

Sombra

Article



INNER OUTER HEALTH

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Inner Outer Health - A Revolution in Pain Relief for Back Pain, Arthritis & Sprains

by *Lena Yammine*

In today's world there are many people who suffer from chronic pain who are looking for a natural remedy to relieve the pain of arthritis, back pain and minor aches and pains associated with muscle strains, sprains and bruising.

Inner Outer Health use Sombra, a natural pain relief gel that effectively relieves pain in a manner that is non-evasive. The Sombra warm therapy gel is made from all natural ingredients, has a refreshing orange - citrus scent and absorbs quickly to relieve pain.

Myotherapy is the process of restoring the muscles back to their original state and maximum mobility, effectively relieving any pain that is occurring in the area. Used in combination with Sombra's natural pain relief gel, pain sufferers can get instant relief.

Myotherapists use a variety of treatments to rehabilitate injuries and prevent their recurrence. Some of the treatments you can expect to receive at the hands of a qualified Myotherapist are soft tissue manipulation, trigger point therapy, dry needling, stretching, corrective exercises, the use of a TENS machine and cupping.

Thermal therapies both hot and cold are also an important part of Myotherapy treatment. Inner Outer Health use the Sombra warm therapy gel to help patients reduce the discomfort and stiffness of injury affected areas due to chronic back pain, arthritis and muscle strains. The Sombra warm therapy gel when combined with Myotherapy relaxes muscles and increases the range of movement to effectively reduce pain.

Inner Outer Health also use the cooling properties of the Sombra Cool therapy gel for people who are not suffering from chronic pain but still need pain relief due to muscle injury, such as a sports injury. The Sombra cool therapy gel is ideal for acute conditions or injuries that have just occurred.

The Sombra cool therapy gel has controlled cooling capabilities that reduces skin irritation and freezing. The gel only needs to be applied to the sore and painful region in order for it to start working on correcting the problems that are causing the pain. Athletes will benefit from using this product if they are dealing with injuries acquired through playing sports, it will help their muscles heal and will get them back into the game.

Myotherapists from Inner Outer Health use Sombra pain relief gels because of their unique cooling and heating properties that are designed to relax the muscles and promote the healing process so that they may return back to their normal and healthy state. The Sombra natural pain relief gel is a natural alternative to relieving pain and improving the health and general well-being of pain sufferers.

About the Author

Inner Outer Health is an Australian Myotherapy Clinic promoting the use of natural products. The clinic was founded by Lena Yammine, a licensed fitness instructor and registered myotherapist with over a decade of experience in helping people maximise their mobility and improve their posture. Inner Outer Health was a finalist of the 2006 Fitness & Well Being Awards and winner of the 2008 "Leader" awards for business achievement and the Fitness & Wellbeing Category.