

Spring 2010

Volume 1, Issue 2

# Natural Healing, Natural Wellness

*A newsletter dedicated to your well-being*

*From the makers of the Topricin® family of healing pain relief products*

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## A Word from the Publisher

*By Aurora Paradise*

I am delighted to share the early spring issue of Natural Healing, Natural Wellness. Inside you’ll find lots of great ideas and information for enjoying the season to the fullest, with tips on breathing fresh air into your workouts and savoring spring produce—including a few great recipes! You’ll learn how to use some powerful healing essential oils, start a “tool kit” for deciphering your dreams, and how to calm down a “Chatterbox mind”—couldn’t we all use that help from time to time! I’m also happy to introduce you to Steve Duricko, a long-time friend and cofounder of Topical BioMedics.

Lou reveals the science behind one of our newest products, Topricin Junior, explains the healing process, and discusses why it is so very important to use extreme care when administering pain relief and any other medications to our precious “little people.” It’s a must-read article for every parent and grandparent!

### TOPRICIN® JUNIOR:

## Safe Pain Relief Treatment for Our Children

*By Lou Paradise*

Our children are special, and deserve nothing but our very best as we help them navigate through the challenges of life. From the minute they are born we do our very best to provide for all their needs, worry about them as they grow and feel their pain when injuries happen along the way.

As a father and grandfather, the safety of my children and grandchildren including all the products they need and use, is of utmost importance to me. When it comes to pain relief there are many products marketed to parents and their children that

Lastly, I wanted to let you know that we’ve just launched two new, smaller sizes of our popular Topricin Foot Therapy Cream—a 4oz. jar and 2 oz. tube that makes a perfect travel companion. This is exciting news because I for one always have swollen ankles and achy feet whenever I get off an airplane!

Please feel free to write to me with any feedback, questions, and ideas on subjects you’d like to see covered in future issues of *Natural Healing, Natural Wellness*.

To your health,

**Aurora**

Aurora Paradise,  
 Chief Operations Officer and Publisher



*Aurora Paradise is Chief Operations Officer of Topical BioMedics. Besides publishing the monthly newsletter, Aurora oversees the day-to-day operations of the company.*



are not safe or worse, can cause serious side effects. The perception that we can only get

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*“Lavender—the ‘Swiss Army Knife’ of essential oils.”*

## *Essential Oils: Nature’s Divine Healing Scents!*

*By Joan Apter*

The steam-distilled lifeblood of plants, essential oils have been in use for thousands of years. They smell divine, but are extremely powerful for balancing the physical, mental, emotional, and spiritual systems. Some of their many benefits include enhancing immune function, relieving pain and stress, uplifting mood and emotion, and purifying your home and work environment.

As a certified aromacologist, I have a love affair with essential oils, and know what a profound effect aromatherapy can have on your life. In this column, I want to share some of my very favorite single oils and blends.

Please note that I only use and recommend therapeutic grade *Young Living Essential Oils*, which I know are absolutely pure. Non-therapeutic grade oils may be synthetic, adulterated, and otherwise altered. This not only negates the benefits but may actually be harmful, causing problems such as allergies, rashes, and burns. Before purchasing an oil, be sure that the company knows the origins of its oils and—if you wish to be absolutely certain--can produce gas chromatograms from an independent lab as proof of their oils’ purity.

### OIL USAGE GUIDE

**Lavender** – the “Swiss Army Knife” of essential oils. Use for physical/mental/emotional balance. Relaxing, sleep promoting, antiseptic, speeds wound healing, best for burns.

**Peppermint** - soothes digestion, anti-inflammatory extraordinaire. Pain relief, food poisoning, headaches, allergies, asthma, toothache and fever. Improves concentration, alertness and memory. Massage on location, inhale, apply to bottom of feet, rub on temples.

**Lemon** -the essential oil is cold pressed from the rind. It takes 3,000 lemons to produce a kilo of oil! Lemon has antiseptic-like properties. According to Jean Valnet, M.D., the vaporized essence of lemon can kill meningococcus bacteria in 15 minutes, typhoid bacilli in one hour, Staphylococcus aureus in two hours and Pneumococcus bacteria within three hours. Even a .2% solution of lemon oil can kill diphtheria bacteria in 20 minutes and inactivate tuberculosis bacteria. Add 2 drops to water for purification or combine with Peppermint for a refreshing lift.

