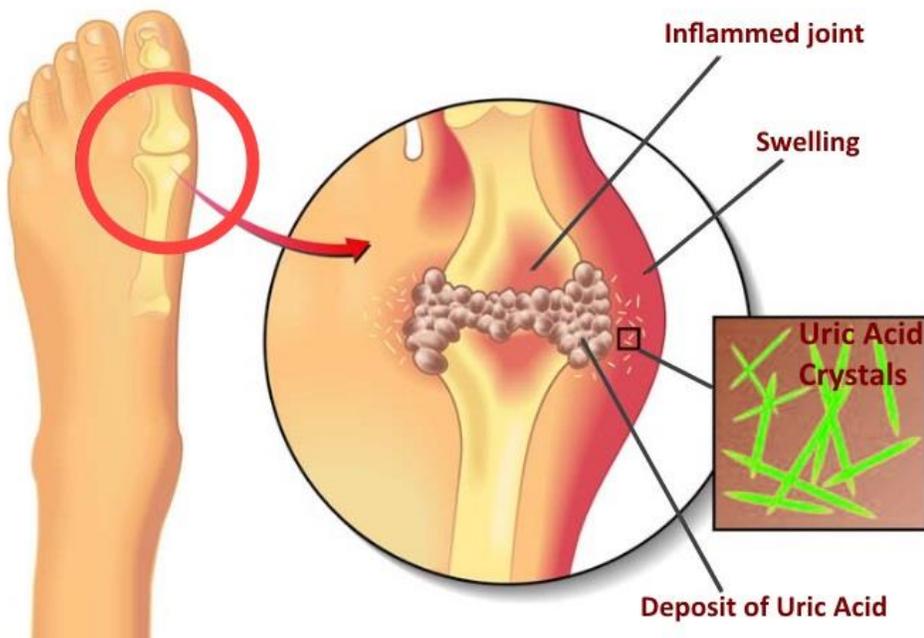


ROOT CAUSE OF GOUT

As is most common, my gout was experienced in my left big toe joint. OUCH! I could barely walk and not without pain. Once I corrected my diet and applied the gout formula several times a day for about a week, my symptoms eased up and finally left. Gout plagues more and more people every day and is caused from uric acid buildup in the body. The pain from gout is from uric acid crystals depositing between joints. As a result your joints don't get the lubrication that they need and swell up, becoming chronically inflamed.

And that's why you hurt so bad.

An excess of uric acid leads to the formation of small crystals of urate (uric acid crystals) some of which are formed in the synovial fluid (lubricating fluid around joints) that then cause inflammation and pain and a condition known as gouty arthritis. This generally happens in the area of the big toe with signs of redness and swelling in the joint. Other joints can also be affected and the pain so intense that just touching the area is excruciating.



Why does this happen? The primary cause is a diet high in hydrogenated fats, alcohol, conventional meat and refined carbohydrates. Also, if you have a condition such as insulin resistance, obesity, kidney disease, stress, high blood pressure, and an acidic system, this can increase the risk of developing gout.

My Wise Men Gout Relief Balm can ease the pain and inflammation in the affected area, but if you are serious about

getting rid of your gout and keeping it at bay, you must evaluate your current diet and lifestyle. I want to tell you about my Wise Men Gout Balm but first go over the *dietary changes* that are crucial to get rid of gout.

DIET

Sugar, grains and processed meat are your enemies in the fight against gout. Sugar feeds yeast in the body and conventional grains turn into sugar. Also, many meats are full of unhealthy hormones and antibiotics and are acidic to your system. And, I'm sorry to report that alcohol does your gout no good. Eliminating these things from your diet are the best actions you can take to eliminate and keep away those horrible gout symptoms. You've heard it before, but you'll need to replace the bad with plenty of vegetables, fruits and organic meats.

Foods I urge you to include in your diet:

High-fiber foods (fruits, vegetables, nuts, seeds)

Potassium-rich foods (avocado, salmon, squash, bananas, apricots)

Fresh berries and cherries (help neutralize uric acid)

Wild-caught fish (omega-3s)

Water (minimum 8 oz every 2 hours)

Foods To avoid:

Foods high in purines (fatty red meat, shellfish, small fish, mushrooms, organ meats, peas, lentils and spinach)

Fried foods and hydrogenated oils (soybean, vegetable, corn and canola oil)

Alcohol (increases uric acid and toxicity of liver)

Refined carbohydrates (sugar and other refined carbohydrates)

DRUGS

There are pharmaceuticals that are used to treat gout but I urge you to use these as a last resort. They often do not work and have some dangerous side effects. Some of the pharmaceuticals used to treat gout are NSAIDs, Colchicine, corticosteroids, Corticotropin (adrenocorticotrophic hormone), Febuxostat, Alopurinol, and Zylor.

