



## RELIEF!™ First Aid Formula



### What Is It?

RELIEF!™ First Aid is a simple formula consisting of government-certified food grade nanodiamond crystals created by detonation synthesis suspended in Siberian Sea Buckthorn Berry Oil (SBB).

Detonation synthesis nanodiamond (DSND) crystals are one active ingredient in this formula. The power of these crystals lie in their very large total surface area, and their adsorptive and electrically charged or "active" surfaces.

Siberian Sea Buckthorn Berry Oil (SBB oil) is used as both a "carrier" for the DSND crystals and an active ingredient. SBB oil has a unique fatty acid profile and is the only known plant to contain all four (4) essential fatty acids (omegas-3,-4,-6 and -7). SBB oil is also a rich source of vitamins, carotenoids, phytosterols, phospholipids, and more. In Eastern Europe and Asia, SBB oil has been used for over 1,000 years to promote healthy skin and to treat a wide variety of external and internal conditions.

The combination of DSND crystals and SBB oil is power and improves the results that can obtain by either ingredient alone.

### How It Works

The size of the DSND crystals is so small that they quickly absorb through the pores of your skin and quickly reach the source of pain or inflammation. Problems that are closer to your skin's surface are reached more quickly and the time until an initial response to treatment is shorter.

The DSND crystals have a surface that is both adsorptive and electrically-charged (or "active"). Adsorptive means that the crystal is able to capture the SBB oil on its surface and carry it through your skin. The ability to carry SBB oil molecules directly to the source of the injury provides deeper delivery of the oil's healing properties.

The electrically-charged surface of the DSND crystals works in two ways to resolve your pain and boost your body's natural healing response:

- Electrical activity interferes with the natural pain impulses carried by your nervous system
- Electrical activity "amplifies" the effect of the naturally-occurring electrical impulses in our body to direct healing cell migration to the affected area.

### Where To Use It

Use RELIEF!™ First Aid as a treatment for epidermal insults and other skin disturbances! We are continually surprised at the range of applications clients report successfully treating. Look for the list below to grow as more stories are shared!

Cuts and scrapes First and second-degree burns	Lupus
Sinus pain	Rashes and itching
Bruises	Migraines
Insect stings/bites	Hiccups
Eczema	Sports or physical activity-related overuse injuries
Chronic pain in feet, knees, hips, hands, elbows or spine	

### Directions for Use

**Always properly clean any wound or broken skin with soap and warm water and apply an antiseptic or antibiotic ointment to prevent infection BEFORE using RELIEF!™ First Aid.** If an infection occurs, continue using the antibiotic ointment and consult a doctor as necessary.

Step 1: Shake the bottle vigorously for about 30 seconds to redistribute the nanodiamond crystals which have a tendency to settle out of the SBB oil.

- If the bottle has not been used for long periods, it is recommended that you place the bottle in a bowl of warm water for 5 to 10 minutes to help ensure proper mixing.

Step 2: Using the roller tip or your finger apply a thin layer of RELIEF!™ First Aid on the affected area at least twice (2x) daily until the affected area is completely healed.

- You may use your fingertip to spread the liquid around the affected area as needed. **DO NOT** use a cotton swab or any other absorptive material to apply.
- Completely healed means that there is no longer a trace of the injury or a scar and swelling and/or pain has completely subsided.
- **Adopt a "Less is More" attitude when applying.** Using an excessive amount will reduce or stop its effectiveness.
- We recommend storing RELIEF!™ First Aid near your toothbrush as a reminder to apply it at least twice a day.



### Additional Guidance

For many people, pain or itching vanishes quickly after initial use.

Some types of damage take a long time to heal. This is especially true for conditions you have had for a long time or conditions that affect a larger area such as your shoulder. **Some conditions can take weeks or months before they go away.** Don't be impatient! If you didn't develop the problem overnight it won't go away overnight either.

Good news! Continued use of RELIEF!™ First Aid will not cause any harm.

- There are no systemic effects with repeated use. Nanodiamond crystals clear from your body by macrophages, a natural process.
- There are no known side effects or allergies to nanodiamond crystals.
- **SBB Oil Allergy:** Although intolerance to SBB oil has not been reported, you can test yourself by apply a small amount to an unaffected area of skin and wait twenty (20) minutes. Do not use or stop using RELIEF!™ First Aid if you experience redness or itching. Consult a doctor if these conditions persist or worsen.
- **Flush eyes with water if you accidentally get RELIEF!™ First Aid in your eyes.**
- **Keep out of reach of children.**
- **Keep bottle out of direct heat or sunlight.**