conditions with a homeopathic remedy. *Biomedical Therapy* 1997;15(1):22-6.
- (9) Conforti A, et al. Experimental studies on the anti-inflammatory activity of a homeopathic preparation. *Biomedical Therapy* 1997;15(1):28-31.
- (10) Lussignoli S, et al. Effect of Traumeel s, a homeopathic formulation, on blood-induced inflammation in rats. *Complement Ther Med.* 1999;7:225-30.
- (11) Arora S, Harris T, Scherer C. Clinical safety of a homeopathic preparation. *Biomedical Therapy* 2000;18(2):222-5.
- (12) Ludwig J, Weiser M. Treating pediatric trauma with a homeopathic ointment. *J Biomedical Therapy* 2001; Summer:8-12.
- (13) Oberbaum M. Randomized, controlled clinical trial of the homeopathic medication Traumeel s in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation. *Cancer* 2001;92(3):684-90.
- (14) Porozov S, et al. Inhibition of IL-1 β and TNF- α secretion from resting and activated human immunocytes by the homeopathic medication Traumeel s. *Clin Dev Immunol* 2004;11(2):143-9.
- (15) Birnesser H, et al. The homeopathic preparation Traumeel s compared with NSAIDs for symptomatic treatment of epicondylitis. *Journal of Musculoskeletal Research* 2004;8(2 & 3):119-128.
- (16) Schneider C, et al. A homeopathic ointment preparation compared with 1% diclofenac gel for acute symptomatic treatment of tendinopathy. *Explore* 2005;1(6):446-52.
- (17) Gebhardt R, Köhnke D. Lindane-suppressed wound healing re-established by Traumeel s - studies with hepatocytes, granulocytes and hepatic stellate cells in a newly developed *in vitro* model. *Forsch. Komplementärmed* 2007;14(Suppl.1):(Abstract PG5-06)41.
- (18) Orizola AJ, Vargas F. The efficacy of Traumeel s versus diclofenac and placebo ointment in tendinous pain in elite athletes: a randomized controlled trial. *Med. Sci. Sports Exerc.* 2007;39(5, Suppl.): (Abstract 858)S78.
- (19) Schneider C, et al. The role of a homeopathic preparation compared with conventional therapy in the treatment of injuries: an observational cohort study. *Complement Ther Med.* 2007, in press.
- (20) Singer SR, et al. Efficacy of a homeopathic preparation in control of post-operative pain - A pilot clinical trial. *Acute Pain.* 2007;9:7-12.
- (21) Gottward R, Weiser M. Treatment of otitis media/externa with a modern homeopathic remedy. Summary published in *J Biomed Ther*, Summer 2004;13.



The information contained in this brochure does not replace the advice of a health care practitioner.

Some products cover up muscle pain.

Voted best homeopathic product in Canada since 2003



Heel Canada Inc.
Montreal, Quebec
1-888-879-4335

www.heel.ca -Heel

87228 November 2007

Traumeel works deep down to treat the cause.

Traumeel[®]s

Recommended by health care practitioners
in 50 countries for over 70 years

Another great innovation from -Heel



Get to the **root** of the problem

Do you suffer from some degree of muscle pain, backache or injury? Did you know that this pain is most often caused by inflammation? This is why it's important to know all the facts about Traumeel and how it works deep down to treat the pain.

:: What is inflammation?

Inflammation is in reality a natural important process of the body, a basic way in which the organism reacts to injury and tissue irritation by getting rid of the damaged tissue and creating the perfect environment for repair.

:: Why do I feel pain?

The body has its own inflammation regulating mechanism, characterized by classic signs of pain, heat, redness, swelling and loss of function. Without inflammation, wounds and muscular damage would never heal. When you feel pain, you're feeling your body at work.

:: How can I treat the pain?

Since the natural process of inflammation may take some time, sufferers usually turn to pain relievers such as analgesics or anti-inflammatories (NSAIDs, non-steroidal anti-inflammatory drugs). However, these medications often cause a variety of side effects such as liver toxicity, renal and cardiovascular effects, as well as photosensitivity. Luckily, by regulating inflammation, Traumeel works directly at the root of the pain to treat its cause and accelerate the healing process without all the side effects.

Traumeel draws the line on pain and works deep down to treat the cause.

Traumeel works directly at the root of muscle pain, backaches, sports and repetitive stress injuries, minor joint pain and post-operative inflammation to accelerate the healing process. Scientifically proven to relieve pain and swelling, Traumeel is suitable for the entire family and is a true alternative to conventional painkillers.



:: Is Traumeel scientifically and clinically proven effective?

Traumeel is supported by over a dozen studies elucidating its mechanisms of action, clinical applications, low rate of side effects, and effectiveness.³⁻²⁰ The data clearly shows it to regulate, control and support inflammatory mediators at different stages of the inflammation process instead of suppressing them.

:: What are the benefits of combining Traumeel oral and topical forms?

Although the ointment or gel may be used alone quite effectively, certain more chronic conditions may benefit from the addition of an oral form of Traumeel to ensure a comprehensive effect.

The benefits of Traumeel

- :: **Accelerates** healing as opposed to simply masking the injury
- :: **Helps** sufferers regain mobility and resume normal activities more quickly
- :: **Available in an odorless** cream or gel and is also conveniently offered in oral dosage forms
- :: **Suitable for the entire family**
- :: **Better tolerated** than NSAIDs: does not cause adverse effects on the renal, cardiovascular, gastrointestinal, hepatic and nervous systems
- :: **No known medicinal interactions;** may be combined with conventional or natural medications



Traumeel is also available in eardrops and is clinically proven to alleviate pain associated with otitis (media and externa) and ear inflammation.²¹ Unlike most medications for otitis that are administered orally, Traumeel eardrops are applied locally in order to provide fast relief.

While individual response to Traumeel will vary according to each person's health status, severity of the condition being treated, age, dosage used, etc., initial benefits may be felt within days. However, in chronic disorders, Traumeel should be used for several weeks before evaluating its complete effectiveness. Medicinal ingredients: Aconitum napellus, Arnica montana, Belladonna, Bellis perennis, Calendula officinalis, Chamomilla, Echinacea, Echinacea purpurea, Hamamelis virginiana, Hepar sulfuris calcareum, Hypericum perforatum, Millefolium, Mercurius solubilis Hahnemanni, Symphytum officinale. See the package insert for more details.