Not only do many of these drugs not work for gout sufferers the side effects of these toxic pharmaceuticals are not worth the risk. This is especially true when diet and lifestyle changes can end or successfully help to manage gout.

ESSENTIAL OILS



Luckily for us there are some essential oil blends that provide quick and safe relief from the pain and discomforts of gout. But my Wise Men Gout Balm can do more than offer you quick relief. It's a preventative formula that can help prevent future flare ups. Begin feeling relief instantly, while daily applications have a cumulative effect. Each of all the essential oils I have used and experimented with have particular benefits and uses. However, I

narrowed down a special blend of lemon, geranium and wintergreen essential oils to include in my Wise Men Gout Balm. I have highlighted lemon, geranium, wintergreen essential oils for their ability to soothe your achy joints and clear out stuck uric acid crystals. **Lemon** essential oil is high in limonene and is added to help medicinal ointments and creams penetrate the skin. Also helps to get rid of the uric acid which has formed. **Geranium** is anti-inflammatory - it alleviates swelling and inflammation through circulatory action, and helps relieve gout pain relief; also is a cicatrisant which means it helps cell-regeneration of the skin. **Wintergreen** warms up the skin and is a natural pain killer and it fortifies and compliments the other oils.

How did I start on this formula? In late 2014 I attended a seminar on essential oils and was intrigued. I learned there are naturally occurring oils harvested around the world from the seeds, leaves, stems, bark, buds roots, and flowers of trees and plants. Since trees and plants are rooted and cannot move from their toxic setting, the *plants evolved these substances to shield them from disease*. How the healing power of these oils never came to my attention is a testimony in itself of how I got sick in the first place. Since my introduction I have



experimented with many different essential oils and their benefits. The world wide web is full of good and also misleading information, but it is important to know that the chemical constituents of an oil can be affected by a vast number of variables. However, for the best results, it is necessary to use a pure, therapeutic-grade essential oil. These can be costly, but required if the oil is to produce the desired results.



Essential oils embody the regenerating, protective, and immune-strengthening properties of the plants. The chemical constituents of the oil are both small in molecular size and are also lipid soluble which allows many of them to easily and quickly penetrate the skin. Essential oil constituents have the potential to affect every cell of the body within twenty minutes and then be metabolized like other nutrients. They are powerful antioxidants and many have antibacterial, antifungal, anti-infectious, antimicrobial, antitumor, antiparasitic, antiviral and antiseptic qualities.



The wise men from Arabia were actually being practical by giving the baby Jesus precious, costly essential oils that could double up as potential medical remedies. Lemon, geranium, and wintergreen, not only relieve gout symptoms and pain, but promote healing to other areas and systems in the body. In ancient times, Lemon, geranium and wintergreen were valued because of their effectiveness treating many illnesses. My Wise Men Gout Balm can be used as a miracle cure because of its ability to help with a myriad of health concerns like treating pain relief, gout, arthritis, psoriasis, and anti-aging.

Application

I personally use Wise Men daily on my reflex points on my hands, feet, and auricular body points. The healing qualities of the oils are in my system in twenty minutes or less and go to which ever system or organ that requires them. I apply this cream in the evening just before bed, or if I am sitting around during the day, I will apply it again, just for extra measure.

Here are my recommended application tips:

Tip!

MELT OR SHAVE OFF. You may be taken aback initially because the oil actually comes in a solid form. In order to be able to use it as a natural moisturizer, you need to either melt it a bit first, or you can shave a bit off the top and then it will immediately melt like butter in your hand.

Tip!

SMELL FIRST! It takes 1/2 second for a smell (aroma/odor) to get to the brain. It takes 9/10 of a second for the sense of pain to get to the brain. ALWAYS smell the essential oil first. That way the healing properties of the oils begin working immediately as the brain sends the healing messages throughout the body. You may put a finger tip of cream into the palms of your hand. Cup your hands around your nose and inhale. Ummm...



Tip!

MASSAGE! By applying a gentle massage when delivering Wise Men, you can greatly enhance the benefits. How does it work? When Wise Men is applied with pressure to the reflex points, electrical impulses are released. These impulses carry the essential oils up the nerve pathway and into specific areas of the body. This in turn releases energy to support the systems of the body.



Tip!

