



Humphreys®

Humphreys Pharmacal, Inc.

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FOR IMMEDIATE RELEASE

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**GET MOVING AGAIN WITH HUMPHREYS' NEWEST
NATURAL REMEDY – ARTHRITIS RELIEF #15**

Natural Products Expo West - Anaheim, CA, Booth #2677, March 24-26th, 2006 – Humphreys Pharmacal, a trusted name and leader in homeopathic family remedies since 1854, introduces Arthritis Relief #15, an efficacious combination remedy specifically formulated to help the approximate 66 million Americans (1 in 3 adults) who have chronic joint pain, and the 42.7 million of those with diagnosed arthritis. Humphreys knows that today's lifestyles are abundant in family projects and work – nobody wants to be hampered or slowed down by aching, swollen joints. Arthritis Relief #15 is an effective remedy that encourages the body to return to a natural state of health. Its time-honored natural, formula is designed to help alleviate stiffness and lack of mobility that results from minor pain in the joints. It works naturally to help soothe uncooperative joints so sufferers can get back their rhythm of life!

Since 1854, Humphreys Offers the BEST in Combination Formulas

As the pioneer of and leader in combination homeopathic formulas for more than 150 years, Humphreys is expert in creating effective formulas that are safe, easy to use, and provide relief for the family's health needs. Arthritis Relief #15 contains only natural ingredients, as listed in the Materia Medica (the science or study of the sources, nature, properties, and preparation of homeopathic drugs). Its carefully selected ingredients spell r-e-l-i-e-f for all those who suffer minor joint pain: Rhus Toxicodendron, Caulchicom autumnale, Causticum, and Bryonia alba. Each of these four natural ingredients are well known for their powerful analgesic properties, and their synergistic effect is one that will make this a very popular remedy indeed.

Keeping It Moving...

According to the Arthritis Foundation, the two most common forms of arthritis are osteoarthritis, a degenerative joint disease wherein the cartilage deteriorates through time; and rheumatoid arthritis, an autoimmune disease wherein the joint lining becomes inflamed. In arthritis management, the emphasis is on improving function of joints and relieving pain. This is exactly where Humphreys comes in! Safe and effective Arthritis Relief #15 can be an integral part of an arthritis management program. Arthritis Relief



#15 helps ease minor pain in the joints, thereby allowing for more flexibility in movement. And because Arthritis Relief #15 has no side effects, it is safe for people with certain sensitivities.

“With the increasing number conventional pain relievers on the market, with an increasing number of side effects and contraindications, there is no doubt that this is a product whose time has come,” stated Bryan Jackowitz, Humphreys’ Marketing Manager. “Unlike many of these products, our Arthritis Relief #15’s safe and efficacious formula offers a natural alternative that is non-habit forming, non-drowsy, and has no known side effects.”

Humphreys Tablets

Because Humphreys has pioneered combination remedies since the 1850s, the company has decades of research and development under its belt. One of Humphreys’ discoveries is in the delivery of the remedy, assuring exceptional tolerance and efficacy. Like Humphreys’ pellets, their tablets do NOT dissolve instantly, but instead are timed to dissolve gradually, allowing for proper absorption in the body. Through this slow release, the inherent health benefits of the natural ingredients in Humphreys’ remedies may be absorbed fully and steadily, allowing maximum relief. And all of Humphreys’ tablets have the added advantage of being completely lactose-free!

Humphreys Pharmacal: For Today’s Families

Since 1854, the Humphreys Family has produced the highest quality natural products for personal care and skin care. Originally formulated by the respected homeopathic physician, Dr. Frederick Humphreys, M.D., all of their products are based on traditional, time-honored natural ingredients to care for your family in the gentlest ways possible. We continue to produce our products in the same manner, harvesting many of our natural ingredients by hand and utilizing time-honored processing techniques – resulting in therapeutic products that work with your body, encouraging it to return to a natural state of health. In addition to Arthritis Relief #15, look for more new remedies from Humphreys, including two flavored versions of their best-selling Teething Pellets #3, Very Berry and Very Cherry, as well as other remedies for relief from coughs, colds, and stress – the latest in the Humphreys’ legacy of wholesome, natural wellness products, safe and effective for the entire family. Visit www.humphreysusa.com or call 1-866-267-8710. Humphreys...*It’s what’s inside*

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News Release

GET MOVING AGAIN WITH HUMPHREYS NEWEST NATURAL REMEDY – ARTHRITIS RELIEF #15



Humphreys Pharmacal introduces Arthritis Relief #15, a gentle combination remedy specifically formulated to help relieve the pain of aching, swollen joints. It's time-honored natural formula has no known side effects or contraindications and soothes uncooperative joints so sufferers can get back their rhythm of life!

***For digital files of this image please email bjackowitz@whazel.com**

The Arthritis Foundation's 10 Ways to Protect Your Joints

1. **Maintain your ideal body weight.** The more you weigh, the more stress you put on your joints, especially your hips, knees, back and feet.
2. **Move your body.** Exercise protects joints by strengthening the muscles around them.
3. **Stand up straight.** Good posture protects the joints in your neck, back, hips and knees.
4. **Use the big joints.** When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.
5. **Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate wear and tear that causes osteoarthritis.
6. **Listen to your body.** If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
7. **Don't be static.** Changing positions regularly will relieve stiffness in muscles and joints.
8. **Forget the weekend warrior.** Don't engage in activities your body for which your body isn't prepared - start new activities slowly and safely.
9. **Wear proper safety equipment.** Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.
10. **Ask for help.** Don't try to do a job that is too big for you to handle. Get another pair of hands to help out. Log onto www.arthritis.org