**“Purification”** – a blend of citronella, lemongrass, lavandin, rosemary, melaleuca and myrtle. Purifies the air of virus, bacteria, fungus and mold. Neutralizes odors. Insect Repellent. Diffuse.

**“Thieves”** –a blend of the antimicrobial oils clove, cinnamon, lemon, eucalyptus and rosemary. Apply to bottom of feet daily, diffuse with Purification during cold and flu season to keep the immune system strong, and to kill virus and bacteria. I use the Thieves household cleanser, soaps, toothpastes and more!

Until next time, enjoy exploring the wonderful world of essential oils, and breathe deeply!



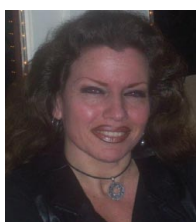
*“It takes 3,000 lemons to produce a kilo of oil.”*



*Joan Apter, aromacologist, is a massage therapist with 14 years of training in the use and application of therapeutic essential oils. She has advanced training in the medicinal applications of essential oils from Ege University in Izmir, Turkey, and holds an international certificate of study from the Pacific Institute of Aromatherapy. Joan offers Young Living Essential Oils and can be reached at [www.apteraromatherapy.com](http://www.apteraromatherapy.com) or [japter@ulster.net](mailto:japter@ulster.net)*



*“There are quite a few activities that, with proper preparation, translate well from indoors to outdoors.”*



*Founder and CEO of Physical Advantage, NY, NY, Laurie Towers is a fitness expert, former professional bodybuilder, and now Manhattan's main massage maven.*

*Perennially listed in New York Magazine's "Best Of" issue and featured on numerous television news shows and radio programs, Physical Advantage has established itself as the premier "serious" rehabilitative massage center in New York City, with a clientele that includes professional athletes, marathoners, dancers, actors, and singers. For more information visit [www.physical-knead.com](http://www.physical-knead.com)*

## *Physical Advantage: Spring Into The Outdoors* By Laurie Towers

As we look toward springtime, we couldn't be happier to give Old Man Winter a gentle wave goodbye, as we watch blades of grass start to sprout and embrace the rebirth of nature. But since there may still be every excuse to keep us on the couch, we should definitely keep in mind that exercise can (and should) exist in ALL seasons.

Blame it on shorter days, blame it on light deprivation, blame it on wherever you see fit to lay the fault, it's a statistical fact that during winter months people tend to substantially reduce their working out... The exception being those ill-fated New Year's resolutions that have gym memberships spike right after the holidays, then dwindle after we shake the confetti from our hair.

But for next year, remember that winter months offer some wonderful opportunities for working out, in addition to creating a wonderful landscape for it. Think about those endless hours of our youth playing in the snow. Those snowball fights and snow-drift jumping were endorphin releasing, with movements dripping with plyometric, velocity-encouraging, and cardio vascular activities. Those were the caloric burning FUN things we did as kids that kept our metabolism clicking away like a New York cab meter.

There are quite a few activities that, with proper preparation, translate well from indoors to outdoors. Assuming the climate is compatible to it, walking, running and biking will always be mainstays with the investment of the proper insulation and clothing. For example:

**A** Dressing in layers, with cotton, wool, and any other breathable material preferred, as it keeps moisture away from the body. Add hats worn to seal in the body's natural insulation, in addition to gloves. As the temperature begins to become more temperate, we can adjust the layers accordingly.

**B** Don't forget to care for your body, too. Sunscreen and moisturizers also create a barrier between the elements and exposed skin.

**C** Rehydrate the same as you would during the summer months. A common costly misconception is that because you don't sweat as much, your need to drink water is cut in half. The fact is that you NEED to re-hydrate at the same level as you normally do in high heat, even though you may not feel as thirsty.

**D** Make sure you're properly warmed up, as chilly spring mornings and evenings will promote more muscle shortening and restriction, thus leaving the muscle vulnerable to any insult or injury.

When it comes to exercise, remember to keep it interesting and diverse, making the effort to "mix it up" to fend off boredom. And Mother Nature's gym offers lots of enjoyable and beneficial opportunities for working out. If there's still snow on the ground, get out there and run, walk, or pull a sled, since snow provides a "natural resistance." For a more challenging walk, strap on snowshoes—that little bit of extra effort makes a difference.

Personally, I think that snow shoveling (when done correctly and good form) is probably THE most complete and potent winter workout. It's the marriage of velocity and endurance that gives you everything you need in one setting. And, as the sun smiles kindly and heats things up, the opportunity to expand your exercise horizons increases day by day—so every chance you have, put on your athletic gear and savor every moment!