HOT OR COLD COMPRESS. Try a *hot* compress to reduce stiffness and pain. A *cold* compress to ease inflammation and pain. First, soak your inflamed skin in cold water. This gets the blood moving some. Pat skin dry. Apply Wise Men. Then place a hot (or cold), soaked towel on top for 2 minutes.

Skin Care

One of the best things about Wise Men benefits is the fact that it eradicates the need for some of the most toxic, potentially harmful and drying concoctions out there on the market. Look on the back of any one of your lotion or pain relief bottles and you will almost without fail find *alcohol* of some sort or another as one of the main ingredients. How does adding alcohol to a product that is supposed to moisturize hydrate anything?

Another common culprit in most lotion and creams is *petroleum*- despite being a known carcinogen that potentially causes cancer, it's in almost everything. Seriously, it's in almost *everything*; toothpaste, makeup, lotions, deodorant, clothing, foods...

I'm proud to say Wise Men is a natural and effective way to lessen your exposure to toxins without having to sacrifice any superficial benefits. Wise Men is cold pressed, unrefined, organic, and basically as minimally processed as possible. It contains just three simple ingredients: Lemon, Geranium, Wintergreen essential oils in a coconut carrier oil. That's it. No chemicals you can't even pronounce.

Surprisingly, you can use it on your face, hands, feet and ears without worrying about breakouts. In fact, many people have been able to see some success in [psoriasis](#) and eczema

with Wise Men. This is likely due to its natural antibacterial, antifungal and antiviral properties.

Another feature you might not expect from using an oil topically is that when applied to the skin, Wise Men does not leave a thick, greasy or overbearing residue. It actually absorbs quite quickly and is not uncomfortable to wear under makeup or clothing.

Cancer Survivor

The path I took to perfect the Wise Men Gout Balm formula goes back to the fight I had with cancer a few years ago. Cancer is as complicated as the bodies it inhabits and the varying stages of disease in those bodies.

My diagnosis in 2008 of chronic lymphatic leukemia brought on the same horror, disbelief, and fear that all cancer diagnosis brings and an unwanted look into the bleak unknown of eternity. Our mortality is thrust upon us and the mind spins as to what to do next.



I was already aware of the unsuccessful history of chemo and radiation therapies. These are the only approved treatments for cancer by the FDA and AMA, and more often than not, they are more harmful than helpful. In fact, there is very little difference in the survival rate of those choosing to do nothing and those choosing the chemical or burn treatments.

I chose to first try alternative medicine. I found a naturopathic doctor and spent almost two years using foot/hand baths, acupuncture, FAR light and heat booths, hypothermic chambers and a big range of tinctures that accumulatively seem to improve my overall health and feeling of well-being. Unfortunately, my health insurance would cover none of this, and I was financially forced to stop.

During those two years, I researched cancer, alternative treatments and developed my Wise Men essential oil blend and I was able to keep myself alive and to live a fairly normal life.

I have been chemo free for over two years and my blood work numbers have been quite steady given the severity of my cancer. *It is my opinion* that these natural substances that evolved to shield plants from disease can also do remarkable things for the human body. But I must be clear Wise Men **has not been evaluated by the FDA**, and I make no claim that it is intended to diagnose, treat, cure, or prevent any disease.



The dietary restrictions for cancer are similar to those of gout especially the sugars, grains and processed foods which result in increased uric acid levels. To survive cancer, we must drink clean filtered water and eat organically grown vegetables and meat products. We are the sum of what we eat and put into and on our bodies. The number one item to stay away from is refined sugar in all its forms.

For sweetening I like to use naturally gathered honey or stevia. I often mix them moderately with apple cider vinegar, water and lemon, for a refreshing and healthy drink. Stevia is also an excellent substitute in baking bread. They are natural, made by God, and healthy in moderation. The other mass produced sweeteners are best left on the table or better yet, thrown out. Refined sugar is fuel for cancer, so why feed a monster?

- Stan McSwain
Riverton, Wyoming



Caution

Wise Men Gout Balm can be effective for gout, but it's not going to be an effective healer in every case. If your condition worsens please seek out additional treatment options or consult a doctor. Over time gout can prove dangerous for the kidneys and body in general. In the unlikely event of skin irritation or reactions of the eyes or mucus membranes, discontinue use. This cream is not edible. Wise Men has not been evaluated by the Food and Drug Administration (FDA). When children are treated, it's best to be careful; always consult with your doctor and a qualified aroma therapist. Being smaller in size, children are more sensitive to the effects of essential oils than adults are. Keep out of reach of small children.