

Super★Star

Products

Presents

Inflammation

What it is & how you treat it.



SUPER STAR  PRODUCTS

You deserve a healthy, pain-free existence.

When you remove the obstacle of physical discomfort, you open your world to rejuvenation. Now you can get on the ground to play with your grandchildren, stay in the game when it counts, reach new heights you never imagined to be possible, and enjoy the subtleties of life.

More so than the physical hurdle, your mind is set free. Your body no longer is in a constant state of distress. This means two things:

1. Your body no longer is damaging itself, allowing your immune system to reset to its original function.
2. Your focus shifts from the pains of life to the possibilities of life!

What you'll take away from this book...

- Who is Super Star Products & why does the pain eliminator work.
- What is inflammation, what causes it & what are the risks associated with inflammation?
- How do traditional treatments work & what are their side effects?
- What are natural ways to reduce inflammation that you can easily implement today?



Where did Super Star products start...



Super Star Product's development began in 2009. The launch to stardom was accelerated when founder, Ozell L. Banks II broke his neck in a hit & run car wreck. Banks didn't quite grasp how revolutionary this product would turn out to be. Using it in his own rehabilitation program to avoid pills and shots, his physical therapist urged him to share this life-changing gel.

Under the lead of Dr. George Washington Carver (an innovative chemist) and the 10-year apprenticeship of Dr. Luther Iglehart (naturopath practitioner) Banks created this revolutionary product that will eliminate the ailment of prolonged pain or use of addictive prescription drugs.

Super Star Product started with friends and family. The overwhelming admiration encouraged sales to the public with the first two bottles sold at a small flea market in Columbia, South Carolina. Since that day, thousands of lives have been changed. The measurement of success started with the quantity sold and evolved to quantity helped. Whether you purchase or not, the mission is to stop pain one person at a time. If you ask Mr. Banks how successful his day was, you can almost always expect his response being 'Extraordinary, I helped a lot of people today!' Ozell was given a gift of healing and helping, and chooses to fight on the front lines until everyone knows how it feels to be a Super Star.

Super Star: Inflammatory Related Pain

Much like an anti-inflammatory pill targets an injury, Super Star Gel for Inflammatory Related Pain dissipates inflammation without the harmful side-effects of systemic treatment.

A pill has to circulate through your entire body to locate the area of injury. Super Star Gel is applied directly to the affected area (for local treatment). The Aloe Vera base allows for the natural medicine to penetrate all the way to the bone, giving way for the essential oil blend to break up inflammation below the surface.

This Gel can be used to eliminate pain associated with joint pain, back pain, muscle tightness, headaches, arthritis, nerve pain, gout, and much more. Massaging it into the affected area allows for deeper and more rapid pain relief. We recommend a minimum application of two times per day for the first week, and as needed thereafter. The 12 undiluted therapeutic grade essential oils each have their own 'super power' that work together and leave you smelling fantastic.

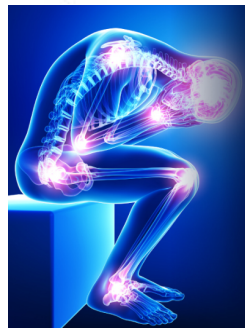


What is inflammation?

Inflammation is your body's immune response to a threat. When your body experiences trauma or toxins, it sends white blood cells to a localized area to fight the infection. This increases blood flow to an area, a release of chemicals, creating swelling and warmth.

Acute swelling to a bee sting or bumped knee is a healthy response. In response to trauma, your body is healing the injury.

Chronic inflammation lasts for long periods of time, months or even years. This could be allergies or arthritis. This inflammation can be debilitating and long term can damage healthy cells.



Risks associated with inflammation...

When inflammation persists, your body is in a constant state of alert. Rather than healing the affected area, it starts to damage healthy cells.

With arthritis, your immune system triggers inflammation where no foreign invaders are present. Your body responds as if normal tissues are infected or abnormal and cause damage to the surrounding area. The increased number of

blood cells within the joint cause irritation, swelling of the joint lining and, eventually, wearing down of cartilage.


Prolonged chronic inflammation has also been associated with: cancer, heart disease, rheumatoid arthritis, type 2 diabetes, obesity, asthma, & neurodegenerative diseases such as Alzheimer's disease.

How can you avoid inflammation?

- Limit smoking and alcohol intake.
- Maintain a healthy body weight.
- Remove processed foods and add greens/antioxidants to your diet.
- Reduce your stress level.
- Bundle up in bubble wrap.
- Use Super Star Gel 1-2 times a day.



Traditional treatment & side effects:

-  1. *Anti-inflammatory drugs* such as aspirin, ibuprofen (Advil), and naproxen (Aleve) reduce inflammation and pain, but long-term use has been linked to ulcers and kidney disease. These drugs increase your risk of heart attack and stroke. You also may experience leg swelling, ear ringing, dizziness, allergic reaction, or high blood pressure.
2. *Steroids* decrease inflammation and suppress the immune system, which is helpful when your body attacks healthy tissue associated with autoimmune disease. Consistent use can lead to vision problems, high blood pressure, and deterioration of bone. You may also experience face swelling, nausea, mood swings, insomnia, and unusual hair growth. Lastly, you're prone to infection because drugs job is to suppress your immune system.
3. *Physical therapy*, rest, exercise, hot & cold treatment, splints and avoiding irritating movements. Though all of these are effective in reducing swelling, limiting movement is limiting your life.
4. *Surgery* is the last resort. A surgeon may remove damaged tissue, adjust joint placement or replace the joint altogether. Going under the knife is always risky and could leave you worse off than before.

Holistic approach (whole-body healing):

Your fuel matters - high carbohydrate and sugar-filled diets have been associated with an unhealthy inflammatory response. Changing your diet could heal your symptoms and remove the painful obstacles within your body. Your immune defense starts in your gut.

Add to your diet:

- dark leafy greens, including kale and spinach
- Antioxidants: blueberries, blackberries, and green tea (antioxidants defend against free radicals - damage-causing molecules)
- nutrition-dense vegetables, such as broccoli, kale, & peppers
- beans and lentils
- Healthy fats: avocado and coconut
- Olives & extra virgin olive oil
- walnuts, pistachios, pine nuts, and almonds
- cold-water fish, including salmon and sardines
- dark chocolate
- Ginger, turmeric, spirulina, cinnamon

Avoid:

- processed meats & snack foods
- sugary drinks, including soda, fruit juice, Starbucks coffee drinks
- trans fats found in fried foods, fast food, cookies, cakes, pies, & snack foods
- white bread & white pasta
- soybean oil and vegetable oil
- excess alcohol

HYDRATE!! Your entire body needs water, including every single cell, tissue, and organ. Water allows your body to complete seemingly simple tasks such as maintaining a normal temperature, keeping your joints lubricated, removing waste and maintaining proper digestion. Increasing your H₂O intake flushes toxins and prevents illness.

Strengthen your supporting muscles for joint health. Use resistance bands to gradually build the small muscles that make up the big strength. When your pain and inflammation is eliminated, you'll recognize the frailty that has developed when you limp off the pain.

Meditate and mindset - stress induces inflammation. Your meditation can be simple. Take five minutes in the morning to focus on your breath. Repeat affirmations to assure everything in life is perfect the way it is. Choose a positive mindset to rewire your thought patterns and enjoy the small things because they make up the big things.

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