Unfortunately, many of us were not instructed early on in our lives that we need to treat our bodies in a mindful fashion. A simple commitment to a healthy, realistic diet is important—and yes one that allows for occasional junk food so that we don't feel the resentment of deprivation, thus leaving the door open to sabotage. The key is we each need to really hear the gospel of good health within ourselves—whether or not there is someone there preaching and coaching us on the outside.

So get out there and get moving—sunny days are ahead!



*“All dreams come in the service of health and wholeness.”*

**AHA!**



### DREAM WORK:

## Your Dream Toolkit

By Doug Grunther

Our dreams provide key insights into our true nature and help us deal with major changes in our lives. The most effective way I know to do dream work is to use a “Toolkit” of principles. The original tool kit was devised by my teacher, Dr. Jeremy Taylor. I have expanded it to include eleven key principles which can greatly enhance your ability to understand the deeper meaning of your dreams. In this column I present the first three.

**1** All dreams come in the service of health and wholeness. This is another way of saying there is really no such thing as a bad dream. Our dreams may present challenging situations where we feel weak and helpless, yet they are never coming to say, “This is the way it is and there is nothing we can do about it.” They may be coming to say that if we continue to ignore the situation or try to sweep its emotional content out of consciousness, there may be future problems. At the same time our dreams always offer creative solutions if we are willing to dig deeply enough and become more aware of their underlying messages.

You may be wondering how dreams can come in the service of health and wholeness if they contain horrific images. I’ll give you an example.

In 1844, Elias Howe had a terrifying nightmare that led to the invention of the sewing machine. In the dream Howe was running for his life, being chased by cannibals who captured him, bound him, and threw him into a huge pot of water. They light a fire to cook him, and as the water bubbles up around him, the rope binding his hands loosen up. He tries to escape but the cannibals poke him back into the boiling water with sharp spears.

Howe woke up sweating, with his heart pounding. Yet a part of his mind seized on a curious detail: the cannibals’ spears had holes near the points rather than at the broad end. As he fully awoke he suddenly had a huge “AHA!” He realized that the reason he had struggled to invent

a working sewing machine was because he’d assumed the hole in the needle where the sewing machine thread went through the cloth had to be at the blunt end. But the cannibal spears had holes towards the point end. By moving the hole to the point end of the sewing machine needles, he then was able to design a mechanism that poked thread down through layers of cloth, wrapped around another thread, and pulled up again. Howe’s nightmare ultimately sent a positive message that he used creatively—literally helping to put the clothes on our backs!

**2** If we can remember a dream, we can deal with the truth it is coming to reveal. The first psychoanalyst who appeared on a radio talk show I hosted many years ago did not agree with this principle, feeling challenging dreams required caution. While it’s true that difficult dreams may take time uncovering the most significant levels, I have found that when a dreamer is willing to work a dream—no matter how frightening—there are immediate short-term benefits and even greater long-term benefits.

**3** Only the dreamer can know the truth of his/her dream. This usually comes in the form of a silent “AHA” or tingling sensation.

My first dream teacher, renowned psychiatrist Dr. Montague Ullman, said, “My colleagues have been killing the dream.” He explained that most psychiatrists and psychoanalysts have taken an “authoritarian” position where they hand out dream interpretations for patients to apply. Monty’s mission was to return the transformative power of dream work back to the dreamer. While it is helpful to have access to dream experts, the dreamer is the ultimate authority of what his/her dream means.

We know when we’ve hit on a truth of a dream when we experience a silent “AHA!” of recognition. Or we may know we’ve met the truth of a dream when we feel a tingling sensation somewhere in our body.

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## NUTRITIONAL BITES

*Nourishing Tips for Better Health*

By Roufia Payman

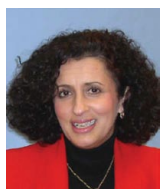
We are now at the onset of early spring—a beautiful time filled with the promise of new beginnings. Nature's bounty will soon be upon us with a fantastic variety of healthy produce that comes direct from the earth to our kitchen table. Making it the perfect time to make a commitment to eating delicious, fresh, seasonal food... Especially colorful vegetables and luscious fruits.

If you have not already done so, why not commit to setting aside at least one day per week to serve your family meat-free meals. The healthiest way to eat is a diet that emphasizes fresh vegetables, fiber, complex carbohydrates, and lean sources of protein like beans and fish. Now here's yet another reason to at least reduce the amount of animal protein you consume. According to the *American Journal of Cardiology*, a recent study found that a low-fat vegetarian diet may help prevent heart attacks. Researchers found that individuals who followed a low-fat vegetarian diet—along with a moderate exercise plan and stress management—

measurably improved the function of their endothelium (the inner lining of arteries that is key to preventing heart attacks).

So when you *think spring, think vegetables*. Beautiful, multi-colored vegetables, preferably from your local farmer's market or Community Supported Agriculture (CSA) group. The just-picked vegetables are at their peak of vitamin-filled nutrients—precious nutrients that are lost along with natural resources when they are trucked cross-country or flown in from another region. And just think—you'll enjoy exercise while walking around in the fresh air, meet your neighbors, get to know the families that produce the food, and soak up a healthy dose of Vitamin D. Frequenting a weekly farmer's market boosts the local economy while fostering an all important sense of community. So it's good for your body, your mind, your heart, and your soul!

*Wishing you a beautiful new and healthy beginning this spring!*



Roufia Payman is the Director of Outpatient Nutritional Services at Northern Dutchess Hospital in Rhinebeck, NY, where she directs the Bariatric Support Group, "New Leaf," and "Get Real Weight Results" program.

For more information call 845/871-3600 or visit [www.health-quest.org/ndh](http://www.health-quest.org/ndh).

**SIMPLE AND SENSATIONAL SPRING RECIPES**

*The healthiest meals are simple and fresh. Here are a few recipes using asparagus, one of the first luscious green vegetables of spring.*

**Asparagus Salad**

- 1 lb asparagus
- 1 lb mixed greens
- 1 medium sliced red onion
- 2 tbsp rice vinegar
- 2 tbsp fresh lemon or lime juice
- 2 tbsp olive oil
- 1 tsp fresh tarragon (or dry to taste)
- 1 tbsp agave (a healthy natural sweetener)
- 1/18 tbsp sea salt

Cayenne pepper to taste (a hotter and healthier alternative to black pepper)

Handful of chopped walnuts (optional, for protein)

Cup of white beans (optional, for protein)

Boil asparagus for six minutes. Plunge into ice water to stop cooking, then cut or leave whole. Meanwhile, make dressing by blending/emulsifying vinegar, citrus juice, olive oil, tarragon,

agave, salt, and pepper. Assemble salad by mixing greens with onions (and walnuts and beans if using), toss with most of the dressing, add asparagus, and drizzle with remaining dressing.

**Salad Variation with Spinach**

Follow above recipe, but substitute greens with raw baby leaf spinach and add cherry tomatoes.

**Simple Spring Soup**

- 4 cups organic vegetable broth
- 2 cups water
- Add: 1lb asparagus and cook in simmering broth mix
- Add: pinch of sea salt
- cayenne pepper (to taste)
- Garlic cloves (to taste)
- 1 tbsp fresh lemon or lime juice

Simmer on low 1/2 hour. Blend in blender or VitaMix. Add 1/2 cup skim milk slowly with 1/2 cup plain low fat yogurt. Stir to blend and allow to warm but do not boil



DETOX DIVA:

## Are Gel Candles Safe?

By Annie B. Bond



I received an email from a man who said his favorite waxes were beeswax, palm wax, soy wax, and gel wax. I went back and forth with him a bit, challenging him about the safety of gel wax. He really likes it because he says it burns much more cleanly than paraffin.

Commercial gel wax is made from white mineral oil, gellants, and butylated hydroxy toluene (BHT). This gel wax is not hazardous according to Occupational Safety and Health Administration (OSHA), but according to the Skin Deep database, mineral oil and BHT are “Gellants” is too generic a description to ascertain the material, although I surmise it is most likely a plastic. Burning plastic is very toxic, and the gellants would be highly suspect of being endocrine disruptors. From an environmental health perspective, heated plastic fumes are one of the last things you would want in your home.

My email friend made his own gel wax using mineral oil and CP9000 thermoplastic resin powder. I’ve found

such gel wax recipes all over the Internet. The more I learned the more worried I became, because he makes the gel wax himself melting mineral oil and CP9000 thermoplastic resin powder together at a high heat. What is a thermoplastic resin? Any material, such as plastic polyethylene, that softens when heated, and hardens when cooled. These ingredients result in a chemical soup that spells disaster for indoor air quality, both in the making and the use of gel wax candles.

**I’d stick to beeswax!**



*Best-selling author and founder and CEO of Green Chi Café, Annie B. Bond has been called “The foremost expert on green living” by Body & Soul magazine. Honed by her own experience with chemical poisoning, Annie now offers others information on pursuing a healthy way of life that is in harmony with*

*the earth. Her books include Clean and Green, Better Basics for the Home, Home Enlightenment, and the newly released True Food, published by National Geographic. For more information, visit [www.greenchicafe.com](http://www.greenchicafe.com) and [www.anniebbond.com](http://www.anniebbond.com).*

## In the News

Topricin® is now on Facebook. Please join our growing list of friends and fans—we want to hear from you!

It was a photo finish! Steve Stenzel from Saint Paul, Minnesota won Topricin’s “Worst Race Photo Contest” for his submission—looking mighty chilly as you can see! The intrepid runner is an amateur triathlete as well as a professional photographer, college professor, and blogger ([www.iwannagetphysical.blogspot.com](http://www.iwannagetphysical.blogspot.com)). For braving the elements and submitting his photo, Steve won a six-month supply of Topricin and \$150 toward his next race entry fee. Congratulations, Steve—the “Iceman Ironman!”

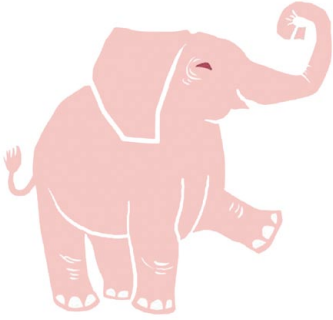


*“Worst Race Photo Contest Winner” Steve Stenzel*

Happy feet are kicking up their heels about new Topricin Foot Therapy Cream—now available in 2 oz. tube and 4 oz. jar, along with our original 8 oz bottle. And we are so pleased that the lovely ladies at TheLuxurySpot.com gave Torpricin® Foot Therapy Cream rave reviews, calling it a “natural solution to ashy heels” and “perfect after a night of wearing kitten heels or wedges.” They also like the fact that it’s light weight and unscented—*hear, hear!*

## Meditation Express

By Nancy Butler-Ross and Michael Suib



*Nancy Butler-Ross and Michael Suib wrote Meditation Express while living on their small houseboat in Key West-- living proof*

*that their simple and easy stress relief methods work. They also offer their lighthearted approach to stress management in "De-Stress Xpress" corporate seminars. Both are former Miami Herald columnists. Michael is an award-winning poet, and Nancy is the editor of "The Peace Muse Newsletter."*

In our last column, we discussed how our minds can be an active "Chatterbox Cafe." Now that we're aware of the flow of thoughts that can run rampant, we can focus on gently but firmly redirecting and releasing them.

Here are two exercises that will help you tame a chatterbox mind!

### #1 THINK PINK

For one minute (time it!) think of a pink elephant. Have 60 seconds ever felt that long before? This exercise is meant to reaffirm how long a minute really is.

### #2 DON'T THINK PINK

For one minute (time it!) *don't* think of a pink elephant. Were you able to control your thoughts for one minute? Most people find it difficult to not think of something they've just been told not to think of!

In doing these exercises, you've just observed that your mind has a mind of its own. Now that you've observed what's going on all the time in your mind, you can do something about it. And don't worry if your mind wanders, even experienced meditators sometimes find these exercises difficult. Just do your best and try again another time.

Meditation is called a "practice" because it's just that... With practice, every time you notice your thoughts wandering, you'll be able to gently bring them back on track. To appreciate how the practice of meditation can help you throughout the day, notice how many times your thoughts wander—then refocus on the task at hand. This is a simple, stress free way to increase your productivity.

### TEAM TOPICAL BIOMEDICS

## Meet Steve Duricko, Vice President

It was a fortuitous moment when a mutual friend introduced Steve to Lou Paradise back in 1992.

At the time, Steve was Director of Marketing in New Jersey for the Oxford Health Plans, an HMO operating in the Tri-State area. He was attending a seminar when a friend told him he had to meet someone who had just created an amazing homeopathic product that was safe for relieving pain. "I was skeptical—but that changed as soon as I tried Topricin and felt immediate results," he explains. "I had residual neck, shoulder, and knee pain from college football injuries—being hit by a 240 lb. lineman will do that to you! I applied Topricin, and could not believe the immediate relief I got!"

Steve served honorably in the Divisional Intelligence G2 section of the U.S. Army, then chose a career path that included 32 years as a production manager, buyer, sales manager, and director of marketing

for several companies in the garment and fashion industry. He then segued into health benefits and managed health care industry, developing custom plans for corporations in New York and New Jersey.

Because of his sales and marketing savvy, Steve recognized the potential of the ground-breaking new product, Topricin. He quickly partnered with Lou and his future wife, Aurora, raised start-up venture capital, and co-founded Topical BioMedics, Inc. "I moved from New Jersey to Dutchess County, NY," he says. "Our first offices were upstairs above the garage of a house we rented."

Overseeing the growth of the company and the success of Topricin has been very gratifying. "It's an honest product that does what it says it will do," says Steve. "There's nothing else like it. I want to take it all the way, placing it in every medicine cabinet in America!"



*Steve Duricko, VP Marketing of Topical BioMedics*

*"Topricin® is an honest product that does what it says it will do. I want to take it all the way..."*



## Healing Innovations

*You probably already know that Topricin® stimulates the body's natural desire to heal and provide pain relief for a myriad of conditions and injuries. But we are constantly discovering new, unexpected, and unique uses for our products. We're pleased to share these innovative healing tips with you in our newsletter.*

Topricin is beneficial for helping tattoos heal faster and maintain their vibrant color. Apply liberally during the healing

process—just be sure to wait 36 hours since newly tattooed skin is very tender and will hurt if Topricin is applied right away.

*If you have a healing tip to share that features a novel use of Topricin, please send it to [pmartin@topicalbiomedics.com](mailto:pmartin@topicalbiomedics.com) and we may feature it in a future issue of Natural Healing, Natural Wellness.*



Donna Busher



### HEALING CIRCLE:

## Words from Topricin® Users

“I am an avid cyclist, and have problem knees. They are bone-on-bone due to wear and tear and surgeries. I use Topricin on them at night when they are achy and it has helped tremendously. Last Saturday I did a 100 mile Tour De Palm Springs! I always get a sore neck, shoulders and lower back, so I put some Topricin on them and don't get that nagging, stinging pain. I am doing one of the ten toughest mountain bike events in the world in March, and will be sure to apply Topricin the morning of that ride as well.”

—Donna Busher, athlete and office manager/ natural product specialist

“I use Topricin Junior® on my two highly active children on a regular basis. From bee stings to bumps and bruises they acquire while skiing, it is the one thing I can count on to begin the healing process their bodies require. Thank you, Topical BioMedics, for providing such a wonderful, safe and truly effective product for my little ones.”

—Steve Cividanis, Chief Operations Office, Fungi Perfecti, LLC, Olympia, Washington [www.fungi.com](http://www.fungi.com)

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## Your Dream Toolkit

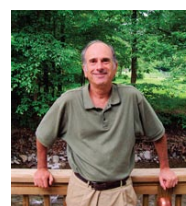
By Doug Grunther

Whatever form the signal takes, it will be a direct, spontaneous, clearly noticeable experience.

It's important to distinguish a cerebral, intellectual exercise from the spontaneous “AHA!” of recognition. The “AHA!” may come after a short time working a dream, or it may take days, weeks, even months before it arrives. There were times when I never felt an “AHA!” working a particular dream, but then experienced it with a subsequent dream. One thing I can assure you:

*The more you seek to understand*

*your dreams and work with them, the more likely you will get those marvelous “AHAs!” of recognition.*



*Doug Grunther is a certified dream work facilitator and has been Woodstock, NY's most noted radio talk show host for over twenty-five years. One of his current programs, The Dream Show, heard over WDST-FM, Woodstock, and over the Internet*

*at [WDST.com](http://WDST.com), offers listeners the opportunity to call in with a dream and receive valuable insights from dream experts. To contact Doug, e-mail [dgrunther1@gmail.com](mailto:dgrunther1@gmail.com) or go to [www.dreamworkwithdoug.com](http://www.dreamworkwithdoug.com)*



*Continued from Page 1*

## *Safe Pain Relief Treatment for Our Children*

pain relief by taking oral pain medication puts everyone at unnecessary risk when we don't know the dangers. When it comes to our children this is unacceptable, as there are better choices and technology that guarantees every child can be safely treated for pain.

As a researcher of natural medicines and former pain sufferer it was both humbling and exciting to have discovered a way to formulate natural regulated topical medicines that provide the performance all of us are looking for, and the safety to match. That's how Topricin pain relief and healing cream was born.

After a number of years of additional dedicated research it gives me great pleasure to add Topricin Junior to our growing family of natural pain relief healing products, so every member of the family can have the safe, effective pain relief products they deserve.

Topricin Junior is specially formulated to safely and effectively treat the aches, pains, bumps, and bruises our little ones experience throughout childhood. We are delighted that pediatricians and doctors specializing in family medicine recommend Topricin Junior, a product that works and produces no known side effects. Topricin Junior is a new, proprietary homeopathic formula that was designed to address the delicate nature of young and growing children, and provides effective yet gentle treatment for a wide range of childhood pain ailments.

Our children are not “little adults,” they are “little people.” Consequently, “mini versions” of products made for adults—such as acetaminophen or ibuprofen—are not appropriate for children as these chemicals may literally be hazardous to their health. Strong margins of safety are called for in pediatric products—so the products we choose for our children should never contain the same chemical compounds and/or doses formulated for adults.

### **OTHER DANGERS:**

It's a fact of life that children are going to get hurt. And as a parent and grandparent I know how difficult it is seeing your child in pain—we naturally want to “make it all better” as quickly as possible. I think we would all agree just because a pharmaceutical over-the-counter product is nationally advertised, does not mean it's safe or effective, let alone the answer. That is why it is so vital to make wise, educated choices—especially for our children—as many household brand names are under federal scrutiny for doing more harm than good, which is a very alarming fact.

*Our children are not “little adults,” they are “little people.”  
Treating their pain with  
mini-versions of adult  
medication could be hazardous  
to their health!*

Many of the products in the marketplace for adults and children contain parabens and other chemical preservatives, petroleum, volatile oils and other irritating chemicals that have never been tested for safety. None of these are in any of our Topricin products.

No one would intentionally expose themselves to potentially harmful or toxic chemical ingredients. Yet that is exactly what we do every time we take oral pain medication and use topical analgesics on our skin. Our children are even more vulnerable and sensitive to these dangers, and that is why many parents say Topricin Junior provides them the peace of mind and confidence knowing that their children are getting the safest, most intelligent approach to relieving pain, with none of the dangers.

Take, for example, recent recalls of pediatric over-the-counter (OTC) oral pain relief products containing the active ingredients acetaminophen and ibuprofen.

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*“No one would intentionally expose themselves to harmful or toxic chemical ingredients, yet that's what we do when taking oral pain medications.”*

*Topricin® Junior provides peace of mind with the safest approach to pain relief with none of the dangers.”*





*“A child’s skin, cell repair and/or replication is very different from that of an adult....”*



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## *Safe Pain Relief Treatment for Our Children*

These are powerful chemicals that can cause toxicity in the body and damage vital organs, such as the kidneys and liver. And if that weren’t bad enough, what about the hidden dangers in analgesic topical products—you know, those hot, smelly, greasy ointments no one wants to use! In 2007, a 17-year-old star athlete from Staten Island NY died from Methyl Salicylate poisoning, an ingredient commonly found in OTC topical analgesic products. Chewable pills, tablets, and liquid medications marketed for children, as well as commercial topical pain relief petroleum-based ointments, containing such harsh ingredients as Menthol, Camphor, and Capsaicin, may harm a child’s delicate system and do irreparable damage. Clearly we must safeguard our children’s welfare when administering any pain relief product—or any pharmaceutical for that matter.

My interest and background in physiology and natural medicine and a bout with severe carpal tunnel lead me to create the original Topricin. This homeopathic product stimulates and supports the body’s desire to heal, naturally and safely, and supports the body’s desire to maintain optimum healing. And although pediatricians were comfortable with the safety of Topricin for their young patients—and Topricin is what I used on my own children and they in turn used on their children—I wanted to develop a product that was specifically geared to meet the special needs of our little ones.

A child’s skin, cell repair and/or replication is very different from that of an adult, as are the types of injuries and pain they sustain and how they recover. While Topricin Junior was formulated based on our original Topricin’s healing formula, it is specially formulated to address the special needs of children with additional homeopathic medicines known for being the best for impact injuries, bruising and even growing pains. Its formula also has adjusted dosages of specific medicines for the benefit of young bodies.

Topricin Junior treats a full spectrum of all the hurts/boo-boos and other more severe injuries a child may have. It is useful for relieving “growing pains,” which occur when the cells are in a bit of an overdrive. It reduces pain when applied to an injection site following a shot or vaccination. It relieves the body aches and pains of fever associated with the flu, making youngsters more comfortable while allowing a productive fever to kill the virus that causes the flu. (PLEASE NOTE: You should always let your doctor know when your child has a fever.) When a child falls down, gets a bump, a bruise, a sports injury, a sprain, or a strain, Topricin Junior comes to the rescue. It’s also helpful for relieving the sting of bug bites and the discomfort of minor burns. Keep it in the medicine cabinet, and take it on the road, so you can look forward to no more tears, and a better night’s sleep for everyone.

Another very important plus of using Topricin Junior is that parents teach their children that natural products are the right ones to choose for taking care of life’s “boo boos” and maintaining optimum health. Remember the adage “Do as I say, not as I do?” Children learn by observing—so be sure you’re sending the right message! Their first introduction to dealing with the discomfort of pain should not be swallowing a pill when a safe, natural product like Topricin Junior will help them heal—without hazardous side effects. As their guardians, it’s up to us to teach youngsters to say “NO” to drugs from the very beginning, and continue to shepherd them along every step of the way.

## **CARING FOR THOSE WHO NEED IT MOST**

All of our precious children deserve to be loved and cared for, and we do our best to ensure they grow up happy and healthy. Unfortunately, more and more of our little people are being diagnosed with cancer. Our hearts go out to these youngsters and their families. That’s why we donate 5% of all sales of Topricin Junior to fight cancer

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Lou Paradise is the President and Chief of Research of Topricin BioMedics and the inventor of Topricin. He frequently serves as an expert speaker on the use of natural medicines, and has participated in addressing compliance

issues related to the regulation of natural medicines as a member of the American Association of Homeopathic Pharmacists. He is especially interested and active in issues regarding the care and treatment of the elderly, women and children, and his fellow veterans in VA medical centers.

Lou is a Marine Corps helicopter combat and rescue veteran who served two rotations in Vietnam. He is very modest about his combat service but his many decorations are for bravery in combat and the rescue of wounded soldiers, sailors, and fellow Marines and the humanitarian rescue of Vietnamese civilians.

*“We take our responsibility to meet and exceed the federal standard very seriously.”*

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## *Safe Pain Relief Treatment for Our Children*

and other devastating diseases. The funds we raise go toward supporting the Ryan McElroy Children’s Cancer Foundation, which was founded by the family and friends of Ryan McElroy, who lost his life to cancer just shy of his 5th birthday. This brave little soldier was an inspiration, and so we hope to improve the quality of life for other youngsters as they courageously battle cancer and other serious illnesses until we find a cure.

### SEVENTH GENERATION... AND BEYOND

At Topricin BioMedics, one of our primary missions is to support a “First do no harm philosophy.” All Topricin products including Topricin Junior are regulated by the FDA as OTC medicine. We take our responsibility to meet and exceed the federal standard very seriously. The margin of safety of products for our nation’s children must be uncompromised—after all, shouldn’t that be the standard for all

product manufacturers when making products for parents and their children?

We also subscribe to “Seventh Generation” sustainability. It’s the philosophy that decisions should be considered for their impact not just for today, but for seven generations to come, and changing what is wrong today, right now, to benefit all the children of the future.

In the words of the Iroquois, who wrote this “Great Law,” the credo is:

*“In every deliberation, we must consider the impact on the seventh generation... even if it requires having skin as thick as the bark of a pine.”*

Topricin Junior was created for my children’s children and yours—and their children, and their children’s children, and so on and so on, with love from our generation to the Seventh.

## *About the Topricin Family of Topical Pain Relief Healing Products*

- Topricin® original cream
- Topricin Foot Therapy Cream specially formulated to treat foot and ankle pain
- Topricin Junior, specially formulated for kids



Made by Topricin BioMedics, Topricin products are the result of extensive research and testing, and bring together a blend of natural homeopathic medicines that work synergistically to relieve pain and reduce inflammation while stimulating the body’s natural desire to heal. Free of parabens, petroleum, and chemicals, our family of products are safe, effective, non-greasy, and odor-free. They are doctor recommended and FDA regulated for “Over the counter” (OTC) medicine’s, and will not interfere with any other medications.

 **Topricin®**  
for the whole